

14 DAY

# ADVENTURE SAMPLE ITINERARY

LEVEL OF ADVENTURE: **SUMMIT**



AGES: 13-17

Spend 14 days (13 nights) at one of our residential centres in an awe-inspiring location, with 5 nights spent out in the wild on overnight expedition (split over multiple days).

You will explore challenging terrain, sleep under canvas and enjoy being as close to nature as possible.

START: DAY 1 AT 2PM FINISH: DAY 14 AT 1PM

This is what a 14-day adventure at Outward Bound might look like.

All activities depend on centre location, weather conditions and group ability, so whilst we can't tell you exactly what you'll be doing, we do guarantee you will have fun, be challenged and discover more about yourself.



DAY 1

Your adventure will start with a bang and kick off with infamous Outward Bound jog and dip. This is exactly what it says it is – you will jump or run into the lake or sea.

Next, you'll explore the grounds of the centre where you'll call home for the next 14 days. You'll also meet your group and your instructor, who will let you know what you can expect on your adventure.

Soak up the anticipation of what's ahead and get to know your fellow adventurers.



DAYS 2-4

Make sure you eat your breakfast because you will need your energy over the next few days. It's time for you to take your first journey into the outdoors and go exploring in the wild.

You'll be immersed straight into nature by going on an all-day expedition. At the end of Day 2, you will experience your first overnight expedition of the adventure and finish at a wilderness camp. This is where you will pitch your tent, eat under the stars and get to know your instructor and campmates better.

Your journey will continue over land and water where you'll engage in challenging activities along the way, such as rowing or kayaking across wild lakes and lochs, and hiking over mountains. You will start to build your resilience and form new friendships.

At the end of your first few days of adventure, you will feel on top of the world and have a deeper appreciation for the natural environment.



DAYS 5-7

Wake up and get ready to embark on more invigorating outdoor experiences that will help you grow your independence skills.

The next few days will be like no other as you'll go out deeper into the wild. You may reach new heights by climbing some of the highest peaks in the UK and could get wet when you don your waterproofs and wellies to conquer water-gushing gorges.

You'll also spend more time closer to nature by embarking on your first two-night overnight expedition of this adventure. You will explore what the UK wilderness really has to offer by reaching wild places on foot and water that aren't easily accessible any other way.

No matter what, when you return to centre after Day 7, you'll appreciate your shower and your bed!



DAYS 8-10

It's halfway through your adventure so there's no better time to embrace a brand new challenge. You'll push yourself that bit further and see what you can really do in the wild.

Your instructor will use the next few days to set you new challenges, giving you the opportunity to practise your independence skills. And remember, this is Outward Bound so the next few days will continue to be packed with challenging outdoor activities.

You may even try something new. You could strap yourself into a harness and helmet and tackle rock climbing or abseil down a spectacular peak. Or you might return to the water and take a leap of faith with cliff jumping and wild swimming.

There's no doubt you'll spend the next few days making memories that will last a lifetime.



DAYS 11-13

Now is the time to step up and realise what you're really capable of. It's your turn to take more ownership of the next two-night overnight expedition. You and your group will have more autonomy and will help to plan and prepare your own adventure to ensure you have an epic and safe time exploring the wild.

You will embark on your own adventurous journey where you'll scale mountains, hike through valleys and paddle over water to get to your camps each day. What you do, will be down to you and your group.

And we're not going to lie, the next few days will stretch you and be challenging. But you can do this as you've already got 10 days of adventure under your belt! You'll discover your problem-solving skills along the way and build trust with your friends – you will all understand the true value of how important it is to work together as team.

At the end of these few days, you will return to centre with sore feet, lots of stories and a huge sense of pride at what you've achieved.



DAY 14

This might be the final day of your adventure, but the energy levels don't drop.

You will have the chance to spend time with your friends and work together one last time to solve a challenge. You will see how far you have come and have a moment or two to reflect on the amazing things you have achieved.

Before you leave, pick up your certificate and put it on display when you return home. You will feel you have achieved something monumental this week – and will want to do it all over again!



Feel a bit too challenging? A Ridge adventure might be more suitable for you.



Want to push yourself more? Have a look at our Pinnacle adventures.

