

Residential Adventure

Ty'n y Berth Mountain Centres, Mid-Wales

Widehorizons Outdoor Education Trust is offering you the opportunity to develop your skills in Rock Climbing or Canoeing. These five day courses will train you in the skills necessary for you to progress towards leading others.



The courses are based at Ty'n y Berth Mountain Centres, on the Southern edge of the Snowdonia National Park. Courses should meet the requirements of the residential section for Gold DofE. (subject to approval by your leader) Widehorizons is an approved activity provider for the expeditions section. Details of expeditions are available on request.



Develop Your Adventure – Rock Climbing

This course is suitable for anyone aged 16 or over, with some climbing experience, who wishes to develop their climbing and rope-work skills. The course will cover climbing techniques, such as belaying, abseiling, top and bottom roped systems, gear placement, lead climbing and developing safe practice. On completion of this course, you should have knowledge of the skills necessary to climb safely with other climbers.

Develop Your Adventure – Canoe & Kayak

This course is suitable for anyone aged 16 or over with some canoeing or kayaking experience. The course will follow the syllabus for the 1 and 2 star awards, with the option of taking the BCU 2 star test. This involves developing a variety of techniques which enable you to have good boat control in both canoe and kayak. You will be able to undertake journeys as a competent member of a group, conduct simple rescues, and have knowledge of the skills necessary to become an independent canoeist.



Develop Your Adventure – Multi Activity

This option is suitable for anyone aged 16 or over who wants to try something new! You need no prior experience, just lots of determination! Activities could include canoeing, climbing, gorge scrambling, mine exploration, abseiling and more!

**Course Dates: 9th-13th April 2012
or 20th-24th August 2012**

Cost: £265

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www.widehorizons.org.uk