

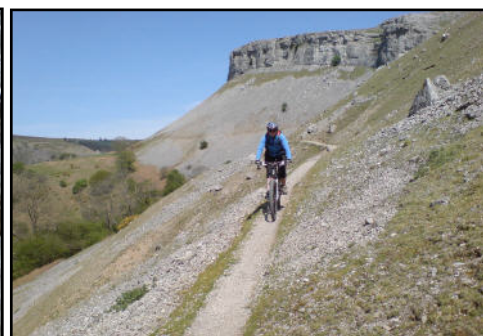
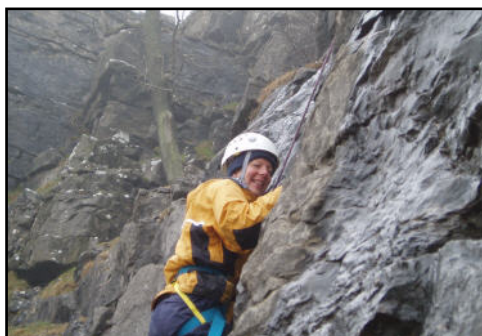


August 2007

# Newsletter

## The Complete Outdoorsman!

Have you ever fancied climbing a 200ft cliff face, kayaking down a classic white water river, and mountain biking along technical singletrack in a misty pine forest, but don't know where to start, or even which activity to try first? If so, ProAdventure's Complete Outdoorsman course is for you! Over the course of a year we'll teach you all these skills, and many more, culminating in a challenging week-long test of your new-found skills!



Join us for one weekend every month to learn Rock Climbing, Kayaking, Survival and Bushcraft, Mountain Biking, Open Canoeing, Mountain Walking and Navigation, for an all-round introduction to a huge variety of outdoor activities. We'll teach you essential skills and techniques in each of these activities, give you hints and tips to improve your skills and personal performance, and offer advice and assistance in selecting suitable equipment. We can even help you get great bargains if you decide to buy your own kit!



The course has been designed to help you learn new skills and become proficient and competent in a variety of activities, meaning you should then be able to go off on your own for an enjoyable and safe outdoor experience...in essence you will be a Complete Outdoorsman (or woman!).

Read on for the course outline:



## Course Outline:

### 2007

September	Explore Survival and Bushcraft Weekend
October	Explore White Water Kayaking Weekend
November	Explore Mountain Biking Weekend
December	Explore Mountain Walking and Navigation Weekend

### 2008

January	Explore White Water Open Canoeing Weekend
February	Explore Rock Climbing and Abseiling Weekend
March	Improve Survival and Bushcraft Weekend
April	Improve White Water Kayaking Weekend
May	Improve Mountain Biking Weekend
June	Improve Mountain Walking and Navigation Weekend
July	Improve White Water Open Canoeing Weekend
August	Improve Rock Climbing and Abseiling Weekend
September	Final Challenge Week!

The final challenge week will take place in Snowdonia - the outdoor enthusiast's playground! With an impressive backdrop of beautiful mountains, moorland and rivers, you will have to prove what you've learnt throughout an intense week, including multi-pitch Rock Climbing, white water Kayaking and Open Canoeing river trips, walking the Snowdon Horseshoe, completing a tough Mountain Biking trail and a 24 hour Survival and Bushcraft challenge!



The cost for the entire course is £3,790pp, including all tuition and equipment hire, B&B accommodation for all weekend courses, and camping in Tipis for the final challenge week, plus a fantastic celebratory meal on the last night!

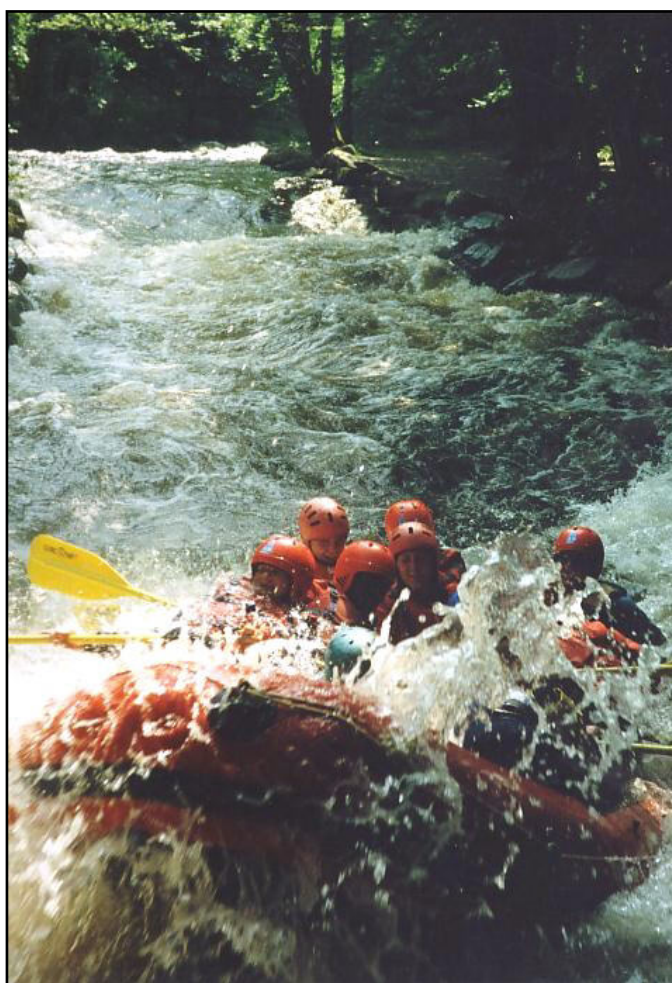
**Call us on 01978 861912 to book your place today! Various payment options are available, please contact us for more details.**

# Discounted White Water Rafting!

We are currently offering great discounts on ALL White Water Rafting - book your place now!

## Fun Session - River Dee

Rafting on the River Dee in Llangollen is a 2-hour Fun Session on grade 2 and 3 white water, suitable for anyone aged 8 years and upwards. Paddle hard and hold on tight! You may even get the chance to try body-surfing in the rapids! Normally costing £55pp, this session is currently on offer for just **£50pp!**



## Adrenaline Session - River Tryweryn

Rafting on the River Tryweryn near Bala is enough to test anyone's nerves! It's a thrill-packed 2-hour Adrenaline Session on grade 3 and 4 white water, suitable for anyone aged 12 years and upwards! Are you brave enough to tackle rapids such as the Ski Slope and the Graveyard? At weekends you can book a full raft for your group (min. 4, max 7 per raft) for just **£335 per raft**, saving you a massive £50 off our usual prices. Weekday rafts are even cheaper at just **£260 per raft** (usually £300 per raft!). For individuals and small groups the price is **£68pp** (weekends only).

You don't need any prior experience for either session, though if you have rafted before we would recommend the Tryweryn! All rafting participants must be able to swim 25m.

**As if this offer wasn't great enough, we're also offering rafting on the River Tryweryn on Saturday 4th August for just £50pp! That's over 25% off! Places are limited, so book yours today!**

We've got loads of activities and courses running every day throughout the summer, so why don't you join us and learn some new skills whilst having fun? Read on for a list of upcoming courses....

**Remember - we're constantly adding dates for all activities and courses, so if you don't see a date that suits you please call us!**

**Rock Climbing, Abseiling, Gorge Walking:**

**Rock Climbing & Abseiling Taster – p12**

29th July 9:00am-12:30pm (Family Session)  
29th July 1:30pm-5:00pm  
31st July 9:00am-12:30pm (Family Session)  
8th August 9:00am-12:30pm (Family Session)  
10th August 9:00am-12:30pm (Family Session)  
11th August 9:00am-12:30pm  
13th August 9:00am-12:30pm  
14th August 1:30pm-5:00pm  
15th August 9:00am-12:30pm  
16th August 9:00am-12:30pm (Family Session)  
18th August 9:00am-12:30pm  
21st August 9:00am-12:30pm (Family Session)  
2nd September 9:00am-12:30pm  
30th September 1:30pm-5:00pm  
2nd November 1:30pm-5:00pm (Family Session)

**Discover Rock Climbing & Abseiling Day – p12**

26th July 9:00am-4:30pm (Family Session)  
7th August 9:00am-4:30pm  
11th August 9:00am-4:30pm  
13th August 9:00am-4:30pm  
23rd August 9:00am-4:30pm (Family Session)  
25th August 9:00am-4:30pm  
28th August 9:00am-4:30pm  
2nd September 9:00am-4:30pm  
4th September 9:00am-4:30pm

**Explore Rock Climbing & Abseiling – p12**

22nd-23rd September

**Gorge Walking – Half day – p14**

24th July 9:00am-12:30pm (Family Session)  
28th July 1:30pm-5:00pm (Family Session)  
29th July 9:00am-12:30pm  
1st August 1:30pm-5:00pm (Family Session)  
3rd August 9:00am-12:30pm  
4th August 9:00am-12:30pm  
8th August 1:30pm-5:00pm  
12th August 1:30pm-5:00pm  
13th August 9:00am-12:30pm  
14th August 9:00am-12:30pm (Family session)  
19th August 9:00am-12:30pm  
1st September 1:30pm-5:00pm  
30th September 9:00am-12:30pm  
9th October 1:30pm-5:00pm

**Gorge Walking – Full day – p14**

27th July 9:00am-4:30pm (Family Session)  
3rd August 9:00am-4:30pm  
9th August 9:00am-4:30pm  
11th August 9:00am-4:30pm  
16th August 9:00am-4:30pm  
26th August 9:00am-4:30pm  
6th September 9:00am-4:30pm

**Kayaking, Open Canoeing, White Water Rafting:**

**Kayaking Taster – p6**

23rd July 9:00am-12:30pm (Family Session)  
25th July 9:00am-12:30pm (Family Session)  
28th July 9:00am-12:30pm  
31st July 1:30pm-5:00pm (Family Session)  
4th August 9:00am-12:30pm  
9th August 9:00am-12:30pm  
11th August 1:30pm-5:00pm  
12th August 9:00am-12:30pm  
13th August 9:00am-12:30pm  
29th September 9:00am-12:30pm  
2nd November 9:00am-12:30pm (Family Session)

**Discover White Water Kayaking Day – p6**

25th July 9:00am-4:30pm (Family Session)  
8th August 9:00am-4:30pm  
13th August 9:00am-4:30pm (Family Session)  
14th August 9:00am-4:30pm  
24th August 9:00am-4:30pm  
1st September 9:00am-4:30pm  
5th September 9:00am-4:30pm

**Explore White Water Kayaking – p7**

1st-2nd September

**Open Canoeing Taster – p6**

7th August 9:00am-12:30pm (Family Session)  
15th August 9:00am-12:30pm (Family Session)  
17th August 9:00am-12:30pm (Family Session)

**Discover Open Canoeing Day - p6**

24th July 9:00am-4:30pm (Family Session)  
15th August 9:00am-4:30pm

**Wilderness Open Canoe Trips – p9**

25th-26th July

**Fun Session - River Dee – p10**

Available any date as long as we are not fully booked!

**Adrenaline Session - River Tryweryn – p10**

4th August 9:00am  
18th August 2:00pm  
15th September 2:00pm  
22nd September 2:00pm  
6th October 2:00pm

**Survival and Bushcraft:**

**Explore Survival and Bushcraft - p15**

21st-23rd September - extra date!  
19th-21st October

**Mountain Biking:**

**Mountain Biking Taster Half Day – p11**

23rd July 1:30pm-5:00pm (Family Session)  
10th August 1:30pm-5:00pm  
11th August 1:30pm-5:00pm  
12th August 1:30pm-5:00pm  
15th August 9:00am-12:30pm (Family Session)  
25th August 1:30pm-5:00pm

**Discover Mountain Biking Day - p11**

5th August 9:00am-4:30pm

To book your place on any of the above courses, or for details on any of the other courses we run, please contact Sal on 01978 861912 or email [sales@proadventure.co.uk](mailto:sales@proadventure.co.uk) today!