

Newsletter

Welcome to another season of adventure! New for 2007, we have expanded our range of courses, and now there are even more local accommodation options available, so you can book your perfect experience! Read on for a quick reminder of all our activities, and check out our **special offer** on Survival



Gorge Walking!

Also called Canyoning, this is our most popular activity! Make your way along a riverbed, nestled deep in a beautiful, rocky gorge - sliding down rocks, jumping into pools, and abseiling down waterfalls!

Rock Climbing and Abseiling!

Rock Climbing is a traditional, yet fast-growing outdoor sport. Whilst not a sport in its own right, Abseiling is a useful skill for climbers, and is always an exciting challenge for everyone!

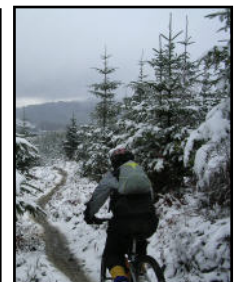
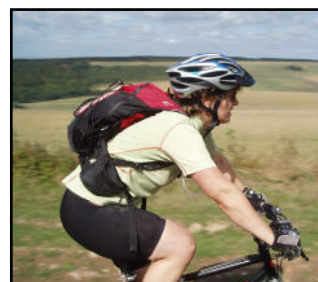


Paddlesports!

Whether it's Kayaking, Open Canoeing or White Water Rafting that floats your boat, we've got it! Learn to paddle with ProAdventure, or try either of our White Water Rafting options for a real adrenaline rush!

Mountain Biking!

Choose from a flat, non-intensive ride, or get your heart pumping with some technical singletrack with steep ascents and descents!



Don't forget, we offer taster sessions, intermediate and advanced tuition, personal qualifications and Instructor Training, so whatever your level of experience, there will be something suitable!



Intensive Instructor Training courses:

ProAdventure now offers a 6-week Intensive Instructor Training course, ideal for anyone who wants to work in the outdoor industry, but who has either no experience or no qualifications. This course is designed to teach physical skills and technical knowledge, and give you plenty of time to practice in various outdoor activities, with the aim of helping you to gain relevant National Governing Body (NGB) awards, which are the stepping stones to instructor qualifications.

Within the course there is the chance to take NGB qualifications, depending on personal ability and development. These qualifications are nationally recognised, and will enable participants to work as full time, seasonal or freelance instructors around the country.

Alongside the NGB awards and physical skills, we will also teach you how an outdoor centre runs, covering all aspects of the industry from bookings and staffing to greeting clients and equipment safety checks.

You will receive personal instruction in Rock Climbing, Kayaking, Open Canoeing and Mountain Biking, and depending on your previous experience, personal ability and development you will have the chance to undertake personal skills awards and instructional awards in these sports.

The next courses will start in February, April or September - contact us on 01978 861912 or email sales@proadventure.co.uk for more details!



Discover Survival and Bushcraft - 2 Day Course

We all feel the call of the natural world, or enjoy the thought of being able to live off the land, using it and not abusing it. Do you want to know how to build a durable shelter out of the resources to hand, be able to light a fire by friction or other simple means, keep it going, create a cooking area, be it a stone hearth or a simple pit fire? Skinning rabbits, cooking fish, sharpening your knife - our dedicated wilderness instructors can offer all of these skills and more. This is a course to make you feel like a true wilderness survivor, taking away knowledge, skills, experience, and the ability to live comfortably (not just survive a few rough nights out!), leaving only footprints and the memory of your visit. The course will start on a Friday night, when you will start by learning to create the hand-built shelters you will sleep in for the next two nights!

Two days, two nights

£185pp

16-18 March, 13-15 April, 18-20 May, 15-17 June, 13-15 July, 17-19 August, 14-16 September, 19-21 October

Special Offer!!!

Book two places, get a third for **FREE!** for our Survival and Bushcraft 2-Day course from **16th-18th March!!!**



Explore Survival and Bushcraft

Ready for a bigger challenge? Our Survival and Bushcraft week should be just the thing! With all the content of the weekend spread out over 4 days, plus a day of Mountain Navigation, it's one course you can't afford to miss!

Five days, four nights

£450pp

3-7 May, 23-27 August



Remember - All of our activities and courses are led by appropriately qualified, experienced and friendly instructors! If you have visited us before and would like to request a particular instructor, please let us know at the time of booking and we will do our best to help!

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 today!