

Newsletter

New courses from ProAdventure!

Well, the busiest part of our season is over, although we've still got plenty of courses coming up to keep us occupied for another couple of months, not to mention planning all of our courses for next year! You can see all of next year's course dates on page 4 of this newsletter, but first here's a quick run-down of the new courses we'll be offering in 2008:

Survival and Bushcraft

Discover Survival and Bushcraft - 1 day taster. A basic introduction to two essential elements of Survival and Bushcraft - fire-lighting and shelter building. Suitable for 14 years and upwards, but we'll also be offering family days for children aged 8 years and upwards by special request!



Ultimate Survival and Bushcraft - 5 day course. Ready for a bigger challenge? Our Survival and Bushcraft week should be just the thing! This is a course to make you feel like a true wilderness survivor, taking away knowledge, skills, experience, and the ability to live comfortably in the wild. We look in-depth at each of various elements of Survival and Bushcraft - shelter building, collection and preparation of water and food, firelighting, and general bushcraft skills such as knife-work and primitive technology. It's one course you can't afford to miss!



Continued...

Mountain Biking

Ultimate Mountain Biking - 5 day course. For the first time we're able to offer you 5 days of the best Mountain Biking in North Wales! We'll look at various biking skills such as ascending, descending and cornering, and work at developing your technique, whilst exploring a variety of adrenaline-pumping trails and off road rides such as the Marin, the Conquering Hero, or the tracks at Coed-y-Brenin or Coed Llandegla.



Open Canoeing



5 day Wilderness Trip - with the successful addition this year of a 2 day wilderness trip, which has proved very popular, for 2008 we'll be offering a 5 day option. Departing from our beloved North Wales we'll head to Scotland for a week of paddling, camping and bushcraft on and around Loch Shiel. We'll look at fire-lighting by friction and other bushcraft skills by evening, whilst during the day you'll be busy not just paddling your canoe but learning to sail it as well!

Self-Guided Walking

We now organise self-guided, supported short walking breaks in and around the countryside of Llangollen, in beautiful North East Wales. We provide accommodation, luggage transfers, maps, route notes and logistical support, leaving you to walk the countryside in freedom! Our self-guided walking breaks follow either a linear or circular route, staying at hotels or country B&Bs. As your route is self-guided you can walk at your own pace, and with luggage transfers included in the package you can walk comfortably with just a daysack, knowing that your bags will be waiting for you when you arrive at your accommodation.



Mountain Walking

Discover Mountain Walking - 1 day course. Previously only available to groups, we are now able to offer Mountain Walking to everyone! This great activity is suitable for everyone, young or old, and you don't need to be incredibly fit either! This one-day introduction will include basic navigation and map-reading skills such as measuring distance, taking bearings, interpreting contours and using them to visualise ground shape, working out grid references, understanding map symbols and scales, and using a compass.



Explore Mountain Walking - 2 day course. Including all the content of the Discover Mountain Walking day, this 2-day course will give you a chance to put into practice your new-found navigation skills whilst exploring the stunning Berywn or Arenig mountain ranges. We'll also look at mountain safety, suitable kit, and night navigation.

Complete Outdoors Programme

You may remember that back in July we launched our new 'Complete Outdoors' programme - we've had a fantastic response and the first participants will be starting their programme in October! In response to customer feedback we've altered the order of the elements of the course - they are now on a 'rolling' schedule which means new participants can join the programme at any point throughout the year! We hope this will make the course more accessible to everyone. So, 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. See

<http://www.proadventure.co.uk/completeoutdoors.htm> for more details!

Diary dates 2008:

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

12th January	10th May	20th September
23rd January	11th June	4th October
19th February	21st June	11th November
23rd February	12th July	15th November
8th March	20th July	6th December
13th March	2nd August	15th December
26th April	18th August	

Discover Rock Climbing & Abseiling Day

12th January	10th May	20th September
23rd January	11th June	4th October
19th February	21st June	11th November
23rd February	12th July	15th November
8th March	20th July	6th December
13th March	2nd August	15th December
26th April	18th August	

Explore Rock Climbing & Abseiling

12th-13th Jan	10th-11th May	20th-21st Sept
23rd-24th Feb	21st-22nd June	4th-5th October
8th-9th March	12th-13th July	15th-16th Nov
26th-27th April	2nd-3rd August	6th-7th Dec

Ultimate Rock Climbing Week

21st-25th April	2nd-6th June	1st-5th Sept
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Gorge Walking Taster- Half day

19th January	25th May	28th September
10th February	20th June	11th October
15th March	5th July	2nd November
5th April	18th July	13th December
3rd May	16th August	

Discover Gorge Walking - Full day

22nd January	18th May	9th August
2nd February	7th June	17th August
21st February	10th June	9th September
1st March	23rd June	22nd September
12th March	9th July	12th October
12th April	19th July	14th October
22nd April	26th July	13th November
8th May	7th August	14th December

Explore Gorge Walking Extravaganza

2nd-3rd February	7th-8th June	9th-10th August
1st-2nd March	19th-20th July	18th-19th Oct
12th-13th April	26th-27th July	

Survival and Bushcraft:

Discover Survival and Bushcraft

23rd February	5th May	31st August
29th March	15th June	27th September
6th April	25th July	10th October

Explore Survival and Bushcraft

14th-16th March	20th-22nd June	19th-21st Sept
18th-20th April	18th-20th July	17th-19th Oct
16th-18th May	22nd-24th Aug	14th-16th Nov

Ultimate Survival and Bushcraft

26th-30th May	11th-15th August	
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Kayaking, Open Canoeing:

Kayaking Taster

21st January	5th May	19th September
18th February	9th June	10th October
10th March	18th July	10th November
21st April	4th August	12th December

Discover White Water Kayaking Day

24th January	17th May	16th August
20th February	7th June	11th September
11th March	8th July	11th October
24th April	21st July	12th November

Explore White Water Kayaking

24th-25th Jan	7th-8th June	2nd-3rd August
20th-21st Feb	12th-13th June	16th-17th August
11th-12th March	28th-29th June	6th-7th Sept
24th-25th April	12th-13th July	21st-22nd Sept
7th-8th May	26th-27th July	11th-12th October

Ultimate Kayaking Week

14th-18th April	16th-20th June	15th-19th Sept
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Open Canoeing Taster

12th January	16th May	15th August
15th February	14th June	13th September
8th March	24th June	10th October
19th April	5th July	10th November
10th May	9th August	20th December

Discover White Water Open Canoeing Day

26th January	5th April	9th August
17th February	22nd May	13th September
8th March	14th June	4th October
29th March	14th July	1st November

Explore White Water Open Canoeing

26th-27th Jan	5th-6th June	9th-10th August
17th-18th Feb	14th-15th June	23rd-24th August
17th-18th March	28th-29th June	13th-14th Sept
26th-27th April	5th-6th July	27th-28th Sept
10th-11th May	14th-15th July	4th-5th October
22nd-23rd May	24th-25th July	18th-19th October

Ultimate Open Canoeing Week

7th-11th April	9th-13th June	22nd-26th Sept
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Mountain Biking:

Mountain Biking Taster Half Day

5th January	24th May	23rd September
9th February	26th June	25th October
27th March	3rd July	14th November
19th April	30th August	16th December

Discover Mountain Biking Day

5th January	24th May	23rd September
9th February	26th June	25th October
27th March	3rd July	14th November
19th April	30th August	16th December

Explore Mountain Biking

5th-6th January	24th-25th May	23rd-24th Sept
9th-10th February	28th-29th June	25th-26th October
27th-28th March	3rd-4th July	14th-15th Nov
19th-20th April	30th-31st August	16th-17th Dec

Ultimate Mountain Biking Week

11th-15th Feb	18th-22nd August	
19th-23rd May	6th-10th October	