

cycle4adventure

We are based in the North East of England, on the edge of the North Pennines and operate in Northumberland, County Durham, Yorkshire, Cumbria and Scotland. We are also able to travel to any part of the UK to meet your requirements.

Programmes and Support we can offer

The Duke of Edinburgh's Award

We provide a range of training courses, supervision and assessments in most sections of the Bronze, Silver and Gold levels of The Duke of Edinburgh's Award.

Neil has been a DofE leader, he has experience of leading all levels of Award. In Neil's specialist area of Expedition, he has worked with many different groups of different abilities and disabilities. DofE Expeditions have included on foot, by bike or paddling an open canoe.

Physical Section

If you wish to use Mountain Biking as your Physical Activity, we offer Mountain Bike courses for all levels of Mountain Biker. So if you're new to mountain biking or an experienced mountain biker who wants to progress your skills, we offer a skills course to suit you.

Level one – introduction to off road cycling skills.

Level two – for those wishing to develop single track riding skills.

Level three Trail Riding – for those wanting to ride red and black trails.

Level three Wild Country – for those wanting the real adventure, in our hills and mountains

We offer our programmed courses or we can tailor courses and expeditions to meet your needs of your groups. We have experience of working with young people of different abilities and disabilities.

Please enquire about courses, dates and prices, or visit our website.

For other activities, please contact us.

Activities we offer:-

Mountain Biking (including Scottish Mountain Bike Leader Association awards)	Navigation & Orienteering
Hill & Mountain Walking	Canoeing & Kayaking
Alpine Skiing	Team & confidence building
Climbing & Abseiling	
Expeditions & Residentials	

Adventure Activity Licensing Service

Neil Slater t/a cycle4adventure is registered with The Adventure Activities Licensing Service as licensed to provide specified activities under the following headings:

Climbing

Trekking

Watersports

License details can be confirmed by calling The Licensing Service.

Tel: 029 2075 5715



www.
cycle4adventure
.co.uk



Expedition Section

Training -

We offer training in Hill/Mountain Walking Expeditions, or why not try a Mountain Bike Expedition (please enquire about other activities). Training available:-

Common Training Framework: *First Aid and Emergency Procedures, An Awareness of Risk and Health and Safety Issues, Navigation and Route Planning, Camp Craft Equipment and Hygiene, Food and Cooking, Countryside, Highway and Water Sports Codes, Observation Recording and Presentations & Team-building*

1X2hour individual session	£50.00
4X2hour sessions	£200.00
1 day (8 hours)	£150.00

Walking/Mountain Biking & Navigation training:-

We offer one day sessions for those wanting activity (*Proficiency in the Mode of Travel*) & Navigation training prior to the Practice/Qualifying Expeditions.

1 day (8 hours)	£150.00
------------------------	----------------

Price based on max 1:8 ratio (possible 1:10 for low level walking)

Practice Expedition:-

We offer 2 days/1 night practice for Bronze or Silver Awards, and 3 days/2 nights for the Gold award. Walking or Mountain Biking expeditions catered for.

Bronze 2 day (*inc. trainers travel, food, camp expenses*) **£400.00**

Silver 2 day (*inc. trainers travel, food, camp expenses*) **£400.00**

Gold 3 day (*inc. trainers travel, food, camp expenses*) **£550.00**

Price based on max 1:8 ratio, in North Yorkshire, Durham or Northumberland

Qualifying Expedition Supervision

We can offer remote supervision for up to 3 DofE groups. Groups must be within the same geographical area.

Bronze 2 day (*inc. supervisors travel, food, camp expenses*) **£450.00**

Silver 3 day (*inc. supervisors travel, food, camp expenses*) **£650.00**

Gold 5 day (*inc. supervisors travel, food, camp expenses*) **£1050.00**

Price based on expedition in North Yorkshire, Durham, Northumberland, Lake District or Scottish Borders.

Expedition Assessments

Please enquire about assessments for Bronze, Silver or Gold Expeditions.

Volunteer Section

If you're an experienced mountain biker, and you're over the age of 18 years, you could gain a nationally recognized award to lead groups. We can offer the full range of **Scottish Mountain Bike Leader Association** Courses and assessments in:-

Trail Cycle Leader,
Mountain Bike Leader,
Expedition module,
Night Biking module and
Winter Conditions module

Note these courses are available to Duke of Edinburgh's Award Leaders, group leaders and teachers, wishing to lead groups in Mountain Biking.

Please enquire about courses, dates and prices, or visit our website

Please note:-

Prices shown do not include group transport, food, camp fees or equipment fees; or venue hire.

Prices correct at time of printing (January 2009).

For further information please:-

visit our website:- www.cycle4adventure.co.uk

email Neil:- neilslater.adventure@virgin.net

or telephone Neil:- 0776 136 5338

