

7 DAY

ADVENTURE SAMPLE ITINERARY

LEVEL OF ADVENTURE: RIDGE



AGES: 10-17

Spend 7 days (6 nights) at one of our residential centres in an awe-inspiring location.

10-12 year olds will go on one overnight wild camp, making your way on foot, water or both, and spend an unforgettable night out in the wild.

13-17 years olds years olds will go on two overnight expeditions where you'll take two different journeys to a wild camp and then spend the night under the stars. The first expedition will be instructor-led, the second is an opportunity for you and your group to take the lead.

START: DAY 1 AT 2PM FINISH: DAY 7 AT 1PM

This is what a 7-day adventure at Outward Bound might look like.

All activities depend on centre location, weather conditions and group ability, so whilst we can't tell you exactly what you'll be doing, we do guarantee you will have **fun** and be **challenged**.



DAY 1

Your adventure will start with a bang and kick off with our infamous jog and dip. This is exactly what it says it is – you will jump or run into the lake or sea, catapulting you straight into the Outward Bound experience from the very start.

Next, you'll explore the grounds of the centre where you'll call home for the next 7 days. You'll meet your group and your instructor, who will let you know what you can expect on your adventure.

Soak up the anticipation of what's ahead and get to know your fellow adventurers.



DAY 2

Make sure you eat your breakfast because you will need your energy today! It's time for you to discover the outdoors and go exploring in the wild.

You'll be immersed straight into nature by going on an all-day expedition through the wilderness. Your journey will take you over land and water where you'll engage in challenging activities along the way, such as rowing or kayaking across wild lakes and lochs.

You'll reach your camp and sleep in tents overnight. Huddle around the campfire and get to know your group better with food cooked outside, followed by marshmallows and hot chocolate.



DAY 3

Wake up in the wild and get ready to embark on another invigorating experience in the outdoors.

You will head back to your centre, but this is Outward Bound, so your journey will again be an adventure like no other. You will reach new heights by hiking over mountains or climbing some of the tallest peaks in the UK. You might even throw your rucksack into a canoe and paddle your way back on water.

No matter what, you'll appreciate your dinner and shower when you're back at centre!



DAY 4

It's halfway through your adventure so there's no better time to embrace a brand new challenge.

You'll push yourself that bit further and see what you can really do in the outdoors. Another day of adventurous activities await. You might strap yourself into a harness and helmet and tackle rock climbing or abseil down a spectacular peak. Or you might return to the water and take a leap of faith with cliff jumping and wild swimming.

There's no doubt you'll continue into the evening sharing stories of your day with your friends.



DAY 5

It's expedition day again! Prepare and pack up your rucksack again, ready to head out on another all-day adventure in the wild.

You'll explore and discover new areas, and today gives you and your group the perfect opportunity to push yourself out of your comfort zone. On this overnight expedition, you and your group will take the lead and be responsible for making sure you get to your camp before the sun goes down.

When you arrive, you will pitch your tent and set up your camp for the night where you'll share stories at camp and make everlasting memories with your campmates.



DAY 6

You'll start the day as close to nature as you can be.

Unzip your tent and start your day with an alfresco breakfast, before packing up and making your way back to centre. And remember, this is Outward Bound so your journey will be filled with challenging activities as it has been all week. You'll instructor will also set you new challenges, giving you the opportunity to practise your independence skills.

Return to centre with sore feet and a huge sense of proud at what you have achieved.



DAY 7

This might be the final day of your adventure, but the energy levels don't drop. With your new friends, you will work together to solve a challenge, helping you to realise what you are truly capable of and give you the chance to put your newfound skills into practice.

Before you leave, pick up your certificate and put it on display when you return home – you will feel you have achieved something monumental this week.



Feel a bit too challenging? A Basecamp adventure might be more up your street.



Want to push yourself more? Have a look at our Summit adventures.

