

DERWENT HILL EXPLORE COURSE



School(s):

Course Leader:

Course No:

Dates:

	Tutors	Morning session	Afternoon session	Evening Session
Monday	1 Group tutor 1	Introduction to Derwent Hill	Expectations, exploration & getting to know your group	Evening Walk
	2 Group tutor 2		Expectations, exploration & getting to know your group	Evening Walk
	3 Group tutor 3		Expectations, exploration & getting to know your group	Evening Walk
	4 Group tutor 4		Expectations, exploration & getting to know your group	Evening Walk / Team Challenge
	5 Group tutor 5		Expectations, exploration & getting to know your group	Team Challenge
	6 Group tutor 6		Expectations, exploration & getting to know your group	Team Challenge
Tuesday	1 Group tutor 1	Mountain exploration & the Lake District environment	Mountain exploration & the Lake District environment	Team Challenge
	2 Group tutor 2	Mountain exploration & the Lake District environment	Mountain exploration & the Lake District environment	Team Challenge
	3 Group tutor 3	Adventure & exploration	Personal challenge & teamwork (Big Swing and Ropes Course)	Team Challenge
	4 Group tutor 4	Introduction to Orienteering	Adventure & exploration	Team Challenge / Evening Walk
	5 Group tutor 5	Personal challenge & teamwork (Big Swing and Ropes Course)	Adventure & exploration	Evening Walk
	6 Group tutor 6	Exploring Derwent Water by Canoe	Introduction to Orienteering	Evening Walk
Wednesday	1 Group tutor 1	Exploring Derwent Water by Canoe	Adventure & exploration	The Derwent Hill Challenge
	2 Group tutor 2	Personal challenge & teamwork (Big Swing and Ropes Course)	Adventure & exploration	
	3 Group tutor 3	Mountain exploration & the Lake District environment	Mountain exploration & the Lake District environment	
	4 Group tutor 4	Mountain exploration & the Lake District environment	Mountain exploration & the Lake District environment	
	5 Group tutor 5	Introduction to Orienteering	Exploring Derwent Water by Canoe	
	6 Group tutor 6	Adventure & exploration	Personal challenge & teamwork (Big Swing and Ropes Course)	
Thursday	1 Group tutor 1	Adventure & exploration	Introduction to Orienteering	Social Evening
	2 Group tutor 2	Exploring Derwent Water by Canoe	Adventure & exploration	
	3 Group tutor 3	Exploring Derwent Water by Canoe	Adventure & exploration	
	4 Group tutor 4	Personal challenge & teamwork (Big swing and ropes course)	Exploring Derwent Water by Canoe	
	5 Group tutor 5	Mountain exploration & the Lake District environment	Mountain exploration & the Lake District environment	
	6 Group tutor 6	Mountain exploration & the Lake District environment	Mountain exploration & the Lake District environment	
Friday	1 Group tutor 1	Personal challenge & teamwork (Big swing and ropes course)		
	2 Group tutor 2	Introduction to Orienteering		
	3 Group tutor 3	Introduction to Orienteering		
	4 Group tutor 4	Adventure & exploration		
	5 Group tutor 5	Adventure & exploration		
	6 Group tutor 6	Adventure & exploration		