

DERWENT HILL EXPLORE COURSE



- During this week you will:**
- challenge yourself
 - be responsible
 - become a good team player
 - enjoy wild places
 - be healthy

School(s):

Course Leader:

Course No:

Dates:

		Tutors	Morning session	Afternoon session	Evening Session
Monday	1	Group tutor 1		Meet your tutor, get your equipment & first activity	Evening Walk (DH staff)
	2	Group tutor 2		Meet your tutor, get your equipment & first activity	Evening Walk (DH staff)
	3	Group tutor 3		Meet your tutor, get your equipment & first activity	Evening Walk
	4	Group tutor 4		Meet your tutor, get your equipment & first activity	Evening Walk (DH staff) / Team Challenge (School staff)
	5	Group tutor 5		Meet your tutor, get your equipment & first activity	Team Challenge (School staff)
Tuesday	1	Group tutor 1	Mountain Walk	Mountain Walk	Team Challenge (School staff)
	2	Group tutor 2	Mountain Walk	Mountain Walk	Team Challenge (School staff)
	3	Group tutor 3	Gorge Scramble	Big Swing and Ropes Course	Team Challenge (School staff)
	4	Group tutor 4	Orienteering	Gorge Scramble	Team Challenge (School staff) / Evening Walk (DH staff)
	5	Group tutor 5	Big Swing and Ropes Course	Gorge Scramble	Evening Walk (DH staff)
Wednesday	1	Group tutor 1	Canoeing	Gorge Scramble	The Derwent Hill Challenge (DH & School staff)
	2	Group tutor 2	Big Swing and Ropes Course	Gorge Scramble	
	3	Group tutor 3	Mountain Walk	Mountain Walk	
	4	Group tutor 4	Mountain Walk	Mountain Walk	
	5	Group tutor 5	Orienteering	Canoeing	
Thursday	1	Group tutor 1	Adventurous Activity	Orienteering	Social Evening (School staff)
	2	Group tutor 2	Canoeing	Adventurous Activity	
	3	Group tutor 3	Canoeing	Adventurous Activity	
	4	Group tutor 4	Big Swing and Ropes Course	Canoeing	
	5	Group tutor 5	Mountain Walk	Mountain Walk	
Friday	1	Group tutor 1	Big Swing and Ropes Course	Notes	
	2	Group tutor 2	Orienteering		
	3	Group tutor 3	Orienteering		
	4	Group tutor 4	Adventurous Activity		
	5	Group tutor 5	Adventurous Activity		