



Central Bedfordshire College

Day	Group 1a	Group 1b	Group 2a	Group 2b	Evening	DI	Notes
Sunday	Arrival 3.30pm. Welcome chat. Kit issue.				Local walk to check fit of boots.		
Monday	Campcraft – Stoves. Exped Kit. Canoe/kayak		Canoe/kayak Campcraft – Stoves. Exped Kit.		Expedition Training talk. Route planning		
Tuesday	MountainWalk Exped	MountainWalk Exped	Canoe Journey		Overnight Expedition		
Wednesday	MountainWalk Return to centre Review	MountainWalk Return to centre Review	Canoe Journey		Kit sorting Route planning		
Thursday	Canoe Journey		Mountain Walk Exped	Mountain Walk Exped	Overnight Expedition		
Friday	Canoe Journey		Walk	Walk	End of Course review and presentation		
Saturday	Putting dried expedition kit away. Clean centre. Depart 9.30am						

