



Hiking Program examples

Here are just a few examples of **Hiking Programs** offered by Barrington Outdoor Education. These can be tailored to suit your specific requirements, ask us how.

In addition, these are suitable for **Duke of Edinburgh Award** expeditions as specified.

Hiking Program examples	Duke of Ed Practice	Duke of Ed Test
Two day / One night programs		
The Steps Campground, Barrington River	Bronze	
Copeland Tops State Conservation Area		Bronze
Three day / Two night programs		
Brisbane Waters National Park, Hawkesbury River	Silver	
Barrington Tops National Park		Silver
Four day / Three night programs		
Tops to Myall Heritage Trail	Gold	
Milford Track, New Zealand		Gold

Two day / One night programs

- Location: The Steps Campground, Barrington River
 - Program: This program rapidly educates students with the essential skills for safe hiking in the Australian bush. Using navigation courses at The Steps and at Copeland Tops, students traverse marked trails as well as unmarked bush. The skills learnt offer a lifetime of hiking enjoyment.
 - **Suitable for Bronze Practice Expeditions**

- Location: Copeland Tops State Conservation Area
 - Program: Students hike over the rainforest-clad Mount Prince Charlie and camp overnight at a private campsite atop Copeland Tops with views of the distant ocean. If used as a Duke of Ed qualification expedition, participants are challenged and rewarded, encountering a rich variety of forest types including riparian, wet rainforest, dry forest and open woodlands.
 - **Suitable for Bronze Test Expeditions**

Three day / Two night programs

- Location: Brisbane Waters National Park, Hawkesbury River
 - Program: Students get to experience a spectacular section of the renowned Great North Walk, hiking through the Ku-ring-gai Chase National Park past Jerusalem Bay to arrive at Brooklyn on the Hawkesbury River. After crossing the majestic river by ferry, participants continue hiking through the Brisbane Waters National Park and finish in the Ourimbah

Valley. If used as a Duke of Ed practice expedition, this program extends the skills developed at the bronze level.

- **Suitable for Silver Practice Expeditions**
- Location: Barrington Tops National Park
 - Program: Students hike through Barrington Tops World Heritage wilderness area, camping overnight at famous favourites like Polblue, Munro Hut, Wombat Creek and Junction Pools. Camping atop this magnificent national park is an unbeatable outdoor education experience, it's like another world. If used as a Duke of Ed qualification expedition this program focuses on skills development with increased challenge.
 - **Suitable for Silver Test Expeditions**

Four day / Three night programs

- Location: Tops to Myall Heritage Trail
 - Program: This program follows a section of the little-known Tops to Myall Heritage Trail. Following marked and unmarked trails, this exclusive route stretches from the subalpine areas of Barrington Tops National Park, through mountainous rainforests and sheltered subtropical gullies. If used as a Duke of Ed practice expedition, this hike challenges participants like no other in the Park.
 - **Suitable for Gold Practice Expeditions**
- Location: Milford Track, New Zealand
 - Program: This is the gold standard for hiking, with students from all over the world making the pilgrimage to the Milford Track. Described as "the finest walk in the world", this is one of New Zealand's most popular walks, and for good reason. The qualification journey itself is four days and three nights, although the total time away including transfers makes this trip six days and five nights. If used as a Duke of Ed qualification expedition, this amazing journey can be enhanced with some extra time in spectacular Queenstown or a sea kayak adventure through the fjordlands. Just brilliant!
 - **Suitable for Gold Test Expeditions**

Skills Outcomes

Our programs are designed to deliver the following skills outcomes:

- Planning and preparation (including food and water requirements, weather patterns, and appropriate permissions)
- Navigation and route planning (including emergency planning)
- Camp craft (including shelter, fires, cooking, stoves and hygiene)
- Care of the environment (including minimal impact practices, sanitation, care of waterways and rubbish disposal)
- First aid and safety (including risk assessments, emergency equipment, emergency evacuation procedures, emergency contacts and reporting)
- Equipment use (including issue, fit, check and correct use of personal equipment and clothing, group equipment and activity specific equipment)
- Group skills (including group management and leadership, and teamwork)
- Skills specific to mode of expedition (ie. canoeing skills, hiking skills, mountain biking skills etc.)