



## Mountain Biking Program examples

Here are just a few examples of **Mountain Biking 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.

<b>Mountain Biking Program examples</b>	<b>Duke of Ed Practice</b>	<b>Duke of Ed Test</b>
<b>Two day / One night programs</b>		
The Steps, Barrington River and Copeland Tops State Conservation Area	<b>Bronze</b>	
Dharug National Park		<b>Bronze</b>
<b>Three day / Two night programs</b>		
Copeland Tops Conservation Area and Kiwarra State Park	<b>Silver</b>	
Watagans National Park		<b>Silver</b>
<b>Four day / Three night programs</b>		
Jilliby Conservation Area, Ourimbah State Forest and Watagans National Park	<b>Gold</b>	
Barrington Tops National Park and Copeland Tops Conservation Area		<b>Gold</b>

### Two day / One night programs

- Location: The Steps, Barrington River and Copeland Tops State Conservation Area
- Program: This program is based at The Steps with its purpose-built single track network offering the ideal location for students to develop good biking techniques and essential skills. Additional rides are taken at the nearby Copeland Tops Conservation Area. If used as a Duke of Ed practice expedition, participants are also coached in outdoor expedition skills that are crucial to their future Award qualifications.
- **Suitable for Bronze Practice Expeditions**
- Location: Dharug National Park
- Program: Students ride challenging and intriguing trails through a rugged sandstone landscape in this park located on the banks of the Hawkesbury River. The area is steeped in history with aboriginal and colonial sites of significance found throughout. If used as a Duke of Ed qualification expedition, participants test their skills developed through their Bronze practice and encounter habitats of open forest, rainforest, scrub, heath, reedlands and mangroves.
- **Suitable for Bronze Test Expeditions**

### Three day / Two night programs

Location: Copeland Tops Conservation Area and Kiwarra State Park

- Program: This program uses trails at Copeland Tops Conservation Area and Kiwarra State Forest for intensive biking skills development. Kiwarra offers brilliant, flowing trails that swoop and weave through the sclerophyll forest on a world class network. Students develop their bike handling skills rapidly and also experience some out-of-saddle skills with bush mechanic workshops plus they gain growing competency in outdoor survival skills. If used as a Duke of Ed practice expedition, participants extend the skills developed in the bronze expeditions.

- **Suitable for Silver Practice Expeditions**

- Location: Watagans National Park
- Program: Students are challenged to extend their skills with multiple mountain biking sections in this expedition. Students ride a combination of trails as well as world class flowing single track. If used as 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: Jilliby Conservation Area, Ourimbah State Forest, Watagans National Park
- Program: With multiple mountain biking sections in this expedition, students ride a combination of trails as well as world class flowing single track. This program challenges and rewards with amazing views of the Central Coast, Hunter Valley and the dreamy beauty of the Watagans Ranges.

- **Suitable for Gold Practice Expeditions**

- Location: Barrington Tops National Park and Copeland Tops Conservation Area.
- Duration: 4 days / 3 nights
- Program: Students ride out of the forest-clad mountains of the World Heritage listed Barrington Tops. After overnighing on the summit at our private remote mountain campsite, they commence the descent by mountain bike, following trails which lead down to The Steps campground on the Barrington River. If used as a Duke of Ed qualification journey, it provides an exciting challenge to test the skills developed over the course of the award program.

- **Suitable for Gold Test Expeditions**

## Skills Outcomes

Through active participation in the Duke of Edinburgh training and qualification expeditions, our instructors coach the development of the following skills:

- 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.)