



## Pack and Paddle Program examples

Here are just a few examples of **Combination Programs for hiking and paddling** 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.**

### Two day / One night programs

- Location: Myall Lakes National Park
- Program: This program is run at Mungo Brush and focuses on developing skills for hiking, canoeing and outdoor survival, all coached by our experienced instructors. Students are challenged by the combination of one day hiking plus one day canoeing.
- As one of the state's largest coastal lake systems with 40km of beaches and sand dunes, Myall Lakes is a one of the most visited parks in NSW. Students are spellbound by the beauty of this environment as they encounter various habitats such as heathlands, freshwater wetlands and dry eucalypt forests.
- **Suitable for Bronze Practice Expeditions**
- Location: Hawkesbury River and Brisbane Waters National Park
- Program: Students begin their journey paddling on the majestic Hawkesbury River to arrive at camp, and then finish with a challenging hike through the Brisbane Waters National Park. If used as a Duke of Ed qualification journey, students are challenged in utilising the skills developed through their bronze practice expedition.
- Brisbane Waters National Park is set in a rugged sandstone landscape, with magnificent views of the Hawkesbury River as well as Brisbane Waters. Well known for its wildflower displays from late winter to early spring, the park also supports a diverse range of native animals including the spotted tailed quolls and koalas.
- **Suitable for Bronze Test Expeditions**

### Three day / Two night programs

- Location: Wallingat National Park
- Program: Students complete their journey by hiking through the Wallingat National Park on marked and unmarked trails, then paddling on the Wallingat River and Wallace Lake. If used as a Duke of Ed practice expedition this program focuses on skills development with increased challenge.
- The Wallingat National Park boasts magnificent views of coastline. Students are challenged and rewarded as they hike through eucalypt forests, cabbage palm and flooded gum forests.
- **Suitable for Silver Practice Expeditions**
- Location: Barrington River, Copeland Tops Conservation Area
- Program: Students hike over Copeland Tops and Mount Prince Charlie to overnight at the riverside campground at The Steps. Their expedition then continues by canoe down the renowned Barrington River through grade 1 and grade 2 rapids. Students are challenged and rewarded, encountering a rich variety of forest types including; riparian, wet rainforest, dry rainforest and open eucalypt woodlands.
- **Suitable for Silver Test Expeditions**

### Four day / Three night programs

- Location: Dharug National Park, Brisbane Waters National Park and Hawkesbury River
- Program: Students are challenged to extend their skills hiking through the Dharug National Park and Brisbane Waters National Park, plus paddling on the Hawkesbury River. The Dharug National Park and Brisbane Waters National Park offer a challenging and rugged sandstone landscape, with magnificent views of the Hawkesbury River as well as Brisbane Waters. Well known for its wildflower displays from late winter to early spring, these parks also supports a diverse range of native animals including a variety of glider species as well the spotted tailed quolls and koalas.
- **Suitable for Gold Practice Expeditions**



- Location: Barrington Tops National Park, Copeland Tops Conservation Area and Barrington River.
- Program: Students hike out of the Barrington Tops National Park, over the Copeland Tops Conservation Area and down into one of the more remote stretches of the upper Barrington River. In the final leg, student skills will be challenged in negotiating the Grade 1 and Grade 2 rapids in white water kayaks along the more technical stretches of the river.
- The Barrington River is a well known river throughout Australia for white water enthusiasts offering not only a beautiful environments with crystal waters but also known as arguably one of the best beginner white water rivers in the country.
- **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.)