



Pack and Pedal Program examples

Here are just a few examples of **Combination Programs for hiking and mountain biking** 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, cycling and outdoor survival, all coached by our experienced instructors. Students are challenged by the combination of one day hiking plus one day mountain biking.
- As one of the state's largest coastal lake systems with 40km of beaches and sand dunes, Myall Lakes is 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: Copeland Tops Conservation Area
- Program: Using marked and unmarked trails, students hike into Copeland Tops to challenge their navigation skills. After overnighting 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, students are challenged in utilising the skills developed through their bronze practice expedition. Students are challenged and rewarded, encountering a rich variety of forest types including; Riparian, Wet Rainforest, Dry Rainforest and Open Woodlands.
- **Suitable for Bronze Test Expeditions**

Three day / Two night programs

- Location: Wallingat National Park and Kiwarrak State Forest
- Program: This program uses Wallingat National Park for the hiking training component of the program before moving to basecamp out of the Kiwarrak State Forest for intensive biking skills development on the world class single track networks offered at this site. If used as a Duke of Ed practice expedition, this program extends skills developed in the bronze expeditions.
- Kiwarrak offers brilliant, flowing trails that swoop and weave through the sclerophyll forest. The Wallingat National Park boasts magnificent views of coastline. Students are challenged as they hike through eucalypt forests, cabbage palm and flooded gum forests.
- **Suitable for Silver Practice Expeditions**
- Location: Brisbane Waters National Park, Jiliby State Conservation Area and Ourimbah State Forest.
- Program: Hiking through the Brisbane Water National Park and Jiliby Conservation Area students camp two nights in remote locations before climbing onto mountain bikes to ride out of

the forest. Following various trails and a world class single track this expedition provides majestic views in a challenging hike as well as fun, skilful and technical biking. Students enjoy being challenged and developing new skills rapidly.

- 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 Silver Test Expeditions**

Four day / Three night programs

- Location: Jiliby Conservation Area, Watagans National Park
- Program: Students are challenged to extend their skills as they change between mountain biking and hiking. 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 with some good climbs off the bikes, 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 hike through the Barrington Tops National Park, a rugged park full of contrasts. After the challenge of hiking through this thick, wild and varied environment, students switch to mountain biking over Copeland Tops and descend into the relative comforts of our riverside camp at The Steps 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.)