

		Group One	Group Two	Group Three	Group Four
Day One	AM	Traveling from school to The Steps			
	PM	Mountain Biking <i>The Steps</i>	Mountain Biking <i>The Steps</i>	Bushwalking <i>Mt Prince Charlie</i>	Bushwalking <i>Mt Prince Charlie</i>
Day Two	AM	Mountain Biking <i>Kiwarra State Forest</i>	Canoeing <i>Barrington River</i>	Mountain Biking <i>Kiwarra State Forest</i>	Canoeing <i>Barrington River</i>
	PM	Canoeing <i>Barrington River</i>	Mountain Biking <i>Kiwarra State Forest</i>	Canoeing <i>Barrington River</i>	Mountain Biking <i>Kiwarra State Forest</i>
Day Three	AM	Canoeing <i>Barrington River</i>	Mountain Biking <i>Kiwarra State Forest</i>	Canoeing <i>Barrington River</i>	Mountain Biking <i>Kiwarra State Forest</i>
	PM	Bushwalking <i>Mt Prince Charlie</i>	Bushwalking <i>Mt Prince Charlie</i>	Mountain Biking <i>The Steps</i>	Mountain Biking <i>The Steps</i>
Day Four	AM	Bushwalking <i>Mt Prince Charlie</i>	Bushwalking <i>Mt Prince Charlie</i>	Mountain Biking <i>The Steps</i>	Mountain Biking <i>The Steps</i>
	PM	Traveling The Steps to school			

Mountain Biking

Each group will participate in two mountain biking sessions; a half-day session at The Steps Mountain Bike Park and a full day at Kiwarra Sate Forest. These sessions will develop progressive skills from basic to intermediate single track mountain biking while building safe riding practices and confidence. The purpose built single track trails incorporate drops, berms, table tops, log bridges and a pump track. Each group will have a specialist mountain bike guide to teach the students about bike care and safe riding in a bush environment.

White water canoeing – Barrington River

Students will canoe two sections of the Barrington River. They will begin with a flat water session focused on basic skills before paddling downriver for white water excitement and intermediate skills development. Experienced canoeing instructors will teach basic white water skills, river safety and group management. These sessions also include a Rock Jump that allows students to explore nature's playground without specialist equipment.

Hiking – Mount Prince Charlie

A half day hike up to Mount Prince Charlie takes in open woodlands, dry and wet rainforest, scenic views and local history. This walk is challenging but allows students to be challenged at their own level, as summiting is an added bonus not a necessary outcome. Guides will teach students basic navigation skills and useful information about the environments that they are hiking through.

Educational Theme

The program revolves around community living. BOE guides, along with teachers, are included in the group as active members of the small community and participate in all aspects of the program. The challenging and adventurous nature of mountain biking, hiking and canoeing provides an experiential learning environment for the students, fostering the development of new skills, while reinforcing their own self-concept within the group.

Curriculum/ Program Objective:

These programs aim to:

- Promote increased self-esteem and confidence by providing an opportunity for physical and mental challenge.
- Develop and reinforce personal responsibility, group dynamics and community living skills.
- Teach and develop:
 - Basic hiking, mountain biking and canoeing skills and safety techniques
 - Camp craft skills
 - Safe practices and habits in the outdoor environment
 - Group dynamics and problem solving skills in challenging situations
 - Community living and cooking skills
 - New recreational interests, skills and friendships
- Instil and encourage environmental awareness and sound environmental practices in the outdoors through an Australian Wilderness