

# Young Spirit







*Specialists in outdoor education*



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**Young Spirit provides a truly memorable outdoor experience for primary age children, with an equal emphasis on fun and learning**

-  High quality adventure based education
-  Experienced mature instructors
-  Expedition based programmes
-  Unique opportunities to visit stunning locations
-  Tried and tested techniques for review and reflection
-  Accessible outdoor activities that offer challenges for all



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## *Specialists in outdoor education* *River Dart Expeditions*

This is a wonderful opportunity to explore the Dart estuary between Dittisham and Dartmouth. The trip involves travelling on the river in Canadian canoes and hiking on footpaths and woodland trails. We spend two nights at our unique Balcombe Camp close to the river on the stunning Raleigh Estate. With a private creek, river frontage and acres of fields and woodland. This venue also provides us with a perfect location for our bushcraft sessions and challenge course.







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### Balcombe Camp

The Dart estuary is a fantastic place to be on the water and we are very lucky to have easy access by canoe to our campsite. Nestled in a deep wooded valleys is Balcombe woodland camp.

In partnership with the Raleigh Estate, Young Spirit have built a comfortable fixed camp.





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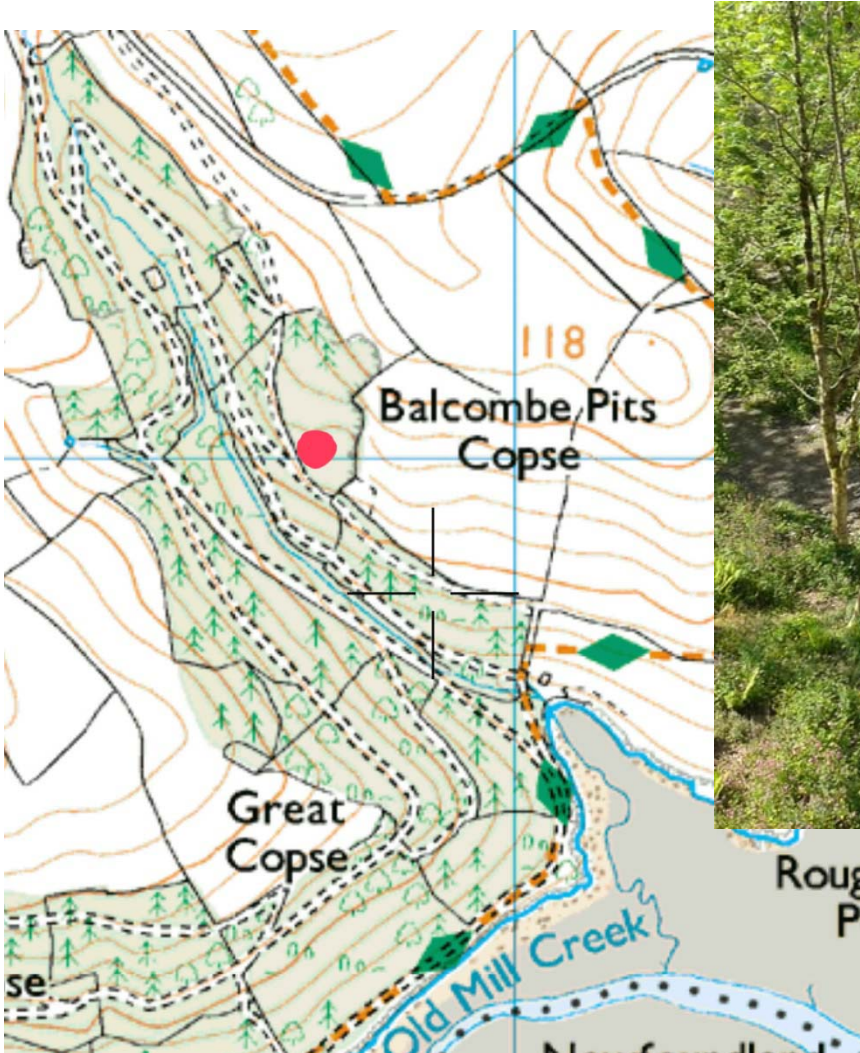
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### **In the spirit of bushcraft**

When constructing our site, we took care to use materials we found in the woods for the main elements:

- We harvested mainly Japanese Larches, a commercial crop tree and a good long lasting timber.
- We used the entire tree, off cuts for logs and chipping smaller pieces for floors and paths.
- We use a small mobile sawmill to cut down on transport





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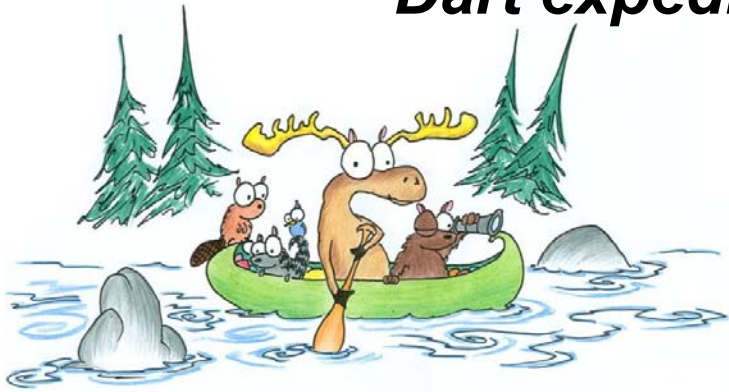
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# ***Dart expedition team challenge***



**What are we here for ?;**

**To stay safe: working and playing safely, listen to and follow instructions, to think of others.**

**To have fun and enjoy the expedition: be positive, try new things and support each other.**

**To learn something about ourselves, each other and/or the world around us, how the experience may help/change us, what new skills, talents or interests we may discover.**

**To complete the expedition and the challenges: team and physical challenge, create fire food and shelter, collect water, travel through and discover new places, solve problems and to always think of the whole team.**

**The team must work on the all these thing to gain gold bars for the whole group, These will be added up and if the total passes 50 bars there will be treats on the final day as a reward!**



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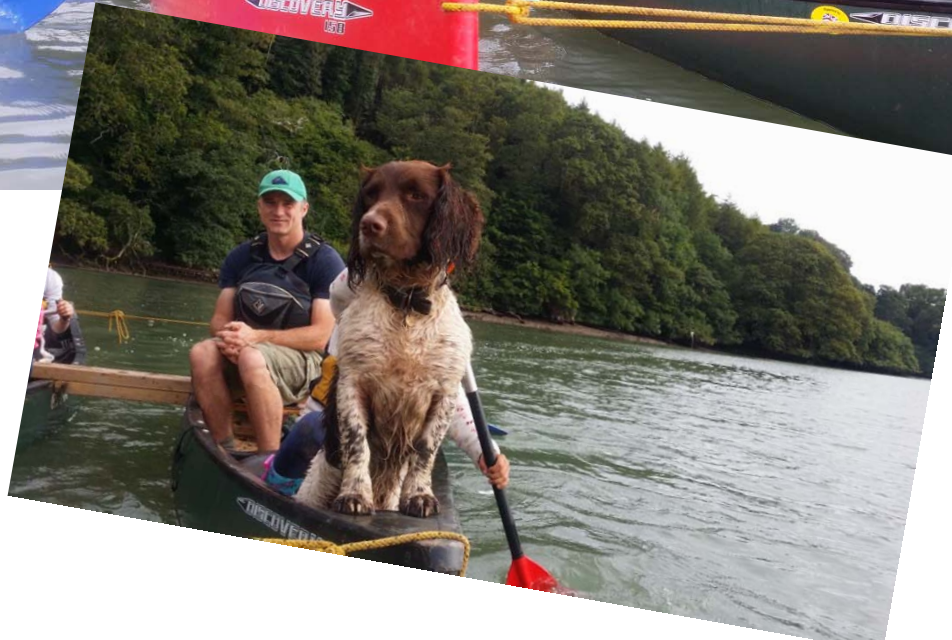
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## Clothes to wear

- Trousers, jogging bottoms or
- similar preferably not jeans x 1 (maybe shorts!!!)
- T-shirt x1
- Jumper/ fleece x1
- Socks x1
- Wellies are best or suitable boots or
- trainers with good soles. ( it can be very muddy when wet)

## In a bag suitable for carrying

- Sun cream
- Warm hat or sun hat
- Packed lunch
- Drinks bottle
- Waterproof coat (and trousers if possible)





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### *River Dart Expedition*

#### Bedding, overnight and camping kit

- Packed and sealed in a separate thick double bin bags and labelled
- 1x pair trousers, 1x T-shirt, 1x warm top, 1x pair socks. Underwear
- Trainers, crocs or sandals, for camp
- Swimming costume
- Sleeping bag or duvet (it is possible that all items taken will get damp and dirty) We can hire sleeping bags for a small fee
- Pillow case,
- Warm nightwear
- Towel
- Toothbrush
- Personal items a soft toy, a book, camera etc (electronic games, mp3s and mobile phones are not encouraged)
- Medication if carried
- Small torch
- Packet of anti bacterial wipes
- Spoon and plastic mug, bowl





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