



Bushcraft & Mountain Bike Weekend



COURSE OUTLINE:

You awaken to dappled light filtering through the woodland canopy warming your tent. Birdsong fills the air. The smell of wood smoke brings the promise of breakfast and the camaraderie of the fireside.

After breakfast you can choose to spend the morning touring the local bye ways with your guide. Maria is an experienced mountain bike leader and will show you the best that Sussex has to offer. Alternatively you may wish to spend the morning exploring on foot learning about the flora and fauna of this ancient woodland. A member of the [Forest Knights](#) team will be on hand to identify the various edible and medicinal plants native to the area.

After a healthy lunch you will be able to learn a number of skills. Maria will be running sessions on bike maintenance. These classes will show you how to manage simple in the field repairs to your bicycle to ensure that your journey continues with the minimum interruption. There will also be a number of sessions teaching practical camping and travel skills. Fire craft will give you the skills to light a fire in all conditions. There will also be a number of simple camp projects for you to develop your craft skills.



The evening we will demonstrate a variety of cooking methods to bring a sense of wonder to even the most jaded palate. Travel in the world's wild places is about adventure, good company and learning to make the most for the resources available. Travel well and learn to live in harmony with our environment.

This weekend is a mixture of practical skills and experiences designed to allow you to leave with the skills and confidence to travel wherever with your bike.

By the end of this weekend you will have a better understanding of the following.

- ❖ Trip Planning.
- ❖ Camp Craft.
- ❖ Fire Skills.
- ❖ Mountain Bike Maintenance.
- ❖ Plant And Tree Identification.
- ❖ Water Purification.
- ❖ Shelter.
- ❖ Camp Cooking.

Course Commences 18:45 Arundel Station.
Escorted to the wood.

Friday evening

- ❖ Safety brief and meet the instructors.
- ❖ Introduction to clients
- ❖ Quiet evening
- ❖ Relaxing around the campfire.
- ❖ Possible subjects to cover
- ❖ Trip planning, equipment and camp hygiene.

Saturday.

- ❖ Early start breakfast.
- ❖ 9am Group cycle tour with Maria and team.
- ❖ Lunch 1 – 2
- ❖ 2-5pm Activities
- ❖ 5pm Cooking.

Sunday

- ❖ Early start.
- ❖ Dawn Cycle.
- ❖ Breakfast
- ❖ Sessions Bushcraft and travel.
- ❖ Lunch.
- ❖ Shelter and Fire challenge.
- ❖ 3pm. Group photo.
- ❖ 330 close issue certificates etc

**COURSE COMMENCES:
COURSE COST: £185.00 PER
PERSON.**



*To book your Bushcraft &
Mountain Bike Weekend contact*

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