



1. Are you going Camping, Trekking, Mountaineering, Abseiling or Rock Climbing?

2. Do you need equipment for your adventures?

We bring you the best brands out there, put your mind at rest when you'll be trekking out in the wilderness, pushing your limits on the rocks or simply chilling with friends at a weekend camping break.... what ever it is..

The Bowline Outdoor & Adventure shop is here just for you Adventurers!




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 TheBowlineOutdoor



Introduction to Trekking

Duration 20hrs, €60

Anyone venturing into the wilderness - whether for an overnight camping trip or on a lengthy or short trek – should understand the basic principles of survival. Knowing how to survive in particular situations will allow you to carry out the correct beforehand preparation, choose the right equipment (and learn how to use it), and practice the right skills.

In this course we will teach you how understanding your environment will allow you to select the best equipment, adopt the best techniques, and learn the correct skills.

Introduction to basic Trekking

- *Theory Session: (2hrs)*
 - Familiarization, instructor with students / students with instructor.
 - Getting to know the environment.
 - Get the right gear.
 - Water and food.
 - Basic first aid essentials.
- *Practical Session: (18hrs)*
 - Valley trekking
 - Coastal trekking
 - Plateaux trekking
 - Final trek will consist of a mix up from the above treks, learning how to build and start a controlled fire and even having the opportunity to cook outdoors.

All the suggested activities will be carried out from professional qualified instructors with a military background.

Course notes are included in the price.

All participants will be insured throughout the whole duration of the course.

Certification of attendance will be given to all participants after completion of full 20 hour course.

Courses are smart card refundable.

Treat the wilderness with respect, carry in only what you can carry out, leave only footprints, take only pictures, these will be the principles we will be applying during our trekking sessions.