

BIGSHAKEOUT FESTIVAL 2016

A WEEKEND OF ADVENTURE & ENTERTAINMENT

ALPKIT



thornbridge outdoors

SCHOOL OF ADVENTURE PLANNER



BIG SHAKEOUT FESTIVAL 2016 SCHOOL OF ADVENTURE SATURDAY ACTIVITIES TIMETABLE

08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00
YOGA: £0	NORDIC WALKING: £6				BINERFLON: £5		BIKEPACKING - TARP WORKSHOP: £6					BIKEPACKING - EMERGENCY TRAILSIDE REPAIRS: £6					BINERFLON: £5		YOGA: £0				NIGHT RUN: £0																									
BIKEPACKING - ART OF PACKING: £6				SLACKLINE - FINDING YOUR FEET: £10					BINERFLON: £5		MINI ADVENTURER: £15			BIKEPACKING - ULTRALITE COOKING: £0																																		
MINI ADVENTURER: £15					SLACKLINE - LETS BALANCE: £10					SLACKLINE - FINDING YOUR FEET: £10			GUYROPE GOURMET COOKERY SCHOOL: £30																																			
GUYROPE GOURMET COOKERY SCHOOL: £30					SLACKLINE - SO YOU CAN WALK: £10					SLACKLINE - LETS BALANCE: £10			MAKE A CANOE PADDLE: £40/£80																																			
MAKE A CANOE PADDLE: £40/£80					NORDIC WALKING: £6					SLACKLINE - SO YOU CAN WALK: £10			FUEL & TRAIN FOR ENDURANCE BIKEPACKING: £0																																			
OPEN WATER SWIM - INTRO TO IMPROVERS: £TBC					GUYROPE GOURMET COOKERY SCHOOL: £30					OPEN WATER SWIM - INTRO TO IMPROVERS: £TBC																																						
ADRENALINE RUSH: £15					MAKE A CANOE PADDLE: £40/£80					ADRENALINE RUSH: £15																																						
WET & WILD UNDERGROUND: £15										WET & WILD UNDERGROUND: £15																																						
INTRO TO OUTDOOR CLIMBING: £25					INTRO TO OUTDOOR CLIMBING: £25																																											
BOMBPROOF BELAYS: £15					CLIMBING ESCAPOLOGY: £15																																											
BUSHCRAFT SKILLS: £15					BUSHCRAFT SKILLS: £15																																											
EDEN WILD FOOD: £12					EDEN WILD FOOD: £12																																											
FELL RUNNING GUIDE: £10					FELL RUNNING GUIDE: £10																																											
VENTURE KAYAKS INTRO TO WHITE WATER: £25					VENTURE KAYAKS INTRO TO WHITE WATER: £25																																											
VENTURE KAYAKS MATLOCK RIVER SAFARI: £25					VENTURE KAYAKS MATLOCK RIVER SAFARI: £25																																											
VENTURE KAYAKS INTRO TO RIVER TOURING: £25					VENTURE KAYAKS INTRO TO RIVER TOURING: £25																																											
DERWENT WATER SAFARI: £25					FAMILY WEASELING: £15																																											
FAMILY WEASELING: £15					RESIN TO ROCKS - BOULDERING: £25																																											
RESIN TO ROCKS - ROPES: £25					MONSAL BIKE & ABSEIL: £15																																											
MONSAL BIKE & ABSEIL: £15					MOUNTAIN BIKING - AN INTRO TO JUMPS & DROPS: £15																																											
MOUNTAIN BIKING - CORE SKILLS SESSION: £15					DERWENT WATER SAFARI: £25																																											
MOUNTAIN BIKE RIDE WITH ED OXLEY: £10					NORDIC WALKING: £6																																											
WOMEN'S GUIDED MTB: £10										AXE THROWING & BUSHCRAFT WITH THE SCOUTS: £0																																						
CRAFT TENT FOR KID'S WITH PARENTS: £0										THE BUILDING BLOCKS OF LEAD CLIMBING: £55																																						
SCHOOL OF ADVENTURE PHOTOGRAPHY: £100										SCHOOL OF ADVENTURE PHOTOGRAPHY: £100																																						
FULL DAY NAVIGATION SKILLS: £25										SCHOOL OF ADVENTURE PHOTOGRAPHY: £30																																						
SCHOOL OF ADVENTURE PHOTOGRAPHY: £30					MINI ADVENTURER: £15					STORY TELLING WORKSHOP: £5																																						
SLACKLINE - FINDING YOUR FEET: £10					SLACKLINE - LETS BALANCE: £10					SLACKLINE - SO YOU CAN WALK: £10																																						
WHITE PEAK WALK: £7.50																																																

Looking for **ADVENTURE**? From Nordic Walking, to Photography, these courses offer something for everyone. Fancy going underground? Try out our **CAVING** courses to see what its all about. Whether new to **CLIMBING** or looking to improve, we have a great range of courses for the climbers out there. Brush up on your Bushcraft, add flare to your Outdoor Cooking or even have a go at Axe Throwing with our **CRAFTS & SKILLS** courses. From Mountain Biking skills, to Bike Packing workshops, our **CYCLING** sessions will be sure to get you up to speed. Improve your technique and join other like-minded plodders with the **RUNNING** courses on offer. Prepare to get wet (and have fun) with our range of **WATER** based courses. Whether starting off the day the right way, or rejuvenating yourself after an action packed few hours, the **WELLBEING** Yoga sessions will get you feeling alive.

