

Bangholm Outdoor Centre

Easter Programme 2015



Welcome to the Bangholm Outdoor Centre's Easter Programme for 2015

This year we are running a range of exciting outdoor activities with the emphasis very much on fun & learning. Most of our activities make use of a range of wider achievement awards meaning that not only are you guaranteed a whole heap of fun you'll also walk away with a nationally recognised certificate of achievement at the end of the day.

All our courses are delivered to the highest possible safety standards using the best equipment available.

All course are open to P6-S4 young people.

Our instructors are hand-picked and some of the most highly qualified and experience in the UK. More importantly they are all really nice people with bags of enthusiasm, patience and a love of the outdoors.

If you are into outdoor activities you are sure to find stuff of interest so what are you waiting for?

Page 3	Canoeing & Kayaking
Page 4	Multi-Activity Days
Page 5	Mountain Biking
Page 7	Climbing
Page 9	Cycling
Page 10	Hill Walking
Page 11	How to book a place?
Page 12	How to find us?
Page 13	How to contact us?
Page 14	Adventure Edinburgh & Bridge8 Activity Hub

Bangholm is part of the City of Edinburgh Council's Children & Families Department.

We are very pleased to be offering this programme in partnership with two local organisations:



Canoeing & Kayaking

Our canoe & kayak courses are based on the Union Canal and are run in partnership with the Bridge8 Activity Hub.

You will be doing the Scottish Canoe Association 1 star and 2 star awards which encourages paddlers to experience different types of Paddlesport.

The emphasis of the 1 and 2 star awards is developing personal skills and gaining independence.

On day 1 we will concentrate on the 1 Star which is a flat water award that demonstrates an individual has basic boat control and foundation skills. The one star can be taken in any kind of paddlesport craft (e.g. sit-on-top, slalom C2, polo boat, sea kayak, racing canoe etc.)

The 2 Star is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact.

For more details on the Star Awards visit www.canoescotland.org/CoursesTraining/BCUStarAwards.aspx

Course 1

Date: Monday 6th April & Tuesday 7th April

Times: 10am to 4pm both days

Venue: Bridge8 Activity Hub

Cost: £60

Course 20

Date: Monday 13th April & Tuesday 14th April

Times: 10am to 4pm both days

Venue: Bridge8 Activity Hub

Cost: £60

Please note these are both 2 day courses

What we provide:

Canoes and kayaks, paddles, buoyancy aids, wetsuits
Nice instructors

What you'll need to bring:

Personal clothing that you don't mind getting wet including an old pair of trainers
Swimming costume
Towel
A complete set of dry clothes to change into at the end of the day
Packed lunch and a drink

We can't guarantee every participant will complete each of the Star Awards but we are pretty sure they'll get the chance to be taught most of the skills at each level.

Multi Activity

Our multi activity courses are based on the Union Canal and are run in partnership with the Bridge8 Activity Hub.

During the day you will get the opportunity to try a range of different activities such as canoeing, kayaking, raft building, mountain biking, climbing, archery, problem solving & initiative exercises.

The activities will depend on the weather but we'll try and make sure you get maximum fun and variety during the day.

Course 2

Date: Wednesday 8th April

Times: 10am to 4pm

Venue: Bridge8 Activity Hub

Cost: £30

Course 3

Date: Thursday 9th April

Times: 10am to 4pm

Venue: Bridge8 Activity Hub

Cost: £30

Course 4

Date: Friday 10th April

Times: 10am to 4pm

Venue: Bridge8 Activity Hub

Cost: £30

Course 21

Date: Wednesday 15th April

Times: 10am to 4pm

Venue: Bridge8 Activity Hub

Cost: £30

Course 22

Date: Thursday 16th April

Times: 10am to 4pm

Venue: Bridge8 Activity Hub

Cost: £30

Course 23

Date: Friday 17th April

Times: 10am to 4pm

Venue: Bridge8 Activity Hub

Cost: £30

What we provide:

All equipment Canoes and kayaks, paddles, buoyancy aids, wetsuits bikes, helmets
Nice instructors

What you'll need to bring:

Personal clothing that you don't mind getting wet including an old pair of trainers
Swimming costume
Towel
A complete set of dry clothes to change into at the end of the day
Packed lunch and a drink

Mountain Biking

Our mountain bike courses are based either at the Bangholm Outdoor Centre or the Bridge8 Activity Hub. From either centre we'll head out to assorted venues where you are guaranteed to find some of the best mountain biking terrain going. During the day you will be shown skills from the GoMTB Awards.

The GoMTB Awards are a series of progressive achievement awards for mountain bikers from novice to expert. There are five levels that comprise of the following elements of Riding Skills, Sharing the Outdoors, First Aid and Being Independent.

For more details on GoMTB visit www.gomtb.co.uk/

Course 5 GoMTB Level 1
Date: Monday 6th April
Times: 10am to 4pm
Venue: Bridge8 Activity Hub
Cost: £30

Course 6 GoMTB Level 2
Date: Tuesday 7th April
Times: 10am to 4pm
Venue: Bridge8 Activity Hub
Cost: £30

Course 7 GoMTB Level 3
Date: Wednesday 8th April
Times: 10am to 4pm
Venue: Bridge8 Activity Hub
Cost: £30

Course 8 GoMTB Level 4
Date: Thursday 9th April
Times: 10am to 6pm
Venue: Bangholm & Pentlands
Cost: £40

Course 9 GoMTB Level 5
Date: Friday 10th April
Times: 10am to 6pm
Venue: Bangholm & Glentress
Cost: £40

Course 10 Course 5-9 can be booked individually but you can book all five at the same time for £150

Course 24 GoMTB Level 1
Date: Monday 13th April
Times: 10am to 4pm
Venue: Bridge8 Activity Hub
Cost: £30

Course 25 GoMTB Level 2
Date: Tuesday 14th April
Times: 10am to 4pm
Venue: Bridge8 Activity Hub
Cost: £30

Course 26 GoMTB Level 3
Date: Wednesday 15th April
Times: 10am to 4pm
Venue: Bridge8 Activity Hub
Cost: £30

Course 27 GoMTB Level 4
Date: Thursday 16th April
Times: 10am to 6pm
Venue: Bangholm & Pentlands
Cost: £40

Course 28 GoMTB Level 5
Date: Friday 17th April
Times: 10am to 6pm
Venue: Bangholm & Glentress
Cost: £40

Course 29 Course 24-28 can be booked individually but you can book all five at the same time for £150

Mountain Biking (continued)

Course 17

Date: Tuesday 7th April

Times: 10am to 6pm

Venue: Bangholm & Glentress

Cost: £40

Course 36

Date: Tuesday 14th April

Times: 10am to 6pm

Venue: Bangholm & Glentress

Cost: £40

Course 17 & 36 are general mountain bike sessions.

They will not include GoMTB training and no GoMTB certificates will be awarded.

What we provide:

All equipment bikes, helmets, gloves, safety glasses, waterproof/windproof jacket
Nice instructors

What you'll need to bring:

Personal clothing that you don't mind getting wet including an old pair of trainers

Towel

A complete set of dry clothes to change into at the end of the day

Packed lunch and a drink

A quick note on venues: Like most of our activities we are sometimes at the mercy of the weather. We will sometimes have to change venues to take advantage of the best weather. We can't guarantee you'll definitely be going to Glentress so please just bear this in mind when booking these courses.

We can't guarantee every participant will complete each level of GoMTB but we are pretty sure they'll get the chance to be taught most of the skills at each level.

Climbing

Our climbing courses are based at the Bangholm Outdoor Centre. From there we'll head out to a variety of climbing walls and crags dotted around the city and across the central belt.

During the day we will offer the National Indoor Climbing Award Scheme (NICAS for short). NICAS is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering.

The aims of the Scheme are:

- to develop climbing movement skills and improve levels of technical ability;
- to learn climbing rope-work and how to use equipment appropriately;
- to develop risk assessment and risk management skills in the sport;
- to work as a team, communicate with and trust a climbing partner;
- to provide a structure for development, motivation and improved performance;
- to develop an understanding of the sport, its history and ethics;
- to provide a record of personal achievement;
- to point the way to further disciplines and challenges in climbing beyond the Scheme.

There are 5 levels:

1. Foundation climber: an entry level award aimed at novices, which recognises their ability to climb safely under direct supervision.
2. Top rope climber: aimed at promoting good practice in climbing and belaying independently on an artificial wall.
3. Technical climber: a more advanced top roping and bouldering award that focuses on developing technique and movement skills.
4. Lead climber: concentrating on the skills required to both lead climb and lead belay proficiently.
5. Advanced climber: the top level award that focuses on improving performance, a deeper understanding of climbing systems and the wider world of climbing.

For more details on GoMTB visit www.nicas.co.uk/

Course 11 NICAS Level 1 & 2

Date: Monday 6th April

Times: 10am to 4pm

Venue: Bangholm & EICA Ratho

Cost: £30

Course 12 NICAS Level 1 & 2

Date: Tuesday 7th April

Times: 10am to 4pm

Venue: Bangholm & Alien Rock

Cost: £30

Course 13 NICAS Level 1, 2 & 3

Date: Wednesday 8th April

Times: 10am to 4pm

Venue: Bangholm & Stirling Peak

Cost: £40

Course 14 NICAS Level 2 & 3

Date: Thursday 9th April

Times: 10am to 4pm

Venue: Bangholm & Alien Rock

Cost: £30

Course 15 NICAS Level 2 & 3

Date: Friday 10th April

Times: 10am to 4pm

Venue: Bangholm & Edinburgh Uni

Cost: £40

Course 38 Course 11-15 can be booked individually but you can book all five at the same time for £150

Climbing (continued)

Course 30 NICAS Level 1 & 2

Date: Monday 13th April

Times: 10am to 4pm

Venue: Bangholm & EICA Ratho

Cost: £30

Course 31 NICAS Level 1 & 2

Date: Tuesday 14th April

Times: 10am to 4pm

Venue: Bangholm & Alien Rock

Cost: £30

Course 32 NICAS Level 1, 2 & 3

Date: Wednesday 15th April

Times: 10am to 4pm

Venue: Bangholm & Stirling Peak

Cost: £40

Course 33 NICAS Level 2 & 3

Date: Thursday 16th April

Times: 10am to 4pm

Venue: Bangholm & Alien Rock

Cost: £30

Course 34 NICAS Level 2 & 3

Date: Friday 17th April

Times: 10am to 4pm

Venue: Bangholm & Edinburgh Uni

Cost: £40

Course 39 Course 30-34 can be booked individually but you can book all five at the same time for £150

What we provide:

All equipment ropes, harnesses, rock boots, entry fee to all walls

Nice instructors

What you'll need to bring:

Personal clothing that you don't mind getting scuffed (old tracksuit trousers and a sweatshirt are ideal).

A warm jumper, sweatshirt or jacket

Packed lunch and a drink

We can't guarantee every participant will complete each level of NICAS but we are pretty sure they'll get the chance to be taught most of the skills at each level.

Cycling

Our cycling courses are based at the Bangholm Outdoor Centre.

Bikeability is like the modern day cycling proficiency. Bikeability is designed to give participants the skills and confidence they need to cycle safely on today's roads.

The training is split into three levels:

Level 1 is taught in a traffic free environment, like a playground, and teaches essential bike handling skills;

Level 2 is taught on-road and teaches children the skills necessary to be able to negotiate most on-road situations;

Level 3 is taught on road and teaches children how to journey plan, how to deal with complex road junctions and how to become an independent cyclist.

For more details on the Star Awards visit www.cyclingscotland.org/our-projects/bikeability-scotland-2

Course 16 Bikeability Level 1 & 2

Date: Monday 6th April

Times: 10am to 4pm

Venue: Bangholm

Cost: £30

Course 18 Bikeability Level 3

Date: Wednesday 8th April

Times: 10am to 4pm

Venue: Bangholm

Cost: £30

Course 35 Bikeability Level 1 & 2

Date: Monday 13th April

Times: 10am to 4pm

Venue: Bangholm

Cost: £30

Course 37 Bikeability Level 3

Date: Wednesday 15th April

Times: 10am to 4pm

Venue: Bangholm

Cost: £30

What we provide:

All equipment bikes, helmets, gloves, safety glasses, waterproof/windproof jacket

Nice instructors

What you'll need to bring:

Personal clothing that you don't mind getting wet including an old pair of trainers

Towel

A complete set of dry clothes to change into at the end of the day

Packed lunch and a drink

You can bring your own bike if you want. We'll be able to give it a very quick safety check. If it's not safe or roadworthy we'll be able to advise what the problem is but you'll need to take it to a local bike shop for a proper service.

Don't worry if you don't have a bike we have plenty here you can use.

We can't guarantee every participant will complete each level of Bikeability but we are pretty sure they'll get the chance to be taught most of the skills at each level.

Hill Walking

Our hill walking course is based at the Bangholm Outdoor Centre but will visit a range of local hills such as the Pentlands, the Lomond Hills, the Ochils, the Moorfoots or the Lammermuirs.

Mountain Training is launching two new personal skills courses for hill walkers. The City of Edinburgh Council is proud to be offering this course as one of the first ever in the UK

The Hill Skills course is aimed at the beginner hill walker and is a practical introduction to the skills required to get started in hill walking. The course aim to equip participants with the basic knowledge and essential safety skills required to start pursuing their own participation in hill walking.

It covers how to plan walks, become familiar with the use of a map, learn about the equipment, the effects of weather, how to deal with emergencies and gain a valuable understanding of the upland environment.

Minimum age: 14 years

Registration Cost:

All participants are required to register with Mountain Training. This is a one-off cost of £20 per person (£17 for under 18's)

For more details on the Hill Skills course visit www.mountain-training.org/walking/awards/hill-and-mountain-skills

Course 19

Date: Thursday 9th Friday 10th, Thursday 16th & Friday 17th April

Times: 10am to 4pm on all four days

Venue: Bangholm & local hills

Cost: £150 plus registration fee (see above)

Please note this is a four day course

What we provide:

All equipment boots, waterproofs, windproofs, maps & compasses, hats & gloves

Nice instructors

What you'll need to bring:

Personal clothing that you don't mind getting wet or muddy

Towel

A complete set of dry clothes to change into at the end of the day

Packed lunch and a drink

Your Mountain Training registration number and log in details.

All Hill Skills candidates need to be registered in advance of the course and complete a new online digital logbook of experience (called DLog). Full details of registration and DLog can be found on the MT website.

www.mountain-training.org/walking/awards/hill-and-mountain-skills

As this is a brand new award we would encourage you to give us a call to find out more and to make sure you are properly registered.

How to book a place?

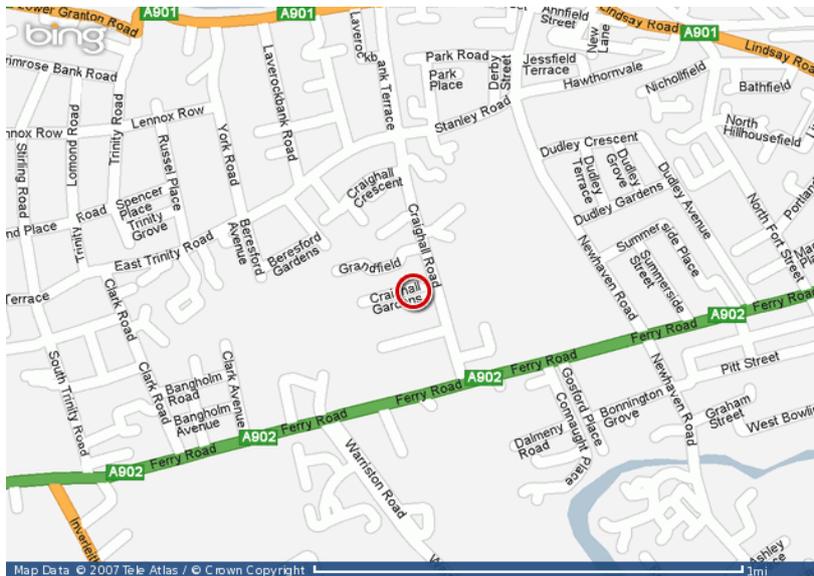
Please note **PLACES WILL BE FILLED ON A FIRST COME FIRST SERVED BASIS.**

If you wish to book a place on one of these activities please click on the following link:

<https://www.joininedinburgh.org/Sports-Unit/>

How to find us?

Bangholm Outdoor Centre
23 Craighall Gardens
Edinburgh
EH6 4RH
0131 551 4369



<https://www.google.com/maps?q=Edinburgh+EH6+4RJ,+United+Kingdom&hl=en&ll=37.0625,-95.677068&sspn=35.136115,56.337891&vpsrc=0&hnear=Edinburgh+EH6+4RJ,+United+Kingdom&t=m&z=15>



Bridge8 Activity Hub
Calder Crescent
Edinburgh

How to contact us?

If you need any details about the activities, what we provide, what you'll be doing, what you need to bring, or anything else about the actual programme please contact:-

Cliff Smith

Bangholm Outdoor Centre

23 Craighall Gardens

Edinburgh

EH6 4RH

0131 551 4368 (W)

07748 703 515 (M)

Cliff.Smith@edinburgh.gov.uk

To make a booking, check availability or to discuss payments please contact:-

Lynne Crawford

Sports & Outdoor Learning Unit

Children & Families Department

City of Edinburgh Council HQ

Waverley Court

Business Centre 1/2

4 East Market Street

Edinburgh

EH8 8BG

0131 469 3953

Lynne.Crawford@edinburgh.gov.uk

Adventure Edinburgh & Bridge8 Activity Hub



Adventure Edinburgh aims to give young people the opportunity to develop skills and interests in mountaineering, climbing and mountain biking. Through this you are encouraged to become self-sufficient in your chosen activity and develop personal skills such as, leadership, interpersonal and communication skills, and team working.

Adventure Edinburgh is closely aligned with the four capacities promoted through the Curriculum of Excellence, namely successful learners, confident individuals, responsible citizens and effective contributors.

Who Is It For?

Adventure Edinburgh is for you if you are aged 12 to 16 years and live in Edinburgh. You should have a genuine interest in learning and developing and must demonstrate enthusiasm and commitment to the project.

What Do You Do?

Adventure Edinburgh participants get opportunities to go mountaineering, climbing and mountain biking all over Scotland.

Sessions have included trail building, lead climbing outdoor and indoor, winter mountaineering and climbing skills, visits to bmx/skate parks, mountain bike expeditions, workshops on techniques and skills, bouldering, first aid, bike maintenance, route planning, navigation skills, expedition planning and social events.

You are encouraged to develop your technical, organisational, communication and interpersonal skills in order to become self-sufficient in your chosen activity.

When Does It Run?

Most sessions are at the weekend with evening classes on skills and techniques. These are mainly during term time.

How Does It Work?

Anyone who is 12-16 years old and lives in Edinburgh can join.

You can access the Adventure Edinburgh programme at any time as we cater for all skill levels at each session.

Email; adventureedinburgh@yahoo.co.uk

www.adventure-edinburgh.co.uk



Welcome to Bridge 8 Hub - A gateway to Edinburgh's outdoors

Situated at Calder Crescent by the Union Canal and only 20 minutes from Edinburgh City Centre is the ideal choice for your group. Our emphasis is on offering easy access to a wide range of fun and challenging outdoor activities, enabling visitors of all ages and abilities to enjoy their time with us, and to be pleased with what they have experienced and achieved. Bridge 8 Hub specialize in delivering the very best in outdoor activity focused experiences for groups of all types, and within those groups to individuals of all ages and abilities. With the majority of activities available on-site – minimizing your time spent travelling and helping minimize our impact on the environment.

We are a social enterprise and a registered Company Limited by Guarantee. Bridge 8 Hub is being supported by Scottish Canals and City of Edinburgh Council. Bridge 8 Hub is an Edinburgh approved provider that provides a city wide service.

Email: sean@bridge8.co.uk

www.bridge8hub.co.uk