

GET OUTDOORS GET OUTWARD BOUND®

At Outward Bound® we use the lakes and mountains, on the doorstep of our centres, to take young people on true adventures. Challenging activities are at the heart of our courses - here are just a few: Abseiling, Canoeing, Kayaking, Sea Kayaking, Cutter Sailing, Dinghy Sailing, Gorge Walking, Hill Walking, Navigation, Raft Construction, Rock Climbing, Ropes Course, Trapeze and Zip Wire.



"I put my heart and soul into this, and got so much more out of it."

[PARTICIPANT, CLASSIC COURSE]

From action-packed weekends to our renowned 3-week Classic course – adventures that last a lifetime.

Call us for a free brochure on 01931 740000, or visit

www.outwardbound.org.uk

Outward Bound® also runs programmes specifically for Schools and Colleges. **Bursary funding is available.** Call our dedicated Schools and Colleges team on 01931 740000.

The Outward Bound Trust is a not-for-profit educational charity. Our fundraising efforts are invested in making Outward Bound® accessible to all young people, regardless of their financial circumstances.



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