





5 x 10 session blocks, encouraging young people to 'Get Outdoors' and 'Get Active'.



Nov'18 - Apr'19: Training and group rides of increasing difficulty throughout block.

Block 2: Bushcraft/Hill Walking

Aug'19 - Oct'19: Outdoor survival sessions followed by increasingly difficult hill walks.

Block 3: Multi-Sports

Oct'19 - Dec'19: Variety of one/two session tasters in different sport, including taekwondo & circus skills.



Block 4: Climbing

Jan'20 - Feb'20: Indoor climbing sessions, beginning on small local wall and progressing to larger wall in Stirling.

Block 5: Canoeing*

Mar'20 - Jul'21: Beginner canoeing lessons on the River Teith.
*Interrupted by Covid-19



84 Activity Hours



52 Young People







Block Details



Sessions began with introduction to basic manoeuvres—cornering, attack position and emergency breaking.

Progressed to practising on trails of increasing difficulty.

Highlight: Visit from Scotty Laughland for SportScotland video.

34 hrs

17 YPs





Bushcraft & Hill Walking

First sessions were bushcraft, delivered by a local forest ranger—they covered shelter, water, food, fire & survival.

After an introductory navigation session, we embarked on a series of walks. These got progressively more difficult, finishing with an ascent of nearby Ben Ledi (879m).

25 hrs

16 YPs







Block Details

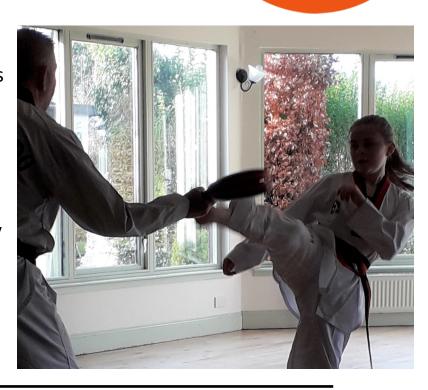
Multi-Sports

Aiming to offer some slightly less adventurous sessions in this block, we devised a programme over taster sessions across a range of sports.

The most popular were probably taekwondo and circus skills.

7.5 hrs

18 YPs



Indoor Climbing

Sessions began on a smaller climbing wall in Callander. This allowed participants to learn the fundamentals and build confidence.

We then moved to a centre in Stirling with a larger wall, where the young people also learned the basics of belaying.

Highlight: A couple of our least confident climbers from early sessions reaching the top of the larger (11m) wall.

7.5 hrs

7 YPs





Block Details



Our canoeing sessions took place on the River Teith with Active Stirling, offering a local option with fairly calm water. In addition to learning safety principles and the basics of paddling, the early sessions required a great deal of teamwork, with groups of 3 young people sharing a canoe.

After being interrupted by the Covid-19 pandemic, we were able to incorporate a final session with a day trip to Loch Ard. After a morning refreshing our paddling skills, we headed up the river and onto Loch Ard itself in the afternoon.

11 hrs

17 YPs

