



# All Hallows Catholic College

A Voluntary Academy

Aspire not to have more but to be more

Brooklands Avenue, Macclesfield, Cheshire SK11 8LB | Telephone: 01625 426138 | admin@allhallows.org.uk | www.allhallows.org.uk

Principal - Mr T Beesley

23 January 2024

## Silver and Gold Practice Expeditions March 2024

Dear Parent/Carer,

The Silver award will take place over 3 days and 2 nights, the Gold award will take place over 4 days and 3 nights. We are going to complete the practice in Northeast Wales.

The dates for the practice expedition are the Friday 8<sup>th</sup> – 10<sup>th</sup> March 2024 for Silver and Thursday 7<sup>th</sup> - 10<sup>th</sup> March 2024 for Gold.

The planning/training session will be on **Wednesday 31<sup>st</sup> January in F11 at 3.10**. This training is essential to the expedition section and must be completed so that your child is fully aware of the requirements and conditions of the expedition section. We will be going through information to support your child in how to pack their rucksack, what food to bring and basic map reading skills. The session will take 1 hour. If parents have any questions, I am happy to hold a team's session to support.

### Drop off and Collection

**Gold, Thursday 7<sup>th</sup> March** - The route will start at Pontcysyllte Aqueduct Car Park, Wrexham LL14 3SG. The postcode will get you close to the car park but not directly to it, but it is incredibly well signposted. Meet time: 10am, there are no toilets at the start.

<https://maps.app.goo.gl/y3ix3bXXJ3wiiVRB8>

What three words: <https://w3w.co/butlers.tumble.minerals>

Postcode: LL14 3SG

OS: Maps: SJ27315 42620

**Silver, Friday 8<sup>th</sup> March** - We aim to meet the group at on **Friday 8<sup>th</sup> March** at the Horseshoe Falls Car Park, B5103, Llangollen, LL20 8BN at 10am. <https://maps.app.goo.gl/8wDKPs6wnEnG3XJC7>

What three words: [///radio.hoops.divided](http://radio.hoops.divided)

<https://w3w.co/radio.hoops.divided>

Postcode: LL20 8BN

OS: Maps: SJ 19774 43303

We will split the participants in to their pre-made groups and start their expedition training which will begin at 10:00. The first day will consist of walking approximately 10-15km to the campsite. During the days, training will be given to the groups, so they fully understand the 20 conditions as set out by the Duke of Edinburgh's Award and are fully prepared for their assessed expedition.

Each day includes travelling time of around 7-8 hours per day, though the final day is slightly shorter to allow participants to return home at an earlier time, we aim to finish with both groups around **15:00 on Sunday 10<sup>th</sup> March** at Minera Leadmines Car park B5426, Minera, Wrexham LL11 3DU. <https://maps.app.goo.gl/KpwNhpkiJQLKYuqP9>

Day	Silver Itinerary	Gold Itinerary
Thu 7 <sup>th</sup> Mar		Pontcysyllte Aqueduct Car Park to Bryntysilio Outdoor Education Centre, Llangollen LL20 8BS
Fri 8 <sup>th</sup> Mar	Walk from Horseshoe Falls Car Park, B5103, Llangollen, LL20 8BN to Station Campsite, Carrog LL21 9BD	Bryntysilio Outdoor Education Centre, Llangollen LL20 8BS to Station Campsite, Carrog LL21 9BD
Sat 9 <sup>th</sup> Mar	Station Campsite, Carrog LL21 9BD to Llyn Rhys Campsite, Llandegla, Wrexham LL11 3AF	Station Campsite, Carrog LL21 9BD to Llyn Rhys Campsite, Llandegla, Wrexham LL11 3AF



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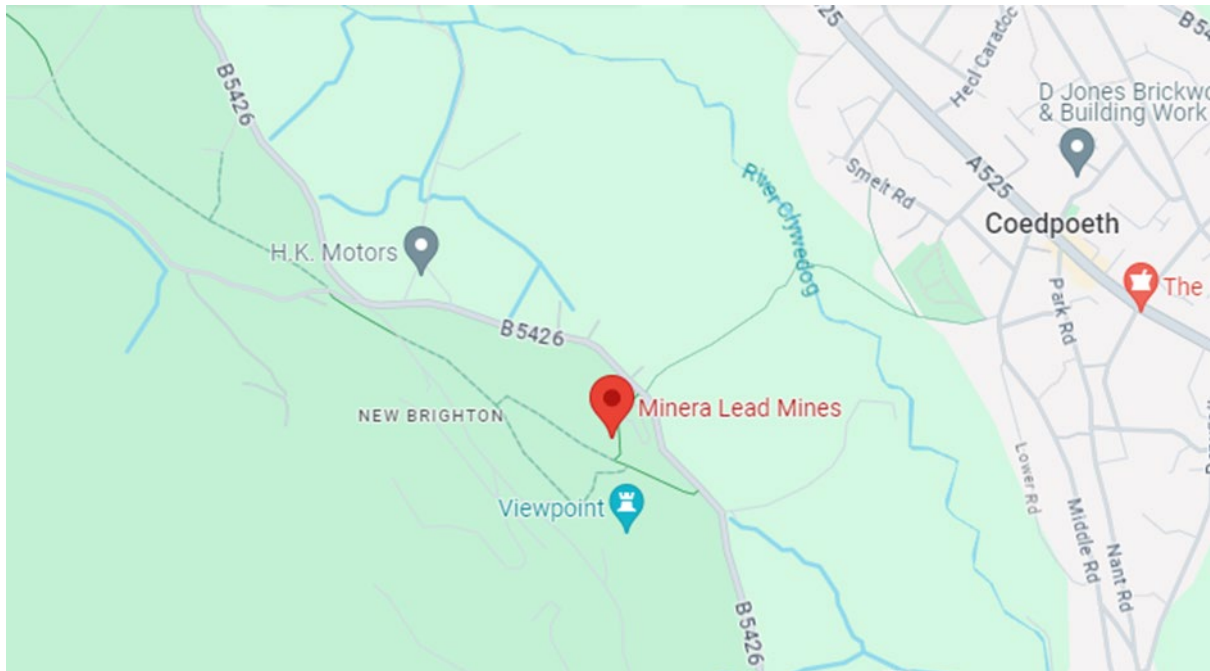
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Sun 10 <sup>th</sup> Mar	Llyn Rhys Campsite, Llandegla, Wrexham LL11 3AF to Minera Leadmines Car park B5426, Minera, Wrexham LL11 3DU	Llyn Rhys Campsite, Llandegla, Wrexham LL11 3AF to Minera Leadmines Car park B5426, Minera, Wrexham LL11 3DU
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Overall route for the 4-day expedition - <https://explore.osmaps.com/route/19927525/Llangollen-silver-Gold>



## Emergency contact info

Closer to the expedition I will email and text out a link for an online Consent form for you to complete if not already done.

## Packing and equipment

The training session in school will brief them on what to pack in terms of clothes and food. The DofE insist on this being a learning experience for participants and them taking an active role in this crucial step of gaining their award. However, as parents we understand you would like the additional guidance but please encourage students to engage in their packing. An example kit list can be found at the end of the letter.

## Food

Students are provided with a camping Trangia that they will be using to cook all their food everything they bring that requires heating must be capable of being boiled. The DofE website sells camping food at a price less than that of RRP.

Students are encouraged to bring food that is high energy, not perishable and not heavy/bulky. They are also advised to bring a 2L bottle of water or a few regular bottles of water. There will be water provided to them during the trip to refill their bottles.

## Clothes

- Walking boots or strong trainers
- Lots of thick socks
- Light wear trousers/tracksuit bottoms/leggings/waterproofs (no jeans)
- Weather appropriate hats, t-shirts and jumpers
- NO VESTS – Rucksacks will rub against shoulders



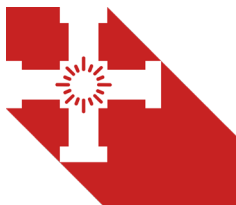
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- Coat (waterproof)
- Underwear
- Bin bag to store wet clothes in
- Hygiene products: any girls concerned about the use of sanitary products are encouraged to discuss this with Mr Barron or Mrs Day to ease worries.

## Medicine

Any Medicine outlined in the Form C must be taken and brought in labelled packaging

Any high priority medicine (i.e. inhalers, insulin or adrenaline shots) which **must be packed at the top of the rucksack or in an easy to access pocket**. Students are allowed to bring painkillers, anti-histamines, blister plasters.

## Equipment

Please ensure that students are fully prepared for the weather conditions expected over the duration of the expedition. Students will need to be self-sufficient in their food, water, clothing, medication, first aid kit, washing up equipment etc. Resources can be found on the DofE website for further information. We also recommend students bring a small amount of money with them for use at shops on the way back, and showers etc., during their expedition.

The D of E will provide:

- Tents, Trangias (cookers) and Rucksacks (rucksack are available to loan, speak to Mr Barron **in advance**)

Students must bring their own:

- Sleeping bag and Ground Mat (ground mats are available to loan, speak to Mr Barron **in advance**)

## Electronics

Students are allowed to bring electronics at their own risk. Phones will have little to no signal during the walks and there will be no access to mains electricity so they must be responsible for conserving their own phone batteries. It is imperative that they have battery power to call you two hours before they are ready for collection. We are camping on a public camp site so use of speakers will be carefully controlled so that noise levels do not disturb other campers.

## Behaviour

The students are representing All Hallows and the college rules these will be in place throughout the course of the expedition. If anyone fails to meet the standards of behaviour that are expected, parents will be called and asked to collect their student and they will be withdrawn from the scheme.

Students are to treat the members of the D of E with the same respect and courtesy they would to a member of AHCC staff, as well as any other campers/walkers they meet whilst out on expedition. Please make sure that you are available and contactable over the duration of the expedition. It is very rare that a student must be collected, though occasionally it does happen.

There will be communal areas in the camping site for our group, students can go into their own tents, but they are not allowed in other people's tents.

We hope this letter has been helpful however if you do have any other questions, please email [s.barron@allhallows.org.uk](mailto:s.barron@allhallows.org.uk).

Kind Regards,  
Mr Scott Barron



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## DofE Kit List- What we supply



Tents | Stoves | Fuel for Stoves | Maps | Compasses | Rucksacks

You will need to bring the following:			
Item	Packed	Item	Packed
• 1 pair of walking boots (broken in)		• Nightwear	
• 2 pairs of walking socks		• Flip-flops/trainers/sandals etc. (optional for campsite use)	
• 2-3 t-shirts		• Warm hat &/or sunhat (as appropriate)	
• Thermal t-shirt (optional)		• 1 pair <u>gloves</u>	
• 2 fleece tops or similar		• Waterproof over-trousers	
• 2 walking trousers (warm, NOT jeans)		• Jacket/coat (waterproof & windproof)	
• Underwear		• 1 pair <u>gaiters</u> (optional)	
• Sleeping bag appropriate for the time of year		• Sleeping mat	
• Waterproof compression stuff sack (5/10/15 litre)		• Whistle	
• Head torch and spare batteries		• Personal first aid kit	
• Expedition food (including emergency rations)		• Water bottle 2 litres minimum	
• Knife, fork, <u>spoon</u> or Spork		• Plate/bowl	
• Mug		• Box of matches (in waterproof container)	
• Wash kit/personal hygiene items		• Small quantity of money (optional)	
• Notebook and pen/pencil		• Watch	
• Sunblock (if appropriate)		• Insect repellent	
• Sunglasses		• Any personal medication	

When packing your rucksack make sure you pack it yourself, so you know where everything is. Remember in your group you will have to share a tent and stoves, so leave room in your bags to put these in. Don't over pack, leave the kitchen sink at home and you'll have a far better expedition!



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