

Twristiaeth Awyr Agored

Outdoor Tourism

Turasóireacht Faoin Aer

Outdoor Tourism

WP5 Outdoor Activity Programme 'Get Active'

Specification of Activities to Procure

The following list is for activities that the project wishes to include in their activity programme for 2013. The Budget restrictions will determine the number of activities selected. Following receipt of your Provider Interest Application a panel will sit to consider the activities put forward and you will be notified as to whether your application was successful. We envisage all activities taking place between the months of June – October unless otherwise stated.

You are welcome to apply to deliver one or all of the sessions listed. The Syllabi that are attached are examples and can be adapted as long as a progression is still evident. We are also happy to consider any applications where there is joint working between businesses to package and deliver sessions.

Taster Sessions – Delivery area: Conwy

Item No	Activity	Number of Sessions	Further requirements
1C	Fishing/Angling	2	1 weekday and 1 weekend half day session for all ages. To be delivered in two different locations across the County of Conwy during National Fishing Month (19 th to the 26 th August)
2C	Bushcraft and/or Foraging	1-2	1 weekday and/or 1 weekend session. Family Session. To be delivered in County of Conwy area.
3C	Geocaching/Orienteering	1-2	1 weekday and/or 1 weekend session. To be delivered in County of Conwy area.
4C	Family Adventure Day	2	(e.g. Canoe & Gorge, Walk and Cycle) 1 weekday and 1 weekend day session for families. To be delivered in Conwy County area during school holiday period.
5C	Indoor Climbing	1	2hr session. 1 weekday and 1 weekend session. Running 2 simultaneous sessions (one group for adults, one group for children) at each time.
6C	Outdoor Climbing Adventure	1	1 Adult Group and 1 Child Group. Beginners outdoor Climb in the Conwy County area.
7C	Kayaking	2	Half Day session for Adults and Children. 1 weekday and 1 weekend session. Running 2 simultaneous sessions (one group for adults, one group for children)

Mae Prosiect Twristiaeth Awyr Agored yn cael ei ariannu'n rhannol gan Gronfa Datblygu Rhanbarthol Ewrop (ERDF) drwy Raglen Cymru-Iwerddon 2007-2013, INTERREG 4A.

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			at each time.
8C	Mountain Biking	2	Half Day session for Adults and Children. 1 weekday and 1 weekend session. Running 2 simultaneous sessions (one group for adults, one group for children) at each time.
9C	Snowboarding	1	1 hour taster session. Running 2 simultaneous sessions (one group for adults, one group for children) at each time.
10C	Stand Up Paddleboarding	1	Half Day Session for Adults and Children.
11C	Windsurfing	1	16+. Full Day Session
12C	High Ropes	1	High Ropes Experience. Ages 8+
13C	Mine Exploration	1	Underground adventure. Ages 11+

Taster Sessions – Delivery area: Gwynedd

	Activity	Number of Sessions	Further Requirements
1G	Outdoor Climbing	1	Basics of single pitch outdoor climbing, session to take place in Gwynedd. Young/ adolescents session 8-18 if suitable. Full day session. Ideally a weekend
2G	Sailing	1	Basic sailing for beginners, ideally in the north of Gwynedd. Under 18s. Full day session in August
3G	Indoor Climbing	3	Climbing session half day, Adult and children's session to run at the same time.
4G	Indoor Climbing	5	1 ½ hr sessions, ideally in central Gwynedd. For aged 8+.
5G	Orienteering	2	Family session and a youth (u18) session. To be hosted in Mid Gwynedd, half day, between the months of June – September
6G	Nature Walking	1	Family session, half day, local individuals to learn about the natural offer/ flora and fauna, in their local area. Ideally a summer session
7G	Bouldering	1	Intro session to bouldering, where to go, techniques, aimed towards young adults. Half day session
8G	Mountain Biking	2	Adult session + Child session, bike rental and safety gear to be included. Mid Gwynedd area
9G	Mountain Bike Rental	1	10 bikes to be reserved for Gwynedd locals, must book prior to rental, mix of adult and youth bikes. Ideally Coed y Brenin area
10G	Wind Surfing	1	U 18s session, North Gwynedd, full day.
11G	Sea Fishing	2	Fishing in the Llyn Peninsula, Fishing equipment to be provided. Ages 10+
12G	Kayaking	4	4 half day sessions (1 morning, 1 afternoon on the

			same day) 14+, on the Llyn Peninsula
13G	Kayaking	4	4 half day sessions (1 morning, 1 afternoon on the same day) In South Gwynedd - Meirionydd, between the months of June and September. Adult and Child sessions
14G	Kayaking	4	4 half day sessions (1 morning, 1 afternoon on the same day) Arfon area, adult and youth session
15G	Sea Kayaking	2	Full day session, Llyn Peninsula and Meirionydd area, 16+ session
16G	Camp Craft	1	Youth session, full day, between summer holiday weeks,
17G	Surfing	2	To be held on the 16 th and 17 th of August at Hells Mouth, Providers ideally from Llyn Peninsula area. 2 hour sessions, going through the whole day (drop in sessions)

Development Programmes

	Activity	Number of Sessions	Further requirements
D01G	Climbing	8	See example syllabus attached, weekend sessions, for ages 16+. Indoor and outdoor sessions
D02G	Mountain Biking	8	See example syllabus attached, weekend sessions, for ages 16+, to be held in multiple locations e.g. Coed y Brenin, Penmachno and Antur Stiniog
D03G	Sailing	8	3 weekend sessions or 1 week for 16+, in Gwynedd, up to RYA Better Level 3. Optional residential package.
D04C	Canoeing/ Kayaking	8	See example syllabus attached, weekend sessions, for ages 16+ . Preferably with the ability to achieve a 1* paddlesport award.
D05C	Snowboarding	8	Following Snowlife skills programme or equivalent, evening session for ages 16+ with a visit to the Chill Factor in Manchester at the end of the session.
D06C	Kitesurfing	2	16+ Weekend 2-day course to attain a minimum IKO level 1/2
D07C	Nordic Walking	5	Series of 1hour Nordic Walking Sessions building on level and intensity to show progression and improvement.
D08C	Walking / Mountaineering	5	For more experienced walkers. Higher level/Mountain walks. Including references to flora/fauna, environmental and sustainable impact. No syllabus set, looking for strong progression and educational reference. For ages 16+

Additional Training Sessions

	Activity	Number of Sessions	Further requirements
T18C	Cycle Maintenance	1	All Ages. Certificated.