

A GUIDE TO
DOING YOUR
DofE
RESIDENTIAL
WITH TREKCO

The
DofE



TrekCo

Why go with us?

Established in 1989, TrekCo has been providing outdoor pursuits for over 30 years. It's one of the largest and oldest DofE providers in the UK.

TrekCo works with schools, individuals, education authorities and groups throughout the UK to provide quality DofE expeditions and residentials. During the past 35 years we've organised hundreds of expeditions for schools and groups.

Our DofE programme staff are renowned for being the friendliest in the business and we make sure participants have a memorable time whilst ensuring safe and accessible activities for all participants.

Joining in with a TrekCo Gold DofE Residential means becoming part of the TrekCo family of those who have taken part in TrekCo trips over the years!



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THE DUKE OF
EDINBURGH'S AWARD

WHY COME WITH TREKCO?



**“AN AMAZING WEEK THAT
WAS MADE BETTER BY YOUR
AMAZING STAFF!”**



Excellence of instruction

Our DofE team consists of highly experienced, motivated and friendly instructors. They are Mountaineering & Climbing Instructor award and Mountain Leader Award holders who have delivered many expeditions for young people at the highest standards. Our staff are our greatest asset, and participants constantly comment on their incredibly professional and personable approach.

Recommendation

People are always happy to recommend us to you, and we'll happily put you in touch with a parent, participant or teacher in your area, who will assure you that TrekCo are the best at what we do.

Experience

TrekCo was one of the early Approved Activity Providers (AAPs) for the DofE, and have been delivering expeditions since the early 1990s – so we have a wealth of experience in the field and have successfully helped many participants complete their expeditions.

Government licensed

The company has held the AALA (Adventurous Activities Licensing Authority) licence for provision of outdoor activities to young people since its inception in the mid-1990s.

Insured

For your peace of mind, TrekCo holds £10 million Public Liability cover, a level which satisfies the requirements of all Local Authorities.

Designed for you

TrekCo plan your residential specifically for you. We offer a range of activities which will enable you to achieve more than you thought possible! Activities aren't compulsory - if you feel for example that you can't abseil you won't 'fail', but the opportunity is there if you want it!

WHAT IS THE DofE?

The Duke of Edinburgh's Award is the UK's premier youth award, demonstrating resilience, character and planning in young people. The Award has been running since 1956 and was designed by Sir John Hunt (Leader of the first successful Everest expedition) under the auspices of The Duke of Edinburgh.

Millions of young people now complete the DofE around the world.

The Award has three levels – Bronze, Silver and Gold; and in each level participants complete four sections – at Gold however there is an extra requirement, the Residential. This is a week away with other young people challenging yourself and meeting new people.

Physical, Volunteering and Skills sections are also common to each level.





**“WE FELT CHALLENGED, YET
SAFE AND SUPPORTED”**

The Peak District is one of the best areas in the UK for accessible yet challenging and fun outdoor activities.

Based at our centre in Bonsall or campsite in Hope, we'll venture out each day to a variety of activities set in the beautiful Peak District scenery.

THE PEAK DISTRICT

RESIDENTIAL PROGRAMME



Activities on a residential are varied and offer different challenges.

Sometimes the activity will depend on the weather and may change at short notice, but you'll be busy, challenged and offered exciting activities all week!

The programme starts each day with breakfast in the centre or campsite, which will usually be continental style. After breakfast we'll have a briefing where we'll discuss the day's upcoming activities and what we need to take with us for the day.

Then we'll leave the centre for the whole day, going out to our outdoor activity and taking with us a packed lunch - you choose your own lunch; we'll provide the ingredients and you can make sandwiches or wraps as you please. After the day's activities we will be back in time for a shower and dinner, then an evening social activity - or even just leisure time!

Typical Activity Programme

Rock Climbing

Try out rock climbing with an introduction in the spectacular Peak District. We supply everything, and with our specialist climbing instructors, all Rock Climbing Instructor or Mountaineering Instructor qualified, we'll give you a great day whether you want easy climbs or hard.



Conservation Work

We've teamed up with The River Stewardship Company to give you a great day of wading around cleaning up local rivers - you could be searching for plants, digging ditches or even recovering shopping trolleys! This valuable work is not only incredibly useful for the local environment but is also great fun!

Day Hike

This is definitely not another DofE expedition! Taking small packs with just our lunch, we'll go on a hike in the local area and see points of interest as well as taking in the beautiful scenery. And sheep, of course. Everywhere.



Abseiling

Abseil 100 feet off of a railway bridge into a river! This unique adventure opportunity in the Peak District is the experience of a lifetime!

Weaseling

Rock scrambling on the local boulders is a fantastic energetic and fun packed activity - squeezing in and out of the boulders and experiencing the scenery up close and personal!



OUR TEAM



Bruce



Des



Ian B



Steve



Andy



Vicky



Abhijit



Ian W

Our experienced team is headed by **Bruce Lee**, - a legendary organiser. A former Warrant Officer, Bruce holds the ML, RCI, is a BCU Level 2 Coach and also holds the military equivalent of the MCI. Bruce's organisation is, well, military in its precision, yet he is the friendliest instructor you could hope to meet!

Bruce is supported frequently by **Des Barlow** – Des holds the MCI (Mountaineering Instructor Award) and served for over 20 years in the Parachute Regiment. Des is also a Level 4 Coach. He has led many expeditions around the globe including in the Nepal Himalayas and Africa.

Ian Beach has worked for TrekCo for many years. An experienced instructor with ML and MCI, Beachy is a highly accomplished mountaineer has climbed the Matterhorn as well as peaks in the Himalayas and elsewhere.

Steve Ranger holds the MCI and the International Mountain Leader Award. Founder of TrekCo, he often works in Bruce's team for DofE expeditions – especially in the Peak District, Lakes and North Wales. Steve has led and been on many treks and expeditions in North and South America, New Zealand, the Alps and the Nepal Himalaya. Steve has an MA in Education and is a Fellow of the Royal Geographical Society.

Andy Camis holds the Summer Mountain Leader Award and the RCI as well as being a Level 2 Coach. Andy is a former college lecturer in outdoor pursuits and is also Director of Training at TrekCo.

Vicky Watson is Chief Instructor at TrekCo, and a DofE Assessor as well as holding the RCI. Vicky works on and assesses many of our DofE Expeditions.

Abhijit Rai holds a Diploma from the Himalayan School of Mountaineering in Darjeeling. Having worked as a trek leader and mountain guide in the Himalayas in Nepal for many years, Abhi now assists on DofE at TrekCo. Abhi also holds the RCI and ML and is a Level 2 Coach.

Ian Winterburn is a holder of the Summer Mountain Leader Award, and also a member of the Woodhead Mountain Rescue Team in the northern part of the Peak District. Ian is an accomplished fell runner and assists on DofE at TrekCo. Ian also holds the RCI.

These DofE team leaders and principal assistants are backed up by a strong team of instructors who help train and assess for DofE expeditions.

We have a large staff and can draw upon a huge wealth of talent and experience to help with your expedition.

INFORMATION

All residential e-paperwork is submitted by TrekCo – you don't need to complete any extra forms. Our Assessors complete all post-residential reports.

You will receive full trip information prior to departure and will have a single point of contact within TrekCo for your residential.

If staying indoors you just need a sleeping bag and pillow as well as your usual outdoor kit for the week like waterproofs. We'll send you a kit list before the trip, of course. For camping you'll also need a mat.

All group equipment is provided free of charge – climbing helmets and harnesses, rock boots, all activity equipment.

Any personal equipment loaned to participants such as waterproofs, rucksacks or sleeping bags is free of charge.

Check out our website for full Terms and Conditions and how to book with TrekCo - speak to Alex in our office to book your DofE Open Residential.

For more information visit
www.trekco.com

AAP – TrekCo is an 'Approved Activity Provider' licensed by the DofE to provide expeditions. We were only the 15th company in the UK to become an AAP and therefore are among the longest-standing organisations providing expeditions for schools and colleges.

AALS – We hold the Adventurous Activities Licence, Registration number R0043 – the Government badge of recognition for outdoor companies, administered by the Health & Safety Executive.

Insurance – we hold £10m Public Liability cover.

Learning Outside the Classroom – we are an LoTC badge holder, an assurance of quality outdoor educational provision.

Established company – TrekCo was started in 1989, and is run by the same people today. We are highly recommended and the most experienced and friendly in the business!



Call Us For:

Expert advice
Friendly staff
Extensive knowledge
Open Gold information



trekco



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