

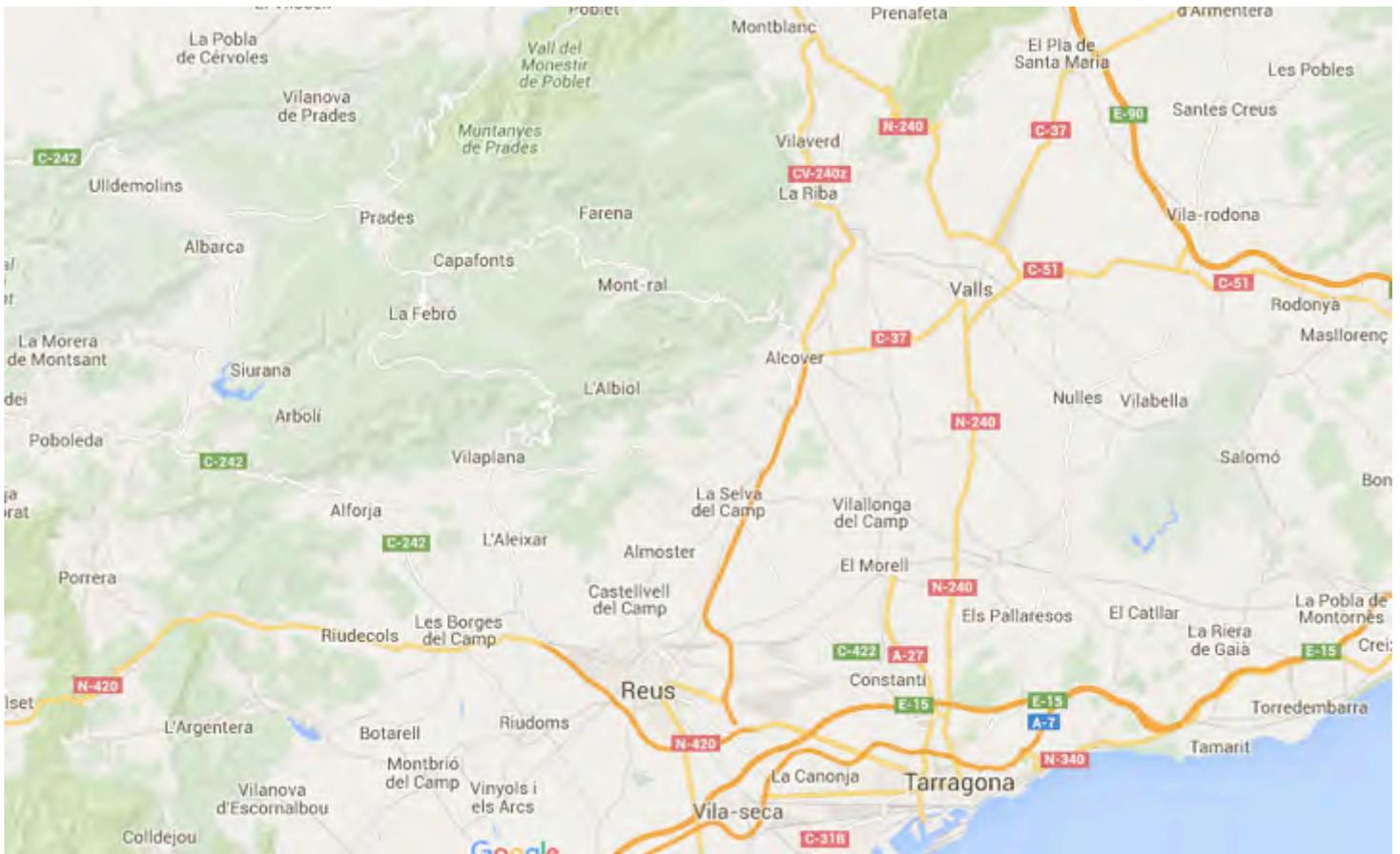
Spain

Barcelona/Sierra de Prades National Park



Suitable for a Spring or Autumn expedition

for one or two groups only



The **Serra de Prades** National Park is situated to the south of Barcelona and inland from the historic seaford town of Tarragona.

It is easily accessible from either Barcelona or Reus airport making a cheap flight destination from most areas of the UK.

The climate of this area makes October or Easter the ideal times to visit as the Summer months can easily see temperatures in the high thirties, even with the park being at a mean altitude of over 1000m above sea level

The park itself is a large forested area and an ideal place to run a DofE Gold expedition as it is covered by a network of well mapped walking routes giving scope to fulfil the isolation and self-reliance aspects of the 20 conditions, which are vital to the quality of a DofE Gold expedition. There is also a good (minor) road network which gives regular access to the walking routes for check pointing and supervision.

The scenery, geology and landscape of the park is outstanding with massive limestone gorges, soaring cliffs and thick holm oak forests carpeting the valley floors. It is in fact the largest remaining holm oak forest left in Europe.

With its proximity to Tarragona (The Christian Stronghold from which the ousting of the Moors took place) the park has many unique historical landmarks, including the cliff top stronghold of the Moorish village of Siurana where legend has it the last Moorish princess threw herself to her death rather than be taken by the invading Christian army. The park is also home to wildlife found no-where else in Spain.

This of course makes it ideal to complete an excellent project/aim which is an integral part of the DofE Gold requirements

The itinerary detailed below is an outline one which would enable an expedition to be facilitated, there are many opportunities to extend the program to include adventurous activities (The area is famous for its rock climbing) or a cultural visit to Barcelona or Tarragona, or both.

Day one:

Arrive by plane at Rues or Barcelona and transfer to starting point of the expedition by either car or coach.

Overnight accommodation at La Mussara Refugio (Camping or bunkhouse).

Day two:

Preparation for expedition including but not limited to, Kit and route checks, safety briefings, food shop for expedition.

Day three – six:

On expedition. Transfer to Barcelona or Reus airport for onward evening flight to UK

Cost for a basic six-day expedition is £500 p/person based on a single group size of seven

What does this include ?

- A qualified supervisor and accredited assessor for the expedition,
- One free teachers place
- Airport transfers in Spain,
- Maps, campsite and bunkhouse costs.
- Detailed Kit lists,
- Risk assessments
- Pre expedition visit to the school to assist with route planning
- On going advise from our office in Somerset

What is not included (The honesty section)

- Participants food costs £ 25 p/person should suffice
- Any additional soft drinks or personal expenditure
- Air fares and UK airport transfers
(There are various options for flights depending upon your point of departure)
- Personal travel insurance
- Personal spending monies

Why book with Wildcountry Consultants.

As one of the first Approved Activity Providers licensed in the UK to provide UK and overseas DofE expeditions WCC have built a solid reputation for quality and safety.

All of our instructors are mature individuals who have a considerable depth of experience in working with youth groups and they all hold the appropriate qualifications for the terrain in which they are operating. We do not use trained only individuals.

Our Employers Liability Insurance covers all our instructors and we are covered for £10M Public Liability Insurance through Activities industry Mutual, the leading provider of Insurance to the adventurous activities market.

We are also fully licensed by the Adventurous Activities Licensing Service (A division of the HSE) to provide mountaineering and trekking expeditions across the world.

We provide a holistic service from our office in Somerset for all our expeditions: from comprehensive advice on expedition equipment to personal fitness, risk assessments, declaration of risk documentation, booking paperwork and participant medical declaration forms.

The areas in which we operate we have first hand experience through having run expeditions previously and the instructors involved will have operated in this environment before. We will not take any individuals on our expeditions where we have concerns over their physical abilities or level of personal preparation to cope with the physical demands of the terrain they intend to cover.

Our commitment to you is one of safety first through meticulous planning and continual assessment of both the participants and the environment in which they are operating. Whilst the expedition will be demanding and place the participant in an environment which is generally outside of their comfort zone we will try to ensure they enjoy the experience as fully as possible by checking they are fully prepared for the experience. Finally we will turn the experience into a learning environment for them by assessing their understanding of the role they play within the team and the environment through which they are travelling

