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## Trekking In The Moroccan Atlas Trailblazer

**the challenge of a lifetime sahara trek desert** - witness the sun rising over the ever-changing dunes of the sahara - a truly breathtaking sight... your trekking challenge... to hike through this ever-changing landscape and climb to the top of the chigaga **overview map of the route (which you pick up at ...** - light trekking trousers and/or shorts micro fleece top breathable/wicking t-shirt, trekking shirt or base-layer well-worn in water repelling hiking boots with spare laces 2 pairs of pre-worn walking socks warm top and spare change of clothes for when you finish sun cream sun hat sunglasses trekking poles mobile phone fully charged, with your emergency contact saved under nok (next of kin) at ... **trek training guide - girlguiding** - trek training guide although walking is something most people do every day, you need to train for a trekking challenge. this training guide is designed for a person of average fitness and allows you to build up over several months. be honest with yourself regarding your current level of fitness and start training early so you have enough time to improve before the event; you will enjoy the ... **one day weekend trekking training guide - nb** - training for a one day or weekend trekking challenge global adventure challenges ltd red hill house, hope street, chester, cheshire ch4 8bu **trekking path to mutrah or riyam - destination oman** - starting point (gps utm 531,818e 2,559,046n) from al hamra follow the road north up to the village of misfat al abriyyin and look for the information sign w9. **leki pole care and maintenance.** - leki pole care and maintenance. problem / question check solution general care & maintenance always separate the poles by pulling apart with a sharp action **walking & trekking fitness plan - exodus** - exodus walking & trekking fitness recommendations well done on booking or seriously considering an exodus walk or trek. at this point, you may be asking how fit you need to be. **8 week beginner trekking training plan - nspcc** - please find below an 8 week trekking training plan for a moderate climb such as ben nevis or snowdon if you have any questions about your training or need some advice on nutrition or injuries, please drop the team a line at training@nspcc **unit 10: skills for land-based outdoor and adventurous ...** - land-based outdoor and adventurous activities are widely used by many providers of outdoor experiences to fulfil the needs of their programmes and clients. the core land-based activities include mountain walking, rock climbing, mountaineering, caving and orienteering. **weight limitations in horse riding: how big is too big?** - on arrival at said trekking centre, we both rode horses that were 16 hands high (hh) and had a rough body condition score of two to three out of five (figure 1). not exactly "big hunter" types. **unit 9: outdoor and adventurous expeditions - edexcel** - the aim of this unit is to enable learners to plan, participate in and reflect on outdoor and adventurous expeditions. unit introduction throughout history, expeditions have taken place involving travel, exploration and endeavour. **universal packing list - assets.exodus** - trekking clothing o down jacket o waterproof jacket o waterproof trousers & gaiters o breathable wicking layers o thermal underwear o walking socks o walking boots o warm hat o gloves or mittens trekking kit o waterproof rucksack cover o map & compass o walking poles o water bottles or hydration system o 'leave at base' bag health & medical see general, plus... o first aid kit o blister ... **silversands trekking centre booking form - prices!-! 1hour!hack!adult!m£40child!m£35! 1.5hours!adult!£45child!£40! 2hour!hack!adult!!**

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