

SCRA Specials

**Training courses and trips of exploration and discovery.
Discounted prices for SCRA members when booking is
accompanied by current SCRA membership number.**

**All courses are run by Richard Strivens. For more information
and booking details please phone Richard on M 07769703743
or 01540 661295 or email on info@wildernessexperiences.co.uk
or visit my website www.wildernessexperiences.co.uk**

Two Day Introductory Bushcraft Course:-

During this course we aim to cover some of the key fundamentals of living and working safely out of doors and will contain elements of the woodland skills workshops. We will look at safe use of typical bushcraft tools, shelter building appropriate for the woodland environment, fire lighting methods, natural cordage, cooking out of doors, natural navigation and depending on time of year, foraging for natural food. We will also look into appropriate clothing and personal kit for living out of doors and some emergency procedures.

During this course you will be building your own shelter and will be expected to spend the night out in it regardless of the weather. All food on the course provided

SCRA Price £125 pp. (normal price £150)

Dates 2009: 6th-7th April, 9th- 10th May, 15th – 16th June, 23rd-24th July, 27th-28th Aug, 12th-13th Sept, 26th-27th Sept, 10th-11th Oct, 23rd- 24th Nov

Other dates may become available, please enquire.

Two Day Intermediate Bushcraft Course:-

On this course we aim to take our knowledge further, as well as revision and reinforcing some of the basic techniques learnt on the intro course we will learn more advanced techniques in tool use, including axes, fire lighting, shelter building, foraging, preparation and cooking of wild food. This will include the preparation, cooking and ultimately eating of some decidedly furry cooking experiences and may include the use of road kill. Whilst basic food will be provided there will be a heavy emphasis on you foraging and providing from the wild. Participants must have been on the introductory course before attending this course.

SCRA Price £125pp (normal price £150)

Dates 2009: 8th-9th April, 16th- 17th May, 29th -30th July, 29th-30th Aug, 19th-20th Sept, 3rd-4th Oct, 28th-29th Oct, 25th-26th Nov.

Other dates may be available, please enquire.

Open Canoe Based Bushcraft And Hillwalking Courses

The Open or Canadian Canoe is the traditional craft of the indigenous peoples of North America and was used extensively by them on their nomadic journeys along North Americas river and lake systems.

Perfectly adapted for travel on deep open water and narrow, shallow rivers alike they fit perfectly into the Scottish environment and are a great way to explore our own lochs and rivers. Wildlife tends not to associate people with this type of craft and will often allow you to approach much closer than normal.

As well as being a good way to study wildlife an open canoe journey is a good way to learn about living in the wild and living from the land and water. On our canoe based courses we will cover the basic open canoe paddling skills as well as wild camping and other basic wilderness living and bushcraft skills all set in the stunning mountain and loch scenery of Highlands.

Open canoeing is also a great way to go hillwalking. Open canoes have long been used for travel and exploration, enabling groups to access really remote areas more easily, whilst still being able to carry more kit than you would be able to on your back. Canoe camping enables you to travel a little more luxuriously and take those items that make life a little more comfortable. It also saves your legs and knees for the hill walking rather than tiring them out on the walk in.

Our Canoe based courses include instruction in paddling techniques, provision of all paddling and safety kit as well as tents and camping stoves and food.

If you have a group of 6 or more people I can also put together a bespoke trip for you, for different dates and venues from those listed here.

River Spey Journey: 2days of open canoeing with overnight bushcraft camp. Paddle the River Spey from Newtonmore or Kingussie down to Aviemore. On the way we will look at the wildlife of the river, from river level, whilst paddling through the Insh Marshes NNR. Our overnight camp will be in a secluded deciduous woodland on the shores of Loch Insh Where we can practice various bushcraft and wild camping skills. On day 2 we challenge our skills on the faster moving section from Kincaig to Aviemore where we finish our journey at a convenient riverside pub for a well earned drink.

SCRA price £150 pp. (normal price £200)

Dates 2009: 16th-17th April, 6th-7th May, 4th-5th June, 2nd-3rd July, 17th-18th Sept, 28th-29th Sept, 8th-9th Oct.

West Highlands Lochs and Islands: 3 Days of canoe based wilderness living. Paddle down Loch Shiel and into the sea, island hopping and wild camping on the coastal islands of the Loch Moidart area and if the weather is good a possible circumnavigation of Eilean Shona. Fishing and foraging for wild food is an integral part of this trip.

SCRA Price £185 pp (normal price £225)

Dates 2009: 18th-20th April, 2nd-4th May, 12th-14th June, 24th-26th Aug, 14th-16th Sept, 5th-7th Oct

North West Sutherland Canoe and Hill walk: 3 Days of total wilderness experience. Paddle and hill walk in the Inverpolly wilderness in Assynt, NW Sutherland. This is about as remote as it gets in Scotland. The Inverpolly wilderness is a haven for wildlife and you stand a good chance of spotting eagles and otters as well as other more common species. From Elphin we paddle down Loch Veyatie and into the Fionn Loch where we set up our wild camp. On day 2 we climb Suilven, one of the Highlands most striking and iconic mountains, on day 3 we paddle back up Loch veyatie to Elphin where we finish our journey. There will be plenty of time on this journey for exploring, fishing and practicing bushcraft skills.

SCRA Price £185 pp (normal price £225)

Dates 2009: 13th-15th April, 25th-27th May, 15th-17th June, 6th-8th July, 3rd-5th Aug, 21st-23rd Sept, 19th-21st Oct

Southern Norway Hillwalking/Canoeing and Bushcraft:

The Ultimate Wilderness Experience. Norway has long been the place to go if you want to get away from it all. With a small population and a very strong environmental ethic, Norway has plenty of wild land and wilderness. Most of the country is rock, water and forest and is a canoeists/ hillwalkers/ bushcrafters heaven. Unspoilt mountains and forests, unspoilt rivers and fjords, fantastic wildlife opportunities, Elk, Beaver and Osprey are all regularly seen on these trips.

This course is based in the Setesdal area of southern Norway and our initial base is in the village of Evje, 1 hour drive north of Norway's southern most city of Kristiansand. The climate of this part of Norway is generally better than in Scotland with stable, sunny weather patterns for much of the summer. Daytime temperatures are regularly in the high 20s- 30s Celsius and water temperatures often warmer than in Scottish lochs making paddle sports a real pleasure.

From Evje we are driven north up the Setesdal valley and up into the Setesdal mountains. The terrain is similar to that of the Cairngorms but is a much larger area and averages an altitude of 1100m with high points at just over 1300m. This is a land of rock, sparse arctic/ alpine vegetation and water, the area is littered with high level fjords, some large enough to swallow the Cairngorm plateau whole. We spend the next 4 days walking southwards through the mountains following a network of high level paths, marked out by the DNT (Norway's mountain touring association) and camping by remote fjords. Whilst these paths are way marked (although in places a little vague) they are definitely not built paths, being rough and often wet underfoot, good footwear being essential.

After 4 days in the mountains we arrive back in the valley and meet our canoes for 4 days canoeing down the River Otra and Byglands Fjord. Wild camping on sandy beaches and islands, fishing, foraging for wild food, cooking over camp fires and wildlife spotting are what this part of our journey is all about.

10 days in total (1 day either side for arriving and departing).

SCRA Price £850 (normal price £1000)

Dates: 21st June – 30th June 09, 12th July – 21st July 09

Other dates may be available, please enquire.