



Gold BACK TO BACK Duke of Ed Adventurous Journey

Practice - Outward Bound National Base to CT

Reflection day

Qualifying - Brayshaws Hut to Honeysuckle Campground

Namadgi National Park 9

days / 8 nights

SUPERVISORS

The Supervisors are qualified in Wilderness First Aid, have a Working with Vulnerable People check and carry a UHF Radio and GPS tracking device. Each group will also carry a tracking device and radio to communicate with map groups in off track sections.

Please note, any loss or damage to safety equipment will incur a charge to the individual or group. Please take care of safety equipment.

Level of Challenge

This double Gold journey is very challenging and requires you to have a good level of fitness and some navigation experience. You will be hiking long sections off track through native bushland. If you have any questions, please contact the Duke of Ed coordinator at dukeofed@outwardbound.org.au to discuss further.

Food

You will be required to provide enough food for both practice and qualifying journeys. You will have access to a cool room for your qualifying food to ensure it does not spoil. Food will be provided by Outward Bound Australia (OBA) for night 4, the entire rest day (breakfast, lunch dinner and snacks) and breakfast for day 6 (day 1 of your qualifying journey).

Recommendations

- Long sleeves and long pants are highly recommended as you will be walking off track at times, through thick bush. If you do not have long pants, gaiters are ideal. Vinnies/Salvos have great choice for cheap breathable clothing. **Avoid cotton warmth layers.**
- Comfortable hiking boots/shoes that are worn in. Do not wear shoes you have not broken in as this will cause blisters.
- Brush up on your off-track navigation skills (bearings, pacing, identifying natural features etc.)
- Carry lightweight food (no cans, cut back on heavy fresh food) but ensure it holds enough energy and carbohydrates for big hiking days.



This is an expedition camp. Students must select a safe place to camp. Water must be collected along the way, toilets must be dug using a trowel and human waste buried carefully, away from waterways.

Day 4: Orroral Valley to Collimation Tower

Approx. 8km. Grading: Medium. mixture of on and off track

Navigate your way up a spur out of the valley and onto the Orroral ridge. The spur is all off track and through bush. Make sure you have a look at the Bellfree on the ridge.

You will meet the bus at Collimation Tower (CT) to be transported back to base.

Enjoy 2 nights in Dorm style accommodation, access to showers and hot meals. You will receive 2 dinners, 2 breakfasts, 1 lunch, and snacks whilst on base.

END POINT

Collimation Tower
End point journey 1
Namadji National Park

END TIME: Approx. 3pm at CT.

REFLECTION DAY

The rest day is a chance for you to relax before heading out on your qualifying journey. It is also a good opportunity for you to reflect on your practice journey and any challenges or learnings you had.

If you have finished your reflection time or would like to do something a bit more active, the following options are available:

- **Initiatives** (fun team or individual activities designed to challenge and think differently)– Can do as many as 10 or as few as 1. These will be run by your supervisor. They are best if at least half the group participates.
- Walk along the Murrumbidgee
- Leadership Workshop
- Communication Workshop

Please decided with your group what you would like to do a few days before the rest day and let your supervisor know. This will help the Supervisor and Coordinator provide the necessary resources for your choice.



END POINT

35 Naas Road Tharwa,
ACT, 2620
Namadgi National Park

END TIME: Approx. 12pm

There is no Public Transport. The Outward Bound bus can drop you off at Jolimont Tourist Centre or the Canberra airport.

If your parents are collecting you, please ask them to be punctual. Outward Bound will endeavor to provide a 2-hour ETA notice to parents via email.

TRANSPORT TIMES

PICK UP		DROP OFF	
Canberra Airport	0830	Canberra Airport	1230
Jolimont Tourist Centre	0915	Jolimont Tourist Centre	1300

DRINKING WATER

We recommend drinking 3 - 4 litres of water per day plus 1 litre to cook with at night. 1 litre of water weighs 1kg. Please keep this in mind when packing. After the first day you should adjust this up or down depending on your water intake.

Sometimes we will cross creeks where you can fill up but this is never certain therefore it is essential each student carries at least 4 L each and refills, wherever possible, along the Journey. Creek and tank water should be treated before drinking, see briefing notes for more details.

Outward Bound will do necessary water drops where accessible when requested by the Supervisor.

TOILETS

This is largely an expedition journey, meaning the group will be remote and away from designated campsites and facilities. At all times toilet waste must be buried and you will need to bring a trowel for this purpose.

Please note:

This is an itinerary only, it is subject to change due to weather conditions, group clashes, group/individual fitness or emergencies.