



Tarka Trail walk (off-site)



About the activity

Explore the history and natural beauty close to our North Devon centre, Beam House. Our staff will lead a circular walk from centre to visit the historic Rolle canal, Beam aqueduct, Torrington commons and a section of the Tarka trail.

Activity aims

The aim of this activity is to:

- Allow guests the experience of walking appropriate to their ability level and available routes.
- Explore historic sites, popular viewpoints and seasonal flora on route
- Increase fitness and appreciation of the surrounding landscape.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished and assess their experience.

Progression opportunities

Some participants may also:

- Participants can be given more responsibility for leading and navigating as the session progresses.
- Find that changing ground conditions and terrain may provide more physical challenges.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Outdoor confidence
- Some fitness advantages

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on safety instructions received.
- Understood how walking can improve their health & physical fitness.
- Effectively worked as a team supporting their peers throughout the activity.
- Contributed to a post-activity review led by the instructor, identified their experiences and recognised their achievements.

Associated vocabulary

Words relevant to safety

e.g. appropriate clothing, route card, instructions, safety equipment.

Words relevant to equipment

e.g. map, compass, ruck sack, walking boots, survival shelter, survival bag.

Words relevant to the activity

e.g. pace, leader, direction, gradient, timing, path, bridleway, history, flora, right of way, viewpoint, country code.

Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review.