



Gorge Walking

learnlink™

About the activity

Experience the beautiful landscape around our Loch Ranza centre and discover the rugged environment on the Isle of Arran in a unique and exhilarating way! Gorge Walking will get your pupils outdoors and active as they follow a river or stream and participate in some adventures along the way, including clambering over rocks, sliding down waterfalls and swimming through pools of water together. An experience not to be missed!

Activity aims

The aim of this activity is to:

- Allow guests the experience of walking safely up a river channel.
- Gain a greater understanding of how the flow of a river changes downstream & across the channel.
- See at first hand, how both large & small scale features are created by the moving water.
- Allow each participant to experience the water at their own level.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished & assess their experience.

Progression opportunities

Some participants may also:

- Take part in a final 'pool jump' which offers different height challenges.
- Be able to assess risks and understand how these may be controlled.
- Consider how the river features & flow conditions changed downstream.

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

- Interpersonal Communication
- Teamwork
- Water confidence

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on safety instructions received.
- Understood the changes that take place in features & flow levels along a river.
- An understanding of associated hazards.
- Effectively worked as a team supporting their peers throughout the activity.
- Contributed to a post activity review led by the instructor, identifying their experiences & recognising their achievements.

Associated vocabulary

Words relevant to safety

e.g. warm up walk, risk assessment, equipment checks, challenge by choice, instructor demo.

Words relevant to equipment

e.g. buoyancy jacket, wet suit, cag, salopettes, safety helmet, throw line.

Words relevant to the activity

e.g. waterfall, pool, gully, river channel, fast flow, eddy, meander, geology.

Words relevant to teamwork

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