

# ACTIVITIES PROVIDED BY CHRIS HUGHES MULTI ACTIVITY SERVICES



**Our Activities** Let CHMAS inspire you and share our passion for the outdoors. It's amazing what you can achieve once you have the know-how. We currently offer instruction and guiding for individuals, small groups and families in:

- a) Abseiling & Climbing;
- b) Bushcraft & Survival
- c) Canoeing;
- d) Hill Walking;
- e) Kayaking; and
- f) Mountain Biking.

**Hill Walking** Being in the open countryside or the mountains is simply magical. If this is for you, we offer guided walks, navigation skills courses and other mountain skills training. We are also registered to provide training and assessment for the National Navigation Award Scheme (NNAS).

**Climbing & Abseiling** This is great activity for all the family and our half-day taster sessions are one of our most popular activities. For the more adventurous we have introductory courses to equip you with the skills needed to start climbing under your own steam.

**Mountain Biking** In a word mountain biking is fun. It is also one of the fastest growing sports in the UK. If this is for you we offer guided rides and general skills courses to equip you with the basic skills to venture off road.

**Canoeing & Kayaking** Canoeing & kayaking are another popular activity and we have introduced many to this great sport. We offer taster sessions and for the more adventurous we can provide foundation and introduction to white water skills training.

**Bushcraft & Survival** Bushcraft & Survival courses are great fun and are a good way to learn about the outdoors. We offer a one day fire by friction course and 2 night / 3 day introductory course conducted completely in the natural environment.

**Our Instructors** All of our instructors will have the appropriate National Governing Body Award, a current First Aid Certificate as well as a passion for the outdoors.

**Further Information** Visit [www.chmas.co.uk](http://www.chmas.co.uk) or call for more information.

