

ALL HAIL NO SHINE IN THE PYRENEES MOUNTAINS 2006

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Tuesday	Induction, Navigation, e2e Targets, Kit
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Training Programme

Tuesday	Fitness Training and Navigation
Wednesday	Hill Day
Thursday	First Aid Training, e2e Paperwork, Log book
Ongoing	E2E reviews & targets, ASDAN modules Ken George Film & Media DVD Project IOSH Working Safely
HSE 1 st Aid At Work	19 + 20 July 2006
Improvised Rescue Trg	Ongoing
1 st Residential	16 - 18 May
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Main Journey	05 - 19 September
Duke of Edinburgh Bronze	March - September
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Presentation Evening	19 October 2006
Job Search/Careers	Ongoing
Voluntary & Grad Work	Opportunities Ongoing

Training Programme

Including excerpts from young peoples logbooks (italics)

It is clear from the start that our new group consists of a few lively characters. The rest of the group watch on as they make their presence known - weighing up the situation. It is also clear from the start that paperwork is not the majority's favourite subject, which makes the dreaded induction that bit more difficult than usual. But at last we start the main training and the quiet ones gain confidence and come out of their shells. Some of the more lively characters start to rebel as the training progresses and there are a few head to heads with the staff. But even though they rebel you can tell that they like it here - it's as though complaining is just a habit - and they start to buckle down eventually and real progress starts to be made.

Comments from young peoples logbooks

today we walked around ogden waters it was mint got all muddy it's a 6.5 km walk that doesn't sound that bad I went to the souvenir shop and bought my dad a walnut shell which had been carved out on the inside is a wooden spider with moving legs and a web painted inside the lid.

We went to the Widdop reservoir and we walk 6.5 km and my feet was sore it was ok but it was tiring

On Wednesday I walked round Withens Clough water and I walk 17 km. Walking up Withens Clough was a good walk

Assessed on CPR by Pete learnt about choking, injuries and bandaging. Did e2e dyslexia and paperwork. I failed my CPR assessment today because I need to shout for help

More practice A, B, C, D, E, heart attack practice CPR and CPR drowning. I have improved a lot I've practiced this and I have enjoyed myself.

...I enjoyed learning about first aid but I also hope I never have to use it for real but I am confident if I was in a real life situation I would be able to lend a hand. And as you can see by reading this I am doing my weeks worth of paper work very boring needs to be done though and I don't get paid till I do it.

hill day today and I loved it we went up to daisy bank and on to Erringden moor, today I got a bit of a tan, did 'boxin' and compass bearings and nearly got attacked by a curlew bird by its nest of 3 eggs, so I turned my compass dial and set off back as soon as possible. Had a good day today.

Today we learnt how to use a camera it was fun and very exciting. We made our own DVD I had a go on every thing it was like doing a real film. At first I thought I wasn't going to like it.

I did the practical course test and the theory test. I passed my H.S.E test. Theory test was a bit hard and still passed!!!! Woo Hoo!!!!!!!!!!!!

List for residential food. Learnt how to put tents up. Did orienteering at j/f. Found tents a bit hard but will learn with more practice

Went shopping + divided food to individual portion packed kit for residential. E2e paperwork. I enjoy going shopping I didn't like carrying the money and gave it to mark

went shopping at J Sainsbury's we met the Duracell bunny and had a photo took with HER we carried all the bags to base and sorted them in to groups, then we sorted them in to everyone's individual piles and put them into our food bag for our residential. We all communicated well and shared the food fairly between us. And after all that we did our E2E paper work to get paid.

I had a wobble on Wednesday because I didn't no if I was staying with pc. I think I am doing really well and will carry on. Decided I want to stay still don't enjoy paperwork

1st Residential Yorkshire Dales

On the morning of the residential one young person didn't turn up and we find out he has moved to Plymouth! And for 2 newish members of the group it was a case of here's your kit, and away we go. In addition, nerves were kicking in for some, and excitement for others. But all were eager to set off.

At last the minibus is loaded with all the gear and we set off to the Yorkshire Dales with Pete following in his car, as there was no room for him in the bus.

Not only did the group not realise what they were letting themselves in for - Andrew our new Apprentice Youth Worker was having his residential 'induction' himself!

We drove to Malham and the group prepared for the 8km walk-in to Threshfield. Despite worrying about the heavier bags, the fitness training had obviously paid off and the walk was easy for the majority, though they still complained! They made it to the campsite in good time ready to pitch the tents and cook their first meal of Pasta'n'sauce and make a brew.

After tea Steve showed the group how to make an alpine basket using a rope and you could have knocked us over with a feather as one young person in particular, who had big problems concentrating and keeping still, was at the forefront and volunteered first to demonstrate making one himself. Then it was time for the first Improvised Rescue session in the outdoors, with the groups' first aid skills being put to the test on the 'casualty' (a member of staff) who on this occasion was rough handled a bit. It was clear that they needed to start taking it a bit more serious! But no rest for the wicked and it was back out for a 6.5km night navigation walk in 2 teams. Both groups achieved the task but there was a bit of a row going on in one of the groups because they didn't feel that some of them were taking it seriously.

Next day we were up early, 7.00am, much to the horror of the group. We had a long 15km walk ahead of us across to Kilnsey and Grassington carrying all the kit except the tents. It took over 7 hours for some of the group, and we found out that one young man had flat feet, so it was no surprise that he had very sore feet. After a quick rest back at camp it was back out for more night navigation.

The next morning we were packed up and off ready for the 'full monty' breakfast awaiting us just outside Keighley.

Today we went to do some shopping at Sainsburys then we came back and sorted out our food and got our bag ready it is going to be a very heavy bag.

In the after noon we did improvised rescue. I helped carry stretcher. And then we walked 6.5-night navigation. It was chilling just walking around in the middle of nowhere with our head torches on, we all nearly got lost but we found track again with a bit of help from Pete and Andy.

Walked 8km in the Yorkshire dales was a bit hard. Cooking was hard as well

Woke up early and cooked some oat so simple before we set off on our extravagant 15km walk today through what looked like something out of the lord of the rings set beautiful country side found a rabbits skull to take home as a souvenir. It took almost 7 hours to get back to camp my feet were killing me by this point. Did more night nav and went to bed.

I had to get up at 7.00 clock it was very hard for me to get up because I am used to be getting up at 9.00 and then we walk 15km it took 6.45 hours and it was very tiring and we did more night navigation.

Wednesday: we had to get up at 7.00 am it was rock solid then we walked 15 km it took 6.45 hours and did even more night navigation, it was well hard getting up and getting ready, ive got to be quicker.

Did a short walk to meet the staff and the minibus at the arranged rendezvous. Very glad to get on the bus to head home went for a full breakfast on the way back just outside of Keighley. Did a kit check when we got back and went to bed for 3days.

2nd Residential - Snowdonia, Wales

There have been a few chops and changes since the last residential so this is a new experience for some of the group as we head off to Wales to tackle Snowdon the groups first mountain.

It's a long grueling three-hour drive to Wales, which tormented the smokers more than the rest of us. When we arrive there is a short walk in which was very entertaining thanks to the vocal skills of the group, it was more of a

musical than a walk!!! When we finally got to the campsite we cooked our tea and rested ahead of our trek to Snowdon tomorrow.

Today is the day many of the group have been dreading, but equally eagerly anticipating. One member of our group had to pull out of the walk early on in the day due to back problems, however the rest of the group soldiered on up the 1065m climb ahead. One member of our group physically struggled up Snowdon but did great at setting the pace for the rest of the group, which was a great lesson for them to understand pacing to the slowest walker. Though struggling both mentally and physically at times at the end of the day the whole of the group were extremely pleased to have climbed the highest mountain in England and Wales.

Our first night nav wasn't a great success; the paths that we set out to find were either invisible to the human eye or non-existent. So it was a relatively early night.

Our second day held for us an extremely long walk, which was constantly rising and falling and lasted ten hours. The weather was fantastic all day, which helped keep most spirits up. Unfortunately the one member of our group who had to pull out of Snowdon yesterday was unable to participate in today's walk and instead visited a local village with a member of staff.

After a long days walk we cooked our tea ready for tonight's night navigation session which hopefully will be more successful than the night before.

Last nights night nav was much more successful than our previous attempt, although quite confusing as the wood that we were walking around had been chopped down to half the size since the maps were drawn. The night was subsequently quite eventful as some members of the group were shaken up by the mock sign on the entrance to the woods which read, "PLEASE DO NOT FEED THE BEARS" this accompanied by the woodland by a lake convinced several group members that it was a perfect habitat for 'Welsh Bears'!!!

After an eventful previous night there was a short walk out of camp then a drive to find a café for our long awaited full English breakfast, and the drive home.

Got up at 8.00am and eat some breakfast packed rucksacks and walked up Snowdon which was the worst walk I did in my life because it was too hard. At night we set of for night nav but didn't do it because we couldn't find the right paths.

the first morning waking up in a tent, in wales was pretty mad. But that's what im here for init man. Went up snowden the front way. It was brilliant, id definitely would call it a mission, but an interesting one at that

Did another walk near Snowdon 10 hrs, cooked meal and washed up. Need to monitor my water because I ran out it was hard.

Getting up at 7.30 was hard but managed to get my Breakfast and set of for 9.00

Woke up at half six got my oat so simple cooked and eaten and made a brew. I went down to the shower block to go get a shower thinking the door was locked so me and Jemma stood there for half an hour wondering when the farmer would come and open it. We were getting a little tired of waiting now so Jemma asked some other people camping that she had made mates with how do you get it the shower block and he said "you just put your finger through the hole and push the slat up". So after this palaver we headed to Snowden and started climbing the pig track.

up another steady climb on the other side of the valley to Snowden this took a while because of the heat and direct sunlight but we made it only to find we had to clamber up this other huge hill and you've never seen anything as steep as this it was unbelievable but after a long struggle I got to the top second to steve and we had a well deserved break with sea gulls circling us after food and diving at us. So we continued on up this hill and along for a while until we veered off to the left for our decent to see another huge hill to accend, which wasn't as bad in comparison to the previous but as I got to the top the gulls flew over from the other hill top it was like they were rubbing in the fact its oh so easy for them to get around.

3rd Residential - Duke of Edinburgh Expedition, Bronze - Lake District

The preparation for the D of E Bronze expedition is complete, and a few nerves are starting to set in. Some of the group can't actually believe that they are going to be walking and camping for 2 days and 1 night unaccompanied. The group has been split into 2 teams and will start the expedition at different ends. This will allow individuals to stay focused and make better decisions, instead of bickering and falling out.

We arrive in the Lakes and it is time for the group to get out. They are having a practice walk-in to the campsite. Andrew and Sophie (our new Graduate Worker) will accompany them but not be involved in any navigating decisions or motivating activities. They are carrying full kit including tents, and the weather is hot. It is excellent preparation for the main expedition to the Pyrenees. But it's not a good start as they set off in different directions. Eventually they sort themselves out and head off as a group.

At the campsite Pete and Trudy are starting to get worried, as the group are now overdue. Eventually they arrive, full of stories about their walk, and how they had taken the wrong path and walked much higher and farther than they needed. They were not impressed that Andrew hadn't helped them! But for the Supervisor and Assessor of their Bronze expedition this was actually good news as we knew that tomorrow they would be much more focused and the decision to start at different ends was the right one.

Day one of their expedition, and the groups are up and packed fairly efficiently. One group will walk out from the campsite, and the other will be driven to the start. Once the groups have set off, it's a lot of 'to-ing and fro-ing' for the staff as they check and assess their progress. At the campsite one group hasn't arrived. There's no sign and it's starting to get late. We know that the area they are in is a contained one, but we can't understand where they are. Eventually Pete finds them. They had only camped at the wrong site - put their tents up, cooked and had a brew, washed up, and wondered where the other group was - before realising what they had done. They put their tents down and packed up before setting off again to the correct site. They were well gutted!

It's day two and the groups set off their separate ways. All is well until a gust of wind catches one member of the group as he reaches the top of Cat Bells and un-nerves him. But they finish and they get their well-deserved cuppa from the café, or a can of coke for the others who finish at Bays Brown campsite at the other end.

Both groups have completed their expedition and they can't wait for their feedback. They have passed and are rightly proud of themselves. But tomorrow is another day, and it's another early start as we set out on a 2 day walk that will involve a wild camp - something the group hasn't done yet. As we set off up Stickle Ghyll the same young person who got spooked by the wind the day before started to shake and couldn't go on. We had a decision to make, and so the group split up with one member of staff going a separate walk with the young person, and the rest continuing on the route up the Langdale Peaks and on to Angle Tarn before returning to Bays Brown campsite. Unfortunately, Trudy had picked the farthest away point to pitch the tents, and got a telling off by everyone as they arrived at the camp exhausted but buzzing at their achievement.

today we went shopping at sainsburys on our own, we carried the bags back on our own, then we sorted it in to piles on our own , then we shared them out on our own, and put our food in separate bags, one for our D of E and the rest for the resi. AND THAT'S WOT YOU CALL TEAMWORK. IM NOT SAYING IT WAS EASY THOU.

Got up had breakfast packed our bags got on minibus went to start of d of e walk then set of and did the walk set up in wrong campsite then relised and pack up and walked to proper campsite got to camp set up then went to sleep

...So we got dropped off at lake windermere where our side of the 2 day route started. It was a hard day walking well climbing up cat bells. The view was just loverly green hill sides with massive mountain ranges as far as you could see, Derwent was really nice. They was 6 islands only 4 or 5 was in use like but still it was the real deal. Its the view what catches you in the moment when you feel relieved that you have got to the top of a big mountain you just carnt stop smiling and thinking am I really here and wen am I gunna wake up , it's a buzz, a buzz that im gunna keep seeking after project. They was loads of different kinds of

people climbing it. Kids to grannys, big dogs , dogs with 1 eye and every thing. Madness I tell you. Madness! There was one dog and it had its own travel water bowl that zipped open and stood up on its own. It was well dudie. On the way up a man told us they was a ice cream man at the top and that put a rocket up our *****, then a different man told us they was a pub at the top and I believed them both like a silly billy. Well weve been up and cum down a manual rollercoaster which hurts your feet, back and sholders . we pitched up in the wrong campsite, cooked and ate our tea and washed up in the wrong campsite like idiots. I finially realised and we all laughed for ages. Then I started stressing I finially put mi sleeping back in its bag, then put that in my rucksack and all the rest of the stuff. I couldn't care how it went II just wanted to get to the right campsite

Started D of E did okay until we pitched up at wrong campsite. We had our tea washed up and had a chin wag. We went up cat bells was good we met super Andy the king of dudes!!!!!!!

Did massive walk and we went up stickle gill it was well windy up there!!!!!!! It was hard and got scary when the wind picked up. The walk back to camp was long and hard

Woke up did a massive walk it was very tiring but I managed to do it then Trudy and Sophie boiled me some water so I could have a horlicks then went to sleep

Started D of E presentation then weight our kit. Doing presentation was fun I learnt how to use PowerPoint. Finished D of E presentation show it to Pete Lorna Sophie. It was fun to show presentation to Pete Lorna Sophie they said it was good.

Main Journey

As the expedition looms nearer our group of young people that will actually go to the Pyrenees reduces from 10 to 6 in the space of a couple of weeks, due to personal circumstances, health reasons and employment. For the remaining 6 young people we focus on reducing our rucksack weight to 15 kg for the flight as the situation regarding hand luggage is uncertain. This means we will have to buy more food on arrival in Spain than usual. We have to weigh our

rucksacks on a daily basis under the keen eye of Pete every time as much as a packet of tissues is added!

We meet at Project at midnight and there is an air of nervousness and expectation (3 young people have never flown before) as we load the minibus up and say our goodbyes. After a bleary-eyed breakfast at Stansted we reach the airport. Everyone's bag is under 15kg except a member of staff who had sneaked a comb and a pair of nail scissors in, much to the amusement of the group, and left Pete a bit exasperated!

When we arrived in Spain we immediately began making travel arrangements in our best 'un poco' (very little) Spanish to get us to Parzan and the start of our expedition. This took us 2 days and involved 4 buses, a taxi and 2 minibuses along with the fastest supermarket dash ever in the small town of Bielsa. We started naming the campsites, the first being 'Bedrock camping' named after the 'lovely comfy floor' and the next Campino. Our last minibus journey that would take us to the start was so fast and scary (it was like being on a roller coaster ride) that everyone was glad to get out and rely on our legs and start the expedition.

Day One. Parzan to Paso de los Caballos - 8km ascending 1100m

Not only is it the first day of our journey it is the first day of the Gold Duke of Edinburgh Expedition section for the group. We set off with one of the group armed with the GR11 guidebook and another with a Spanish map to enable them to follow the route and be involved with the navigation. After a photo shoot at the bottom of the GR11 we set off up the pista (path) at a steady pace, with breaks every hour. Conditions were perfect as we managed a couple of hours walking before hitting the sun. Spirits were high with lots of singing and joking. Little did we know at this point that Andrew knew the words to every song, and could just about recite the whole of 'Shrek'. We also didn't realise as we applied our FACTOR 50 sun cream that walking in the sun was actually going to be a fairly rare occurrence on this journey. We had our lunch by the dam at Hydro Electrica, which consisted of a third of our baguette and one small portion of jam - the rest of the jam and bread having to last us for the next two days.

One of the group found the walking particularly difficult, especially going up hill, and the group separated a little with a member of staff escorting the young person up after the others. As the rest of the group approached the site of the first night's wild camp the heavens opened. We had walked 8km and climbed 1100m, which is 35m higher than Snowdon, and we had definitely not ordered this weather. This would be the first of many rainstorms and it was the worst scenario for us, as some of the tents had to be put up in the rain. Luckily, there was a short break in the rain whilst the rest of the tents were put up, and water bailed out of the others. The sky began to rumble, and within minutes the storm really hit us as the lightning flashed above. The raindrops were enormous before turning to hailstones, the thunder roared above our heads and we were treated to a free light show, at 2369m high - twice the height of Mount Snowdon, right across our heads and across the next valley - we were in the eye of the storm. There would be no leaving the tents for a while. Well, that's what Trudy thought until she heard Jemma calling her outside her tent.

"What are you doing" Trudy yelled as she peeked through the tent only to see a full length orange bivvi bag standing in front of her.

"What do you want to eat for tea. I've got the stove," Jemma says. (We were in single tents but not close together because of the terrain).

"Get back to your tent - it's not safe. Don't worry about me, I'll borrow someone else's stove later" Trudy shouted before feeling really guilty for shouting at her when she was only thinking of her.

The next day the taxi took us to parzan and where we started our journey and D of E I had the guide book walked 8km we didn't manage to put our tents up in time before the storm we cooked dinner slinki made it and I washed up then I got into my tent went to sleep ready for the next day

*It was an hard day and it was are first time for Wild campsite and it was well p***** it down.*

we started our D of E GOLD at 8am it was a very tiring walk. Then we went to the wild camp at Paso de los Cabollos then we had lunch then

we went to dam at central Electrica. We did 8km it was like walking around the world this was our first wild camp. It was all right but it was horrid. _

Day Two. Paso de los Caballos to Plan d'Arles Cruces - 13.5km ascending 600m

It's an early start and the aim is to set off at 9am. One of the group is a bit disorganised and we set off later than planned. It is a relatively easy start to the day and we depart our wild camp, dubbed 'Camp Quagmire' named after the small lakes that have sprung up around the tents overnight, with a long descent down the valley. All goes well, the sun is shining, until we reach Refugio de Viados. The map shows a path ascending up to our wild camp. We scout around but nothing fits or makes any sense. Eventually, Pete and Steve find the path, which winds its way alongside a valley. We set off in the baking heat for another 4-5km before ascending up to our camp for the night. Well, that's Spanish maps for you. It's a superb setting, 2080m high, and we see and hear marmots calling out to let us know they are there.

Later we are joined by a couple of guys who set up camp further down. One of the group is concerned because there are a couple of dead sheep in the river lower down from us, and goes down to tell them. It was a confusing conversation apparently with one of the guys - a lot of gesticulating and a bit of French thrown in - but he seemed to understand. Later we found out that one guy was from Zimbabwe but lived in Kent, and the other was his Polish guide! Hence our campsite was named 'Campole'.

Day Three. Plan d'Arles Cruces - Puente St Jaime - 16.5km ascending 500m

We could see the path from our campsite; it was a long ascent up the side of a big hill. Spirits were quite high though - after the ascent it was a long descent to a proper campsite, with showers and a shop where we could restock our food supplies.

Most of the group stayed in high spirits up the ascent, spotting another marmot, and continuing up without a break till we reached the top. But for one young person the rising morning sun and the long flog 500m uphill was too

much, and dropped behind quite a lot. At the top (just over 2600m) we shared our first packet of biscuits to boost energy, and we made the decision to split up with the slower member of the group following at a slower pace with a member of staff. We set off down a boulder field, and in no time at all we were altogether again. He definitely preferred descents to ascents!

We continued down a long valley with amazing scenery, stopping to apply the Factor 50 sun cream. It was our longest distance so far; 16.5km and we would drop to 1250m high. Later in the day we separated again with 2 of the group being slower than the rest. This time we had an additional problem - sweat rash - making walking very painful for one young person.

We had descended over 1350m and at last we all made it to the campsite, thanks to Andrew who had to sit (looking very odd) at a strategic corner to point the tail-enders in the right direction to the camp. We showered, shopped, and were ready for a pizza. We cleared the small supermarket out of pasta, bread and many supplies essential for the rest of our journey. The pizza's were great - hence 'Campizza'.

Day Four. Puento St Jaime to Puente de Coronas - 11km

We had taken full advantage of the facilities at the camp, washing our clothes and ourselves. We set off from the campsite like human clothes horses - damp clothes strapped to our rucksacks - confident they would dry as we walked along.

Singing didn't seem so popular today, so we started to play word games. One group played 'I spy' - the girls totally blagging the guys heads because they got nearly all the answers, and the other group Yes/No game but Andrew kept giving dubious answers which prompted a healthy discussion about cheating!

It started to get overcast but we continued plodding along, involved in our games when the sky blackened. Oh-ho, the rain hit us immediately, and instead of taking clothes off because of the heat, waterproof jackets and rucksack covers were being pulled out hastily as the rain that drenched us turned to huge hailstones that battered us. Luckily, there was a hut marked

on the map close by. Steve led us off the track and we took refuge in the stone hut, while the area in front of us turned into a huge puddle with enormous white hailstones floating in it. We had no choice but to sit it out. The group made themselves comfy in the back, and got the cards out. They had discovered a new game called 'Cheat', which was always a noisy affair causing great hilarity as the 'cheat' was either exposed or won the game. The staff stood and looked out, watching the storm clouds continue to gather as they swirled above us.

Eventually, there was a lull and we left the hut to continue up the path. We had lost valuable time and there was still a long way to walk. Sleeping in the hut was a last resort as the only water supply was on the ground around us!

Earlier in the day we had seen a 4 wheel drive bus going up and down the track from Puente St Jaime to the Refugio. It was an infrequent summer service for tourists heading into the mountains. A little way up the 'pista' the bus came. Quick as a flash, Steve's 'hitching' thumb was out and the bus stopped. He has never been so popular! We made up valuable time continued onward and upward from the refugio to the first available wild campsite in the pouring rain. The group demonstrated some fantastic teamwork in helping each other put up the tents to keep the insides as dry as possible, but the reality was - The tents were wet, Our gear was wet, and now the damp clean washing was soaked! The river, our water source, was a raging torrent and we had to collect water in pairs for safety.

This campsite was christened 'All hail the mighty campsite!'

we walked up a big hill it was hailing like stones when it was hailing we was sheltering we playing cheats it was great. When the rain stopped we started to walk when this 4x4 bus came up we took a ride it was wonderful thing. Then by that time it was pouring it down. At the end when we reached to the campsite we put up our wet tent. I made sure I ate my tea. _____

Day Five. Puente de Coronas to Ibon Gran d'Anglos @ 2220m - 9km

The river calmed down overnight. Everything else is the same. Wet tents, clothes, socks and oh yes, the clean but now very wet washing.

We continued our journey onwards and upwards and past the wild campsite we had originally wanted to reach yesterday. The weather was fine now and it looked an idyllic spot, but there was no way we could have reached it yesterday. The terrain was getting more difficult as it ascended and became rockier with big boulders to negotiate and travel across. We ascended up to the highest pass of our expedition, which was totally exhilarating despite being tired out. The view was amazing, and we stopped for a well-deserved lunch.

As we were admiring the views we looked down at where we had come from and a semi-clad couple were actually RUNNING over the boulders and up to the pass. We couldn't believe it. When they reached the top they asked us where they were. Can you believe it? We were astonished and showed them on the map. They were gobsmacked! They had just run up the wrong pass to reach 'Aneto' the highest peak, and so headed off having had to change their plans considerably. It is at moments like these that the young people become aware of their ever-increasing skills and abilities. Their confidence boosted, we descend over the boulder-strewn terrain and the heavens open again.

It is clearer than the weather that we will not be able to walk a further 10km to complete the day as described in the guide book, and head for the wild camp Ibon Gran d'Anglos @ 2220m high. We meet a Canadian lady who is walking a section of the GR11 on her own, in trainers! We think this is a bit unsafe, but she is happy because there are no bears. She is thinking of continuing up to the pass even though it is pouring down and late in the day. We invite her to camp with us, but she sets off into the evening while we pitch our tents - in the rain - and get ready for another evening being confined to our tents tucked into our sleeping bags for warmth.

Day Six. Gran d'Anglos to Hospital de Viella - 10km

As we are getting ready to leave, we see the Canadian lady. She had turned back after all and sheltered in a small hut further down. It's still raining. We

are heading for a big refugio today, Hospital de Viella, that is open all year round. The guidebook says we can camp and buy meals there. But we can't rely on this and aren't risk raising hopes incase it doesn't happen.

Morale is low as we descend down a big hill through a wood. One young person disturbs a wasp's nest, which creates a bit of a Hoo Hah as another guy is making a call of nature. The young person gets stung on the leg, and the other guy didn't hang around let me tell you. You shouldn't laugh but there was no serious damage done, and it lightened everyone's spirits until lunchtime. We eat our meagre lunch in a deserted building by an enormous DRY lake - where was all the rain going to?

After lunch we had to cross a narrow bridge. The only problem was the bridge consisted of 4 very slippery tree trunks strapped together and no handrail. We crossed slowly one by one, assisted by a member of staff, wedging our feet into the space between the logs so as not to slip.

There had been an ongoing joke all day as Trudy was convinced that the rain was going to clear today. We had only walked 10km but the group were tired and weary, and it felt like 20km with very little singing and joking going on. One young person fell asleep sitting up while we enquired about where we could camp at the refugio. But, Alleluya, as we found our spot to camp for the night the rain stopped and everyone hung their belongings out over the rocks to dry. We looked like a group of refugees! There was a quick sewing lesson for 2 of the group as they had to sew their pants to make themselves look respectable. We had managed to book a meal in the refugio, much to everyone's delight.

We walk down the hill then pass a dry lake to a refuge we dried our clothes on the rocks.

We've just had a three course meal from the refuge oohh! It was so much better than pasta'n'sauce! I even ate the salad starter - rabbit food - ergh! We had a veg stew and then pork chops n chips for tea. The sky is clear for once and the stars are amazing

Day Seven. Hospital de Viella to Refugio Restanca - 10.5km ascending 770m

We had planned an early start, but guess what, it was raining - heavy. So we decided to go to breakfast in the refugio first and then pack up.

Yesterday we chatted to a shepherd who told us he had walked to Refugio Restanca, our destination for today, with his young grandchildren this summer. It was a beautiful walk. We were inspired.

But the rain didn't clear - the beautiful blue lagoon was shrouded in mist and swirling low cloud. But it was still very mystical even with the freezing rain and wind that came with it. It was nearly lunchtime, and as the tail-enders rounded a corner a strange sight was ahead. There in the middle of nowhere was one of our tent outers being used as a group shelter, getting battered by the wind and rain, with a lot of noise coming from underneath it! It was lunchtime. We got out another tent outer and the rest of us got underneath and ate our lunch with frozen wet fingertips.

After lunch we continued in the driving rain to the Refugio. By now just about everyone had wet feet as well as well kit. The paths were being transformed into rivers with mini waterfalls bursting over the rocks and steps. There was no point in trying to avoid the wet areas anymore.

We could see the pylons that took electricity up to the refugio and our spirits lifted. We were nearly there! But we kept on going up, and up, and up, feet squelching, scrambling and climbing up the steep slope. "How did the young grandchildren get up here"? At last we crossed the reservoir wall at the top to the refugio. Pete welcomed us on the patio, dancing with his flip flops on!

We warmed ourselves up with hot drinks, and the staff "Assessed the situation". We arranged to stay the night at the refugio, and so didn't have to put our wet gear back on. We could dry our clothes and sleep in a warm, dry bed tonight - and eat proper food for dinner, breakfast and a picnic lunch the following day.

Thank you Pete, Thank you Steve, Thank you Trudy, and Thank you Andy the group say. Then altogether - Thank you Lorna for raising the money!

Got up at 7:00am packed our kit went for breakfast came back to put tents down we set off for the last campsite we walked for about 10km having a 10min break every hour the day was very bad because it was raining and very cold we sheltered under the outer of the tent for dinner it was hard to have dinner because of the weather after dinner we walked to the Refugio where we stayed overnight but it was a good day in the end

Day Eight. Refugio de la Restanca - Estany Obago 10km

Sleeping in a bed was great, but what a noise! Snoring, talking and more snoring..... In the morning we collect our kit from the drying room - and the smell is overpowering. Our boots haven't dried, but we are getting used to putting them on wet now. Just close your eyes, take a deep breath and pretend its normal. But the good news is we pick up our 'picnic' for lunch - no dried bread today.

It's still raining, and as we ascend the steep path to where our campsite would have been we know we made the right choice about staying at the refugio. We split into two groups, the faster group can keep their pace up, and two staff accompany the slower ones. The rain clears a bit at lunchtime but the paths are still like rivers, with waterfalls splashing down the rocks and steps. The river has burst its banks in places, and as we descend down to a large reservoir we have to negotiate a large boulder right next to the torrential waters rushing down next to us.

We meet up in the Refugio de Colomers for a hot drink. Trudy goes to the outdoor toilet and what a shock. It is at the bottom of some precarious steps in a small building attached to the rock face - overhanging the reservoir - without a door! The 'toilet' is a hole in a cement ledge.

We continue to the first available wild campsite. Looking for a flat site that isn't waterlogged is quite a challenge. Its back to pasta'n'sauce tonight and writing up logbooks but this is our last wildcamp and tomorrow is the last day

of our expedition. Pete and Steve end up on their own private island by the lake and Pete wakes up in the middle of the night panicking that they may have to wade across the lake in the morning - its still raining!

We got up at 7:00am packed our kit went for breakfast after breakfast we started our walk up a hill it was raining all day and we walk all the way we stop every 10mins for a break the weather wasn't as bad as yesterday but we made it in the end and it was a bit better than yesterday I enjoy it in the end and tomorz is our last day of walking and I enjoyed all the walk and the expedition

Day Nine. Estany Obago to Camping Vorapark, Espot @ 1320m - 17km

We wake up early and it is freezing. The rain has turned to snow. The pass that we have to walk up is covered in snow and the weather is getting worse. The young people find it especially hard packing away the tents as their fingers and toes are frozen. Boots, socks and gloves are all soaking from previous days. With a lot of encouragement from staff the job gets done and we can set off.

Even though it is the last day, the journey so far has taken its toll on one person in particular and he quickly drops behind struggling and saying he can't walk any faster. He is refusing to put on his wet gloves as he says they won't make any difference, but they will and it takes lots of persuasion to get him to wear them. We split into two groups again as we cannot afford for the others to get cold from standing around. The scenery is dramatic as the snow continues to fall. The group in the front meets some French people who are doing the GR11 like us. They hadn't camped at all since they had set off, as they intended, staying in refugios because of the rain. When they heard we had camped at the other side of the pass they were really impressed, and acknowledged this to the young people by telling them - RESPECT!!!

You meet allsorts of people on a journey like this. Both groups separately meet a Japanese couple coming the opposite way who don't even have jackets or gloves on. They ask directions from both us, which turns out to be a bit ironical. The two groups didn't meet all day even though we kept looking out for each other. In both cases once we had dropped down from the pass the weather cleared and turned into a fine sunny day.

The group in the front found the campsite and Andrew sat on guard ready to point the second group in the right direction. Unfortunately, he got a text saying there was a bit of a problem. Trudy and Steve, walking with Tyrone at the back managed to come down a completely different valley and were a bit shocked, to say the least, to find that they hadn't arrived in the right town! Red faces or what!

A short taxi ride later, and we were reunited. The young people had completed their journey. And what an expedition it has been. They have walked through amazing scenery, over every kind of terrain, and seen lots of wildlife from slow worms to chamoix. But it has been the weather that has been the challenge for these young people. Walking and sleeping day after day, damp and wet, in the rain has been an enormous challenge - and one that every member of this group has surpassed without question. Not once did anyone say "I can't walk any further" or "I can't do it". They are proud of their achievements, and already start to make plans for their future. They know that if they can do this, they can do anything they put their minds to.

walked to mountain top were loads of snow was it was ace got to camp
trudy Steve and tyrone got lost it was a right laugh went to bed

When I got up it was snowing I was cold and just wanted to go home.

We got up at 7:30am and packed all our kit and put our tents down it was very cold I couldn't feel my toes or my hand we set off walking and we started snowing but in the end the sun came out and it was a good day we walk estany obago to espot and the camping place was called vora park I didn't enjoy the first half of the walk but I enjoyed the other half because it was a hot day and when we got to camp it was a good day in the end

All Hail No Shine in the Pyrenees
Mountains Expedition 2006

Craig Anderson

Jemma Bentley

Alan Biggins

Tyron Burnett

Adam Chapman

Jamie Dickinson

The Expedition Staff Team

Pete Dawber
Steve Mason

Trudy McLaughlin
Andrew Cannon

Achievements

The All Hail No Shine in the Pyrenees Mountains Team Achievements

	CA	JB	AB	TB	AC	JD
BHF	✓	✓	✓	✓	✓	✓
ITC	✓	✓	✓	✓	✓	✓
REC				✓		
HSE	✓	✓	✓		✓	✓
IOSHWS	✓	✓				✓
IOSH			✓	✓	✓	
NNAS B	✓	✓	✓	✓	✓	✓
NNAS S	✓					
IMP	✓	✓	✓	✓	✓	✓
PSS	✓	✓	✓	✓	✓	✓
D of E B	✓	✓	✓	✓	✓	✓
D of E G	✓	✓	✓	✓	✓	✓
FMP	✓	✓	✓	✓	✓	✓
E2E	✓	✓	✓	✓	✓	✓
ASD IOL	✓	✓	✓	✓	✓	✓
ASD PS	✓	✓	✓	✓	✓	✓
ASD WWO	✓	✓	✓	✓	✓	✓

KEY

BHF	British Heart Foundation Heartstart Award
ITC	2 day Immediate Temporary Care First Aid
REC	4 day First Aid Course Attendance Certificate
HSE	HSE First Aid at Work
IOSHWS	IOSH Working Safely
IOSH	IOSH Attendance Certificate
NNAS B	National Navigation Award Scheme Bronze
NNAS S	National Navigation Award Scheme Silver
IMP	Improvised Rescue Training

F4L	Fit4Life Fitness Training Programme Certificate
AHNS	All Hail and No Shine in the Pyrenees Mountains
D of E B	Duke of Edinburgh Bronze Award
D of E G	Duke of Edinburgh Gold Expedition Section
FMP	E2E Film & Media DVD Project
E2E	E2E Training Course
ASD IOL	ASDAN Improving Own Learning Level 1
ASD PSS	ASDAN Problem Solving Skills Level 1
ASD WWO	ASDAN Working With Others Level 1

Young Peoples Evaluations

- When I started Project Challenge I was very quiet but now I am more confident. I have enjoyed the training and the residential my fitness has changed a lot. I have enjoyed the gym and boxercise and I have enjoyed the main journey a lot and the members of staff are really helpful. I can't wait for the presentation to show my family what I have done for two weeks in the Pyrenees mountains. I will miss Project Challenge and the members of the staff.
- I started Project Challenge the week before the first residential. I found it quite hard but it was very enjoyable. I also did the second and third residential. They got easier with time after training at the gym and boxercise then I did the main journey, which was hard and easy at the same time. Overall Project Challenge is an enjoyable experience.

When I came to Project Challenge I was very quiet until I made friends which boosted my confidence in many ways. I have had loads of experiences but not all are good, but overall it has been great fun.

- Project Challenge has helped me a lot. It has built my confidence up and made me want to get a job. All the tutor's have been ok with me. I've enjoyed going on all the resi's and the main journey and met loads of new friends.

My evaluation of project challenge

When I first came to project for my interview, I was a little nervous but Pete made me feel welcome and he was really friendly, I didn't really know what project was all about really I just knew what Sam Dyson told me. It sounded all right when Sam told me at college but when I came for the interview and Pete told me what it was about I couldn't wait to start. Project challenge to me is something that has changed my life. I have a lot more confidence, determination, pride and last but not least I've had a lot of laughs. I have now started to look at myself in a different light. I now know more qualities about myself that I have never known before. I hope that project challenge stays here for a few more decades so I can bring my kids in when they 16 yrs so I can join them up for 6 months of torture which no doubt they will enjoy,

if they are anything like me. Since I started project I've earned my first aid HSE certificate, my bronze and gold expedition certificate, my IOSH working safely certificate and my ASDAN working with others, problem solving and improving own learning certificate what I know of so far. In this last 6 months i have learnt improvised rescue, camp craft skills, boxercise, about different trees, plants, rocks and people. It has been an emotional roller coaster journey and im so glad I've completed it now. Being over in the Pyrenees walking around the GR11 was GGGRRRRRRREAT!!!!!!!!!!!!!! I had time to think and now I am sorting a few things out in my head and my day-to-day life. Project challenge is the biggest and best thing I have done in my life so far but, I am hoping that there will be lots more to come. I could not have done it without all the staff and the group itself as I have made friends with a completely different type of people than I usually hang out with, which has been an amazing experience. Coming to project has encouraged me to calm DOWN ON DRUGS which I have and I now enjoy a cleaner healthier lifestyle. Thanks a lot to all the team and management board.

EVALUATION

Project is a great experience, in six months you achieve a huge number of goals & receive loads of qualifications for doing so. The staff are great at what they do & will help you with any problem to the best of their abilities. Overall if you get a place at Project see it out till the end.

Evaluation

Project challenge was hard but I did it. It may improve my fitness it was horrible I did not like it. I only came because someone told me about it I wasn't sure but I tried it but I, I learned my first aid A, B, C, D, E it was hard but when I was finish it was great because it was alright but I did it, then I learned camp craft even thought it was horrible also I learnt improvise rescue it was so hard to remember but I did it. I did the excise there was weight lifting then we did boxercise, it was hard there was a few exercise I did not do but I still did it. At least I gave me something to do. I am lad that I have finished my expeditions that is for my GOLD and BRONZE award.

Thank You's

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