

ACTIVITIES PROVIDED BY CHRIS HUGHES MULTI ACTIVITY SERVICES



Our Activities	<p>Let Chris Hughes Multi Activity Services (CHMAS) inspire you and share our passion for the outdoors. It's amazing what you can achieve once you have the know-how. CHMAS is pleased to offer the following action packed activities for individuals, families or groups.</p>	
	<ul style="list-style-type: none"> • Bushcraft & Survival • Canoeing • Climbing & Abseiling • Duke of Edinburgh's Award • First Aid Training 	<ul style="list-style-type: none"> • Hill Walking • Kayaking • Stag & Hen Events • Youth Programmes
Bushcraft & Survival	<p>Bushcraft & Survival courses are a great fun and are a good way to learn about the outdoors and CHMAS has something for all abilities.</p> <p>To find out more about what's on offer please see our new website- http://www.acornbushcraft.co.uk/</p>	
Canoeing	<p>Canoeing offers a unique way to see the countryside and learn new skills. CHMAS offer taster sessions and for the more adventurous we can provide foundation skills training, white water skills training as well as the British Canoe Union (BCU) paddling awards and safety and rescue training.</p> <p>To find out more about these activities please click the following link - http://www.chmas.co.uk/canoeing.php.</p>	
Climbing & Abseiling	<p>Climbing and abseiling is a good way for families and friends to come together hand have some fun. CHMAS offer half-day taster sessions or for the more adventurous we have introductory courses to equip you with the skills needed to start climbing under your own steam or bench mark your skills with the National Indoor Climbing Award Schemes (NICAS).</p> <p>To find out more about these activities please click the following link - http://www.chmas.co.uk/climbing-abseiling.php.</p>	
Duke of Edinburgh's Award (DofE)	<p>As an Approved Activity Provider (AAP) for the D of E, CHMAS is pleased to offer supervisory and assessor services for you group or we can provide the complete expedition package for you. Please contact us to discuss your requirements.</p> <p>To find out more about these activities please click the following link -http://www.chmas.co.uk/DofE-activities.php.</p>	

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First Aid Training	<p>First Aid training is an essential tool for anyone venturing into the outdoors. CHMAS offers Rescue & Emergency Care courses for groups on demand. Please contact us to discuss your needs.</p> <p>To find out more about these activities please click the following link - http://www.chmas.co.uk/FirstAidTraining.php.</p>
Hill Walking	<p>Hill walking is a great way to get fit and see the countryside. CHMAS offers guided walks, navigation skills courses and other mountain skills training to help you on your way. CHMAS is also registered to provide training and assessment for the National Navigation Award Scheme (NNAS) for those who wish bench mark their performance.</p> <p>To find out more about these activities please click on the following link - http://www.chmas.co.uk/hill-walking.php.</p>
Kayaking	<p>Kayaking offers a unique way to see the countryside and learn new skills. CHMAS offer taster sessions and for the more adventurous we can provide foundation skills training, white water skills training as well as the British Canoe Union (BCU) paddling awards and safety and rescue training.</p> <p>To find out more about these activities please click on the following link - http://www.chmas.co.uk/kayaking.php.</p>
Stag & Hen Events	<p>CHMAS has teamed up with some great activity providers to so that you can have some fun and let your hair down. The activities on offer are Adventure Ropes Course, Canoeing, Climbing, Gorge Walking, Stand Up Paddle Boarding and White Water Tubing.</p> <p>To find out more about these activities please click the following link - http://www.chmas.co.uk/stag-hen-Events.php.</p>
Youth Programmes	<p>CHMAS is pleased to offer fun, enjoyable and safe activities for youth groups. Activities on offer are archery, adventure ropes course, bushcraft, canoeing, caving, climbing and hill walking.</p> <p>To find out more about these activities please click on the following link - http://www.chmas.co.uk/youth-groups.php.</p>
Further Information	<p>CHMAS contact details are shown below. We look forward to hearing from you</p> <p>Tel: 01743 236916 or 07974 458969 Email: chris@chmas.co.uk Website: www.chmas.co.uk</p>