

# Sam's Gold Duke of Edinburgh training and practice expedition

During half term from May 25th to May 30th, Sam, student at Cambian Wing College participated in his gold Duke of Edinburgh training and practice expedition. This expedition took place in the Brecon Beacons, Wales, as part of his Duke of Edinburgh Gold Award.

During this time, he learned essential skills such as cooking with a Trangia stove, setting up a tent, orienteering, map reading, basic first aid, and how to pack his rucksack for the upcoming expedition.

Sam spent three days hiking through the Black Mountains, tackling various routes to different peaks in Wales, including reaching the summit of Pen y Fan, the highest point in Wales at 886 meters above sea level.

He had a fantastic time and made some new friends. The next adventure is the final Gold Expedition at the end of August.

