

All prices, courses and activities listed below are an indication as shown. However, all our packages can be bespoke, in which case costs will vary.

## **\*\*\*Excellent group rates are available\*\*\***

Please contact us for details.

Call **01787 320 640** Suffolk or **02476 629 623** Warwickshire or email [enquiries@explore-4x4.co.uk](mailto:enquiries@explore-4x4.co.uk)

### **PROFESSIONAL TRAINING**

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**4x4 Off Road Certificated Training Courses - City & Guilds, Lantra or Explore 4x4**

**Half day 4x4 Off Road Refresher Course**

**ATV/Quad Training – Lantra, EASI or Explore 4x4 certificated training courses.**

**Lantra Health and Safety and Risk Management in Winching**

**Lantra Basic On and Off Road Trailer Handling**

**CPSA Shotgun Skills and Instruction**

Please contact us for details & rates.

### **First Aid**

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*First aid courses, pricing for groups of up to 12 people per course. All prices are excluding VAT*

**First Aid at Work £210 per person**

**Emergency First Aid at Work (1 day) £75 per person**

**First Aid at Work Requalifying (2 day) £140 per person**

**Activity First Aid (20 hours) £140 per person**

**Paediatric First Aid (2 days) £140 per person**

**Paediatric Emergency First Aid (1 day) £75 per person**

**Cardiopulmonary Resuscitation and Automated External Defibrillator (half day) £70 per person**

### **Health & Safety Courses**

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*Health & Safety courses, pricing per person. All prices are excluding VAT*

**Level 1 Award in Health and Safety in the Workplace £35 per person**

**Level 1 Award in the Principles of Fire Safety in the Workplace £65 per person**

**Level 2 Award in Health and Safety in the Workplace (QCF) £65 per person**

**Level 2 Award in the Principles of Fire Safety and the Role of the Fire Marshall £65 per person**

**Level 2 Award in Risk Assessment (QCF) £65 per person**

**Level 2 Award in the Control of Substances Hazardous to Health (QCF) £65 per person**

**Level 3 Award in Supervising Health and Safety in the Workplace (QCF) £190 per person**

**Level 2 Award in the Principles and Practices of Manual Handling (QCF) £65 per person**

### **4x4 Off Road Driving Instruction - Individuals**

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*Prices are per vehicle. Vehicle can be shared by maximum of up to three people. Includes use of our vehicle.*

**Half hour £60**

**One hour £110**

**Half day £240**

**Full day £420**

Includes lunch

### **Skid Pan Training**

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**£95 per person**

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## 4x4 Driving Instruction for the Visually Impaired.

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One hour **£90** per person sharing (based on a minimum of 3 hour booking).

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## ACTIVITIES FOR CORPORATE/TEAM CHALLENGE AND OTHER GROUP EVENTS.

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*Suggested activity ratio for groups could be 3 per half day. Excellent group rates available.*

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### 4x4 Off Road Driving

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**£35**

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### Blindfold Driving

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**£25**

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### Clay pigeon Shooting

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**30 Clays £45**

**40 Clays £55**

**50 Clays £65**

Further indepth Clay Pigeon Shooting instruction **£85** per hour, call us for details.

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### Clay Pigeon Shooting and World Whisky Tour Day

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**£95** per person (This includes breakfast and lunch at the Elvenden Inn and a **£5** voucher per person To spend in St George's Distillery. VAT inclusive)

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### Air rifle Target Shooting \*

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30 shots **£20**

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### Air Pistol Target Shooting \*

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30 shots **£20**

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### Archery \*

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30 arrows **£20**

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### Crossbows \*

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20 bolts **£20**

*\* indicates Field Sports Package @ **£55** for any 3 shooting events marked \**

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### Catapults

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20 shots **£10**

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### Knife Throwing

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**£10**

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### Tomahawk Throwing

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**£10**

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### Spear Throwing

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**£10**

**All 8 of the above events taken together £120 reduced to £100**

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### Survival/military team building activities:

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e.g. Toxic Swamp Challenge **£20** (all listed)

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Call us on **01787 320 640** or **02476 629 623**  
Or visit **[www.explore-4x4.co.uk](http://www.explore-4x4.co.uk)** to find out more

Minefield  
Contamination control  
Pilot rescue  
Code breakers  
Arctic survival  
Command & conquer

*The above survival and military team building prices are per person, based on a minimum of 4 people.*

**Military Escape and Survival Adventure:**

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*Age 18+*

**£225 per person** 24 Hours held over two days.

**GIFT VOUCHERS AVAILABLE FROM £20**

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**Large parties - excellent group rates are available**

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