



Call us on **01787 320 640** or **02476 629 623**
Or visit **www.explore-4x4.co.uk** to find out more

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

PROFESSIONAL TRAINING

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

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

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

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

£95 per person

4x4 Driving Instruction for the Visually Impaired.

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

ACTIVITIES FOR CORPORATE/TEAM CHALLENGE AND OTHER GROUP EVENTS.

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

4x4 Off Road Driving

£35

Blindfold Driving

£25

Clay pigeon Shooting

30 Clays £45

40 Clays £55

50 Clays £65

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

Clay Pigeon Shooting and World Whisky Tour Day

£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)

Air rifle Target Shooting *

30 shots **£20**

Air Pistol Target Shooting *

30 shots **£20**

Archery *

30 arrows **£20**

Crossbows *

20 bolts **£20**

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

Catapults

20 shots **£10**

Knife Throwing

£10

Tomahawk Throwing

£10

Spear Throwing

£10

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

Survival/military team building activities:

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



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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:

Age 18+

£225 per person 24 Hours held over two days.

GIFT VOUCHERS AVAILABLE FROM £20

Large parties - excellent group rates are available
