



Mount Cook ADVENTURE CENTRE

School Brochure



Educational
History
Packages now
available!



Adventure, Learning, Discovery!





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Any questions?

Please feel free to contact Mount Cook on: 01629 823 702



Introducing Mount Cook...

Mount Cook Adventure Centre is a not-for-profit organisation, based on the outskirts of the Peak District. We use the spectacular natural environment surrounding our Centre, to offer a range of exciting outdoor adventure activities and engaging educational workshops.

We are dedicated to providing unique experiences which will broaden the horizons of your pupils. Our activities will help young people to discover new opportunities, expand their appetite for learning, increase attainment, and equip them with valuable social skills which will last a lifetime.



"The team are all brilliant, friendly and make for a fantastic atmosphere. Nothing is too much trouble. Thank you!"

- Secondary School in Chesterfield, Derbyshire

Our Mission:

To provide access to the outdoors and outdoor activities for all, especially young people and those who would not otherwise have the opportunity.



High quality outdoor learning

Our engaging activity sessions have been recognised for their emphasis on safe practice, education, personal and social development, and of course, enjoyment! We are proud to be a BAPA accredited Centre, as well as holding the Learning Outside the Classroom (LOtC) Quality Badge.

We know that learning *can* successfully extend beyond the classroom walls and into the great outdoors. When done effectively, learning outside of the classroom transfers into a variety of life skills, and changes in attitudes and behaviours.

Why is learning outside the classroom so important?

There is a wealth of research to support the positive effect that spending time in the natural world has on the health and emotional well being of children and young people. Residential trips have also been proven to enhance personal growth, increase self-confidence away from home and develop mental and emotional resilience in the face of set-backs.

Our Centre provides a safe, friendly environment where children have the freedom to enjoy the outdoors and develop a sense of empathy and care towards the environment. We also know that encouraging children to be active at a young age increases their chances of engaging in sports or outdoor activities later on in life.



Complimenting your curriculum

The best outcomes in outdoor learning are achieved when the activities we offer relate to your classroom teaching, whilst encouraging positive personal and social development. That's why we have taken the time to link our activities and educational programmes to the National Curriculum, helping to boost attainment and promote intellectual curiosity.

We stay in tune with strategies used by schools helping students to set and achieve personal goals, and develop their self-confidence and emotional resilience in the face of challenges and obstacles in a safe, positive environment. It is these skills which can then be translated into their learning, and in life!

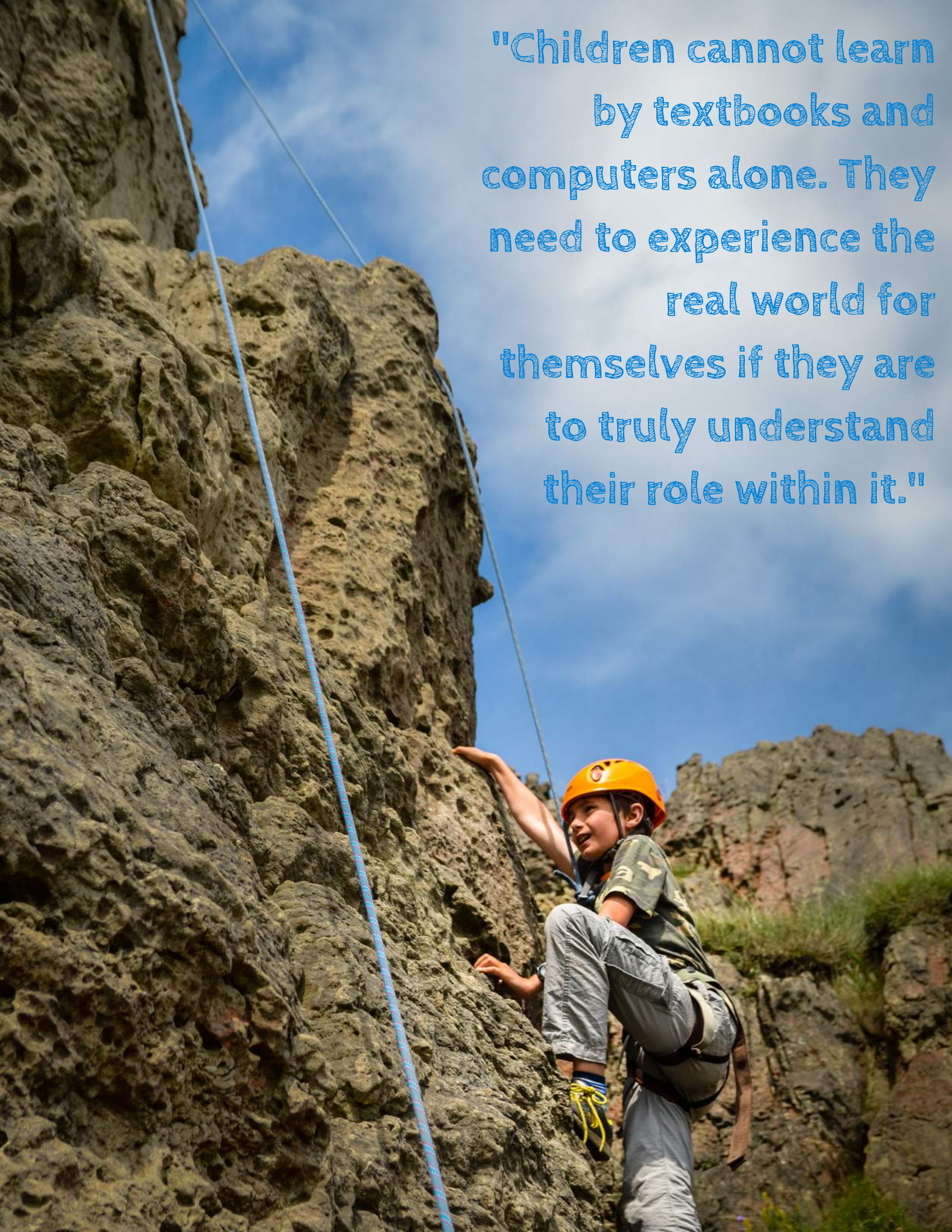
We also understand that no young person is the same. All of the activities we offer are differentiated to cater for all abilities and skills, allowing each pupil the opportunity to progress and grow.

3.



We now offer a selection of Educational packages which focus on Primary History topics! Turn to page 13 - 15.

"Children cannot learn
by textbooks and
computers alone. They
need to experience the
real world for
themselves if they are
to truly understand
their role within it."





Our activities

Onsite activities

Archery

Unleash your inner Robin Hood and learn to shoot a modern re-curve bow! By the end of the session, our instructors will have everyone consistently hitting the target from 10 metres away. This activity is perfect for developing self-discipline, concentration and coordination.

Age: 6+

Activity session: 1 - 2.5 hours



Archery Tag

Brand new to Mount Cook, Archery Tag is a super fun combat game which combines elements of dodge-ball with the timeless skills of archery! Two teams must dive and dodge behind inflatable defenses to avoid being hit by flying foam-tipped arrows. If you get hit, then you're out!

Age: 6+

Activity session: 1.5 hours



Indoor climbing

Our indoor climbing wall is a fantastic resource for wet weather or as an introductory session to climbing. This activity is great for developing movement and core belay technique.

Age group: 6+

Activity session: 1.5 - 2.5 hours





Fossil Hunting and Gem Panning

Discover the rich mining history and geology of the Peak District, as we examine fossils and rocks from millions of years ago. This activity is great for reinforcing classroom topics on the Industrial Revolution, Geography and Geology.

Age: 4+

Activity session: 0.5 - 2 hours

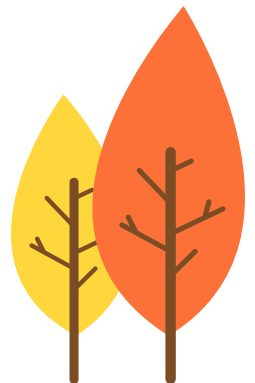


Bush Craft

Let's go back to basics! Our practical sessions are designed to test your creative thinking and equip you with essential skills that can be applied in real life situations. From campfire gadgetry, to cordage and fire lighting techniques. We will teach you how to use the natural environment as a tool for survival.

Age: 4+

Activity session: 1 - 2.5 hours



Den Building

Using natural materials found in our woodland, we'll get everyone working together to construct well thought out and durable shelters. We will introduce you to different types of shelter frames and get you thinking about the angles to ensure stability. We'll round off the session with a real estate challenge!

Age: 4+

Activity session: 1 - 1.5 hours





Rooftop Rider Zip Wire

Starting from the roof of our Centre and finishing in Steeple Grange Quarry, our brand new Zip Wire is an exhilarating activity which your pupils will love! The Zip Wire is 108 metres long and starts 15 metres from the ground. Participants can expect to reach speeds of up to 40 mph!

Age group: 6+

Activity session: 1.5 hour

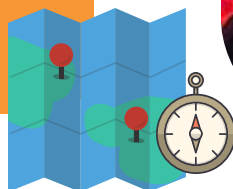


Orienteering and Map Skills

Learn basic map skills or build upon your existing knowledge to navigate around our orienteering courses. Either explore the Mount Cook grounds, or head out to Black Rocks and seek out the check points. This session will have everyone working together and learning valuable navigational skills. If you have a theme for your residential, we can also introduce some relevant trivia at each checkpoint.

Age group: 6+

Activity session: 0.5 - 3.5 hours





High Ropes

One of our most popular activities. Our impressive 12m high ropes course has five elements which are designed to encourage team work, communication and perseverance. From the Leap of Faith to Jacob's Ladder, this activity will develop a sense of cohesion within the group and build up a sense of trust between students and teachers.

Age: 6+

Activity session: 2 - 3.5 hours

"The children and staff would like to thank you very much for our recent residential with you. They have not stopped talking about their experiences! They all enjoyed the activities and 'grew' enormously in the 2 days."

- Dawn Dadswell, Year 3 & 4 Teacher at
Turnditch Primary School



Team Challenges

These sessions have a strong focus on developing problem solving, creative thinking and teamwork skills. The challenges might include building Land Karts, Swamp Crossing or Hanoi Towers, and can be tailored to meet your group objectives and aims.

Age: 4+

Activity session: 1 - 3.5 hours



Carsington Reservoir, just 10 minute's drive from our Centre, is where the majority of our water-sports take place. Did you know, Carsington is the ninth biggest reservoir in the UK?



Offsite activities



Raft-Building

Within small teams, your pupils will have to work together to create a buoyant raft using rope, oil drums and wood. But be careful not to sink! This activity requires rapid decision making, team work and leadership skills, high-levels of communication and imaginative thinking.

Age group: 6+

Activity session: 3 - 7 hours



Kayaking

This activity is a perfect way to enhance your pupils' confidence on the water in a safe, controlled environment. For younger children, we make use of our sit-on kayaks to reduce the risk of capsizing. Kayaking is a great form of physical exercise for children and young people of all ages.

Age group: 6+

Activity session: 3 - 7 hours

Canoeing

Explore just under a mile of Cromford's historic canals on one of our canoeing expeditions. Each canoe can hold two people, and present minimal risk of capsizing. To paddle efficiently, this activity requires great team-work and communication skills. Along the way we will discover an abundance of wildlife and features of historic importance.

Age group: 6+

Activity session: 3 - 7 hours



Black Rocks climbing area is a playground for lovers of rock climbing and bouldering! You can walk to Black Rocks in less than 10 minutes from our centre, without crossing a single road - lucky us!

Rock Climbing and Abseiling

We are fortunate, here at Mount Cook, to have some of the Peak District's best outdoor climbing spots right on our doorstep. Your pupils will be taught by our highly-trained instructors on how to put on a harness, tie safe climbing knots and how to abseil down a rock face. These sessions can be tailored to suit most abilities. This is a great activity for developing trust and communication within a group, and overcoming new challenges as a team!

Age group: 6+

Activity session: 3 - 7 hours



Caving

Our high-level of caving expertise means we can provide your pupils with an outdoor caving experience they will never forget. This activity allows children and young people to explore some of the UK's most historic and impressive caving systems, whilst learning about the rich local mining history of the area.

Age group: 6+

Activity session: 3 - 7 hours



Mount Cook works in partnership with numerous local organisations to bring our groups a range of educational programmes and workshops. These group visits can be booked through the Mount Cook team - just ask!

The Heights of Abraham

Take a cable car from the valley floor to one of the Peak District's most renowned caving and mining attractions. The Heights of Abraham is less than 10 minutes drive from our Centre, and offers an in-depth insight into the rich mining history and geology of the area. Visitors can explore two show caverns, climb Queen Victoria's Prospect Tower, discover an abundance of wildlife on the Woodland Paths and enjoy two Adventure Playgrounds!

Cromford Mills

The birthplace of the first modern mill system in the UK, Cromford Mills was at the very heart of the Industrial Revolution. A short drive from our Centre, this fascinating World Heritage Site will bring Victorian history to life for your pupils. Primary schools can take part in the 'Children of the Mills' interactive role-play day, where pupils are immersed in their new roles as 18th Century mill-workers! Available for secondary school students are guided tours and interactive activity sessions.



11.

National Stone Centre

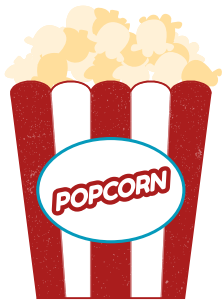
Go back in time to 300 million years ago at the National Stone Centre. Based on the same site as Mount Cook, this attraction offers Fossil Trails, Geo-Walks, picnic areas, a Visitor Centre to explore and a 'Building Britain' Exhibition.



Evening activities



If your pupils still have energy left at the end of the day, no problem! We have a range of evening activities for you to choose from, which can be added onto your itinerary and will keep everyone entertained up until bedtime. All of our evening activities are self-led, and must be pre-booked prior to arrival.



Cinema

After an action packed day, why not kick back and relax with a film night in our cosy Small Hall? This room can comfortably accommodate up to 40 pupils. Remember to reserve the use of the Small Hall ahead of your arrival to avoid disappointment. All films must be supplied by the group leader, so don't forget your DVD and popcorn!

Campfire

There's no better way to conclude a busy day than spending an evening around a campfire. Reflect on the day's activities, tell stories and sing songs! Marshmallows are available to buy from reception. Our campfires are very popular, so make sure you reserve a spot well ahead of time!



Rocket Building

3... 2... 1... BLAST OFF! Work together to build a rocket which will protect your team's egg. How high will your rocket go? This evening activity develops imaginative thinking, problem solving and communication skills, and is highly popular with younger children.

Be brave.
Take risks.
Nothing can
substitute
experience.

- Paulo Coelho





Prehistoric Britain

Experience life as a Prehistoric Tribesman and learn how to make a fire using traditional methods. Protect yourself from the elements and build a waterproof shelter using natural materials. Have a go at cave painting and learn how a tribesman hunted for food using a bow and arrow! Finally, help to build a Celtic roundhouse and learn how prehistoric people manufactured tools and weapons.

Activities include:

- Fire making skills
- Shelter construction
- Cave painting
- Archery
- Celtic roundhouse building



Knowledge Bomb!



Early Stone Age ancestors travelled from place to place hunting animals and foraging for food. As we move into the Bronze Age, humans started to settle into small communities and make tools using flint, antler and bone. During the Iron Age, farming flourished and the population grew dramatically!



Roman Invader

Experience life in Roman times and meet a real life Roman soldier! Dress up in Roman armour and invade our Celtic roundhouse. Shoot a Roman style bow and arrow, and learn more about Roman roads by building a cart to transport heavy items. Finally, discover and handle artefacts from the period with an archaeological dig.

Activities include:

- Dress up as a Roman soldier
- Invade a Celtic roundhouse
- Archery
- Land kart building
- Archaeological dig



"But what have the Romans ever done for us?"

- The Romans built over 10,000 miles of roads!
- The Romans introduced Christianity to Britain, when it became the official Roman religion in 391 AD
- The Romans introduced us to Roman numerals, and wrote down their history, literature and laws in Latin.





Industrial Revolution

Immerse yourself in the enthralling world of Victorian Britain. Take a guided tour around the fascinating local area with one of our knowledgeable guides. See one of the oldest working Beam Engines in the world, and travel along Cromford canal in a genuine Victorian barge. Visit Arkwright's Mill and take a train ride on an old industrial railway line.

Activities include:

- Guided Walk
- Visit to working Beam Engine
- Canal boat ride
- Visit to Arkwright's Mill
- Train ride



Sir Richard Arkwright's Mill in Cromford, was built in 1771 and was the world's first successful water powered cotton spinning mill.

If you would like more information and prices, please request our Educational Packages brochure. Please call: 01629 823 702, or visit: www.mountcook.org



Our Centre: Accommodation



Our Glamping Pods offer unique accommodation for up to 40 guests. Each Pod sleeps four guests in bunk beds, complete with four USB phone charging points and an en suite toilet and wash basin. Communal showers and hot water are located on the ground floor of the Centre, less than 150m from our Pods.

After an action-packed day of activities, a good night's sleep is very important! Our purpose built Centre can accommodate up to 140 guests.

The majority of bedrooms sleep four guests in bunk beds accommodation, complimentary bedding and en suite bathrooms in every room. Don't forget to bring your towel!

Two wheelchair accessible rooms are also available on the ground floor of the Centre.

All of our rooms are equipped with special access key cards, and there are lockers in every room for storing your luggage.

Your pupils' safety is at the top of our priority list! A first aid trained team member will be on call 24 hours a day to support groups during their stay.



Free Wifi
Complimentary bedding
Indoor classrooms
10m high rooftop classroom
Coach parking
Drying room
Washing machines
Souvenir & tuck shop





Catering

To keep energy levels up after a full day of outdoor activities, we provide full catering facilities serving nutritious hot meals.



Sample Menu

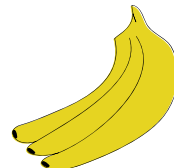
Breakfast

Variety of cereal
Toast, jam and marmalades
Croissants
Bacon, hash browns, beans & egg
Fruit
Yoghurts
Orange juice
Tea & coffee



Lunch

A selection of sandwiches
(GF & V)
Variety of crisps
Fruit
Slice of flapjack
Bottle of water



Dinner

Sausage and mash with fresh vegetables and onion gravy
Homemade butternut squash lasagne with chips and salad
(V)



Chocolate brownie with ice cream or custard
Fruit kebabs and toffee sauce



V = Vegetarian

GF = Gluten free available

Our Main Dining Hall can seat up to 120 pupils at one time with servery style catering. We can cater for most dietary requirements, from vegetarian, gluten / dairy free, to Halal. Just let us know what requirements your group has!

Also available onsite is our tuck shop selling snacks and drinks throughout the day, in case you get peckish!





Making a booking with us

Once you have decided on the date of your visit and the number of pupils in your group, give us a call! We will discuss your requirements and which activities you would like to include in your itinerary. We will then put together a quote for your activity day or residential. We can hold a provisional booking for up to 14 days without a deposit.

Payment procedure

10% holding deposit to be paid within 1 month of booking

20% confirmation deposit to be paid 6 months prior to arrival

Final balance is due 2 months prior to arrival

All deposits are non-refundable. Any alterations to group numbers can be made 2 months prior to arrival. After this time cancellation charges may apply.

Free planning visits

In order for group leaders and carers to familiarise themselves with the Centre, accommodation and facilities, we recommend that you visit Mount Cook for a tour of the building. Simply get in touch to book your free planning visit!

Outdoors for all

Mount Cook offers a friendly, safe and supportive environment for groups of children and young people with disabilities and additional needs. We offer a range of exciting outdoor activities which can be tailored to suit most specific requirements. Please let us know what requirements your group has before making a booking!



Your Adventure Begins Here...



Mount Cook

ADVENTURE CENTRE

Get in touch!

01629 823 702

Explore@mountcook.uk

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