

ADVENTURE ACTIVITIES

In order for you to choose your ideal programme, below are activities which are on offer at Arthog OEC this year.

These activities have been split into half day and full day options.

	Half day	Half or full day	Full day
<p>Team Building Tasks Short duration problem solving challenges to start off your course, developing the team and setting the scene for subsequent activities.</p>	✓		
<p>Gorge Scrambling. An outstanding group challenge where students help each other through the rocky terrain of a mountain stream or river. It's going to be wet. (Dependent on water levels).</p>	✓		
<p>Canyoning* Descend a steep-sided gorge, by jumps into deep pools, floating, wading and sliding – wetsuit essential! <i>Suitable for secondary school pupils and adults only.</i> (Dependent on water levels).</p>	✓		
<p>Orienteering. Students working in pairs to find their way around courses in the woods. This is the most effective activity for developing map reading skills – and it's great fun!</p>	✓		
<p>High Ropes Course Exciting challenges set above a disused quarry in the Centre grounds: Postman's Walk, Indiana Bridge and the unique 'Leap of Faith'. <i>Suitable for secondary school pupils and adults only.</i></p>	✓		
<p>Raft Building A team challenge to construct a raft using barrels and planks – plan it, make it and then paddle it!</p>	✓		
<p>Sit on Tops* Kayak-type craft which you sit 'on' rather than 'in'. Fun introductory sessions on local pools or short journeys along the estuary or coastline.</p>	✓		
<p>Board surfing* An exciting introduction to surfing on either surf boards or body boards.</p>	✓		
<p>Open Canoeing Exploration and adventure using open canoes on local pools or for journeying on the stunning local estuaries.</p>		✓	
<p>Voyageur A 24ft Open Canoe big enough for a whole group. Great for exploring the Dysynni estuary, and developing the team.</p>		✓	
<p>Sea Kayaking (subject to availability) Learn new skills using our fleet of sea kayaks. Explore estuaries or the impressive local coast line. <i>Suitable for secondary school pupils and adults only</i></p>		✓	
<p>Rock Climbing An exhilarating and rewarding challenge, actively involving all students, where self-confidence, co-operation, trust and teamwork develop. Confidence and skills are nurtured within the session to ensure everyone achieves to an appropriate level.</p>		✓	
<p>Scrambling The transition between walking and rock climbing. Develop your rock skills with hands-on (and feet!) movement over steeper rocky ground. This can be part of an ascent of a summit, or can be incorporated into a rock climbing and scrambling day.</p>		✓	
<p>Trail Quest – 'The Voyage' A journey on foot full of surprises ! A series of problem solving tasks woven into a journey through a magical landscape, where your next stage of the journey depends on successful completion of the task.</p>		✓	
<p>Photowalk A lower level mountain walk taking in some superb scenery, with the group using maps and photographs to find their way. An ideal platform for KS2 topics such as Rivers or Mountain Environment.</p>			✓
<p>Mountain Walking A wilderness experience where students discover the beauty and challenge presented by journeying in the high mountain landscape. Opportunities to learn about landscape features, develop map skills and raise awareness of mountain safety.</p>			✓

*** Summer only.**

EVENING ACTIVITIES

After dinner there are various options available to your students for the evening.
Choose one per evening.

Diaries

We provide you with Arthog diaries, which create an opportunity for a period of quiet, reflective time during the evening.

Centre orienteering

Short orienteering courses within the Centre grounds.

Nightline

Feel your way along a line blindfolded, supported by members of your group.

Night-walk

An exhilarating experience walking by the estuary or sea at night time.

Photo-search

A mapping activity requiring photographs of features in the grounds to be recognised, located and marked on a blank map.

Social options

Barbeque or Disco – the Centre has a sound system that is compatible with most modern multi-media devices, and lights.

Bothy

Spend an evening in a remote cottage under the cliffs of Bird Rock. Cook your own evening meal, tell stories by the fire, return to the Centre for breakfast or stay out a bit longer and cook your own. Not for the faint hearted!

Presentation evening

Round off the week with an evening where achievement is recognised and rewarded. Certificates available on request

EXTRA COST ACTIVITIES

Camping

Why not have a night under canvas, either on site, or in the local area using our tents?

Mountain Biking – An introduction to the thrill of off-road cycling. Safe responsible biking technique is reinforced on the journey. Suitable for secondary school pupils and adults only. Subject to availability.