

## Adventurous Activities Booking Information: Visiting Staff



We offer the following activities using Blencathra Staff:

Activity	Description	Maximum Ratio	Site	Session Length		
				Short Session (<1.5 hrs)	Half Day (3-4 hrs)	Full Day (7-8 hrs)
Low Ropes Course	Swing from tree to tree to test your agility on our new low ropes course with a view. Teeter along a tight-rope, wobble your way across the wobbly log, clamber over the cargo net and bound across the Indiana Jones bridge.	1:25	On site	✓	✓	
Team Building	Improve communication, team work and leadership skills via a series of activities including the balance beam, raging torrent, magic cane and team skis.	1:25	On site	✓	✓	
Mammal Trapping	Set humane animal traps to learn more about the native mammals of the Lake District.	1:25	On site	✓		
Bushcraft: Firelighting/Wild Teas	Learn and use fire lighting skills including using spark sticks in order to maintain an open fire to make hot drinks using camping kettles.	1:25	On site / Low Bridge End Farm (LBE)	✓	✓	
Orienteering	Learn and use navigation skills including using a map and compass to find a series of points and clues.	1:25	On site / LBE	✓	✓	
Geocaching	Geocaching is a real life world wide treasure hunt game suitable for all ages and abilities. Find hidden containers, cracking clues and using traditional and modern navigational aids such as a GPS.	1:25	On site	✓	✓	
Conservation Activities	Take part in conserving the habitats of some of Lakeland's rare/endorsed flora and fauna. This might include removal of foreign, invasive plant species or coppicing woodland.	1:25	Variable	✓	✓	✓
Bushcraft using knives (e.g. making string/fish hooks)	Learn skills for surviving in the wild – make string from willow or nettle, or fish hooks from locally sourced wood.	1:12	On site	✓	✓	

Nature Walk / Night Walk	An exciting short journey in the countryside using all senses to observe the landscape, human impacts, and signs of animal life. An opportunity to team-build through a series of mini-activities in a variety of locations.	1:25	Around Local Area	✓		
Low Mountain Walk	Gain a sense of achievement from walking up some of Wainwright's favourite fells, such as Castle Crag or Cat Bells.	1:25	Variable		✓	✓
High Mountain Walk	Scale some of the Lake District's iconic peaks, such as Helvellyn or Blencathra.	1:12	Variable		✓	✓
Ghyll Scrambling	Utilise coordination, resilience and team work to splash your way up a classic Lake District Ghyll before taking a plunge!	1:12	Honister Ghyll		✓	

If your group wants to do an activity which requires a 1:12 ratio we will not charge any extra on top of the normal course fee if the group size is up to 12. We then charge £50 extra per half day for every 12 students after that. Our AALS licence (No. R1612) only covers mountain walking in summer conditions and ghyll scrambling 'not in the coldest months'. We do not offer ghyll scrambling in winter conditions but can offer winter walking through our external providers (this is priced at £160 at a 1:12 ratio for a full day activity).

We offer the following activities using external providers:

Activity	Description	Maximum Ratio	Site	Session Length		
				Short Session (<1.5 hrs)	Half Day (3-4 hrs)	Full Day (7-8 hrs)
Rock Climbing	Build confidence, agility and coordination by scaling rock faces in the birthplace of British climbing.	1:12	Variable (outdoor / indoor)		✓	
Abseiling	Build trust through stepping over the edge and abseiling down some of the Lake District's classic ridgelines.	1:12	Shepherd's Crag / N.T. Bowder Stone		✓	
Canoeing	Paddle out to an island on Derwent Water or follow the River Derwent as far as you can for a different view of the Lake District. Develop your team work as communication and co-ordination are essential for this challenge.	1:12	Derwent Water		✓	

Swimming	Utilise the local pools for an alternative evening session.	n/a	Keswick Pool / Penrith Pool	✓		
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Our preferred external provider is Shearwater Adventure for Rock Climbing, Abseiling & Canoeing. When booked via the Blencathra centre the prices for these activities are:

£17.50 pp (2011) / £18 pp (2012)

Please also note that Shearwater have their own health and safety form. The lead teacher for your course will need to fill this out prior to your visit.

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Keswick Pool (017687 72760) currently charges (2011) for a 1 hour private session:

	Up to 50 people	50-99 people	100-160 people
Pool Only	£95	£145	£190
Pool & Slide	£110	£160	£205
Pool, Slide & Waves	£115	£165	£210

If booked via the Blencathra centre there maybe a slight reduction of these prices.

Penrith Pool (017688 63450) currently charges (valid until April 2012) for a 1 hour private session (max 100): £82.50. To book call Penrith Leisure Centre on the no. above.

**The lead teacher for your staff will need to complete any health and safety paperwork regarding swimming ability/risk assessments for this activity in line with your own school's practice. FSC staff are very willing to book these pools for you/drive your group to the pool but will not supervise it.**

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**Please note that none of the pricings mentioned above include transport costs.**