

DAY TIME 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
Team Building Tasks Short duration problem solving challenges to start off your course, developing the team and setting the scene for subsequent activities.	✓		
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).	✓		
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 availability and water levels).	✓		
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!	✓		
Raft Building A team challenge to construct a raft using barrels and planks – plan it, make it, and then paddle it!	✓		
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.		✓	
Board surfing* An exciting introduction to surfing on either surf boards or body boards.	✓		
Open Canoeing Exploration and adventure using open canoes on local pools or for journeying on the stunning local estuaries.		✓	
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.		✓	
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.		✓	
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.	✓		
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.		✓	
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.			✓

* 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 nighttime.

Photo-search

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

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

Indoor problem solving challenges

A range of activities which can be carried out indoors – you can make it as competitive or as collaborative as you wish. All resources provided

Film night

Our interactive Clevertouch screens can be utilised to show DVD's – arrange the chairs, and break out the popcorn!

EXTRA COST ACTIVITIES

Camping

Add the experience of a night under canvas, either on site, or in the local area using our tents or in the Bothy

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.

Environmental Education

Throughout an Arthog Adventure week, Arthog Outdoor Educators will inform students about how to act responsibly and look after the outdoor places they are enjoying. We offer the following environmental programmes as part of all courses or as the main focus.

JOHN MUIR AWARD

This is a very popular activity which incorporates an Arthog adventure week with enhanced environmental awareness, a conservation project and a John Muir Award certificate on successful completion.

To achieve this award, there are 4x key parts we take our groups through:

- Discovering a wild place
- Exploring it
- Do something to conserve it
- Sharing your experiences

This helps young people to:

- To help appreciate and value nature, urban greenspace and wild landscapes.
- To encourage awareness, understanding and responsibility for wild places.
- To promote personal development and healthy living through outdoor experiences.
- To encourage an environmental agenda – for individuals and organisations.
- To recognise and celebrate achievements of each individual that meets Award Criteria.

For more information visit www.johnmuirtrust.org, or contact the centre.

BUSHCRAFT

Get closer to nature and learn about traditional skills, wild foods, shelter building and fire lighting.

KEY STAGE 2/3

- **Contrasting locality:** A guided walk and study of the seaside town of Barmouth.
- **Rivers and water cycle:** A walk from the source of a river to the sea with opportunities for measurements, and discovering the life in the stream along the way.
- **Mountain Environment:** Capitalise on your walk in the hills to learn about mountain features from direct experience.
- **Investigating Coasts:** Within a 'stone's throw' of the Centre we have cliffs, sand or shingle beaches, a spit, estuary, reclaimed land, settlement, and tourism. Find out about the adaptations of living things on the rocky shore and the natural forces which shape our coastline.
- **Environmental Art:** Use the natural resources of the beach or woodlands to stimulate creativity.

GCSE AND A LEVEL FIELDWORK

Arthog has a long tradition of hosting high quality fieldwork for schools. If you are seeking a base from which to study a very varied section of coast; tourism; human impact, land management or conservation; river or mountain environments; the ecology of rocky shores, salt marshes or sand dunes; conventional and alternative energy production, then we think we have something special to offer you. You will have use of the fieldwork lab and library, access to our fieldwork equipment and the benefit of our local knowledge and expertise.

