

# School Pre-arrival Information

PUSHING BOUNDARIES. OPENING MINDS

Mount Cook



*Welcome to*

**Mount Cook**



## Time to get back to the great outdoors

"Mount Cook Adventure centre offers a distinctive approach which is of value to both formal and non-formal education. We offer young people first hand experiences and can therefore unlock a range of skills and understanding not always achieved in more formal settings such as schools or colleges. Given the necessary arrangements over the last two academic years it is more important than ever to reconnect your young people with themselves and their environment."

Steve Turner - CEO





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# Activities

We have an exciting and exhilarating range of activities for you to include in your residential or day trip. At Mount Cook, we ensure that each of our activities is linked directly to one of the following outcomes:

 **Team Work & Cohesion**

 **Resilience & Confidence**

 **Learning a New Skill**

All of our activity sessions are half day sessions. This is to make sure that there is plenty of opportunity for understanding and development within each activity.

All activity risk assessments can be found [here](#).

*8 hours of activities every day,  
keeping everyone entertained until 8.30pm!*



# Onsite Teamwork & Cohesion

A strong teamwork environment can help to foster stronger relationships, and motivate individuals to work cohesively and support one another through challenging situations.



## Team Challenges

These small challenges are an ideal way to bring a group of people together with each activity requiring leadership, planning, coordination and communication.

Recommended age: 6+



## Archery & Archery Tag

This activity combines the traditional skills of archery with the fun team game of archery tag. Archery tag is a new and exciting combat game using specialist safety equipment.

Recommended age: 10+



## Low Ropes & Mini Zip

Designed to encourage problem solving, teamwork, balance and communication. Our new purpose-built low ropes course with mini zip is a great activity for building up confidence.

Recommended age: 6+



## Land Karts & Onsite Orienteering

Groups use a selection of resources to design and create their own Land Kart. This activity is combined with navigating around an onsite course.

Recommended age: 6+



## Game of Tribes

A map based challenge where teams will have to navigate to points (where they will complete tasks) in order to complete the overall challenge. It may sound simple but don't be fooled, there are hidden levels to this challenge!

Recommended age: 6+



## Resilience & Self-Confidence

By developing resilience, individuals can benefit from improved learning, increased wellbeing and the ability to face set backs with confidence and determination. Our High Ropes, Zip Wire & Climbing Wall have weight restrictions: 20kg - 116kg.



### High Ropes

Mount Cook provides an impressive 12 metre tall High Ropes course which includes 5 different elements: The Leap of Faith, Crate Stack, High All Abroad, Jacob's Ladder and Gladiator Challenge. The High Ropes is one of our most popular onsite activities as it provides a fun, unique experience for individuals of all ages!

Recommended age: 10+



### Zip Wire & Initiative Exercises

Our Rooftop Rider Zip Wire starts 15 metres off the ground on the roof of the Centre and finishes on the far side of Steeplehouse Quarry! Guests can expect to reach speeds of up to 40 mph. Initiative exercises will bring participants together to solve challenging problems requiring co-operation and communication.

Recommended age: 10+



### Indoor Climbing & Problem Solving

Scale the mountainous walls of our Centre on our indoor climbing wall. Learn climbing techniques, how to belay and tie knots. Move on to our problem solving activity with a focus on the physical problem solving and coordination within teams.

Recommended age: 6+





# Onsite **Learn a new skill**

Your residential is a fantastic opportunity to try new things! From hitting targets to lighting fires, we have plenty of different ways for your pupils to develop their skill set.



## **Archery & Brain Games**

Our expert instructors will teach your group how to successfully shoot a modern recurve bow from up to 10 metres away. We mix this with brain games, which challenge your pupils problem solving skills. This combination provides a great balance of fun and technique.

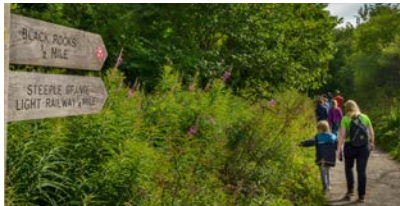
Recommended age: 6+



## **Bush Craft**

Our knowledgeable instructors will teach your group the essential skills to survive in the wilderness, whilst keeping the protection of the environment in mind. Groups will experience and develop skills such as fire lighting, campfire gadgetry, plant identification, natural cordage and how to build a shelter.

Recommended age: 6+



## **Orienteering at Black Rock**

Our orienteering sessions are a brilliant introduction to practical map reading and compass skills. For school groups, these sessions are an opportunity for children to experience the freedom of exploration out of sight of leaders in a controlled environment.

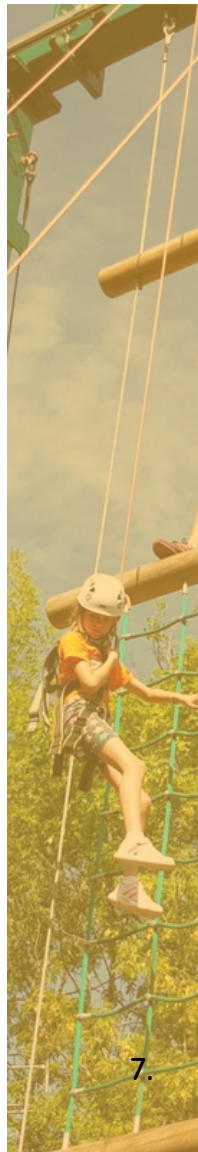
Recommended age: 10+



## **Gem Panning, Fossil Hunting & Rocket Building**

We have an onsite quarry which is a Site of Special Scientific Interest, filled with fossils! Combine a fossil hunt with panning for gems in our onsite trough to learn about a variety of different geological elements. Finish the session with a rocket building challenge!

Recommended age: 6+



# Offsite On the water, rocks & underground

All of our offsite activities are hosted by our AALA licensed partners Acclimatize and are suitable for age 6 and above.



## Canoeing

Canoeing is a perfect way to enhance confidence on the water in a safe and controlled environment. We use open top canoes that can seat up to four pupils, encouraging group based learning as well as improving individual skills.



Requires Transport



## Caving

Derbyshire and the Peak District offers a wide range of caving opportunities for people of all ages and abilities. Your group will be taken on an underground experience rarely replicated anywhere else.



Requires Transport



## Rock Climbing

You will be taught by our highly trained instructors how to put on a harness, tie climbing knots and abseil down a rock face safely. Black Rocks climbing area, a 10 minute walk from the centre, is a playground for lovers of rock climbing and bouldering!



## Raft Building

Raft building is a superb team building activity! Groups are required to work as a team to input design ideas, form a plan and create a buoyant raft using a selection of materials which include: rope, wooden planks and polythene barrels.



Requires Transport



# Evening activities

All of our evening activities usually run from 1900-2100 in the summer time.



## The Mount Cook Challenge

A series of mini problem solving challenges, with a cognitive focus, where teams will attempt to get the highest possible score.



## Campfire & Bush Craft

Sit by the campfire whilst learning and developing skills such as fire-lighting and campfire gadgetry.



## Guided Offsite Walk

Head out with one of our instructors following footpaths from our centre to learn and explore the local area in the evening.



## Team Challenges

These challenges bring people together requiring leadership, planning, coordination and communication.

# Kit List

## Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Trousers for walking (not jeans)
- 2 pairs of trainers or hiking boots
- Pyjamas
- Hat and gloves (weather dependent)
- Swimwear (if participating in water sports)

## Toiletries

- Shampoo
- Soap
- Hair brush
- Tooth brush & paste
- Towel

## Other

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Money for souvenirs & vending machine
- Small backpack
- Padlock (for bedroom lockers, optional)

Mount Cook provides all specialist equipment for participation in our activities.





# Accommodation

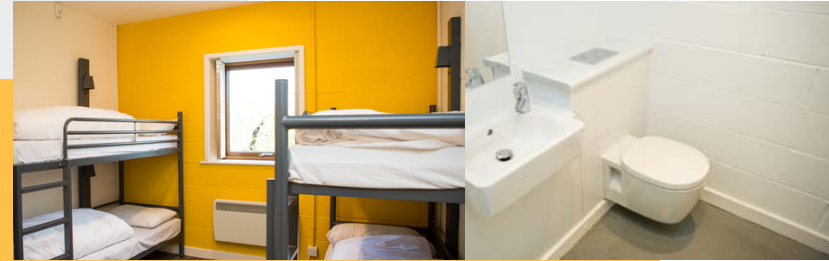
Our total capacity across all of our centre rooms and glamping pods is 180 beds, so there's plenty of room for small groups and big groups alike! All the bedrooms and glamping pods lock via key card. Generally, groups have one key per room, and teachers will have a master key that can unlock all their rooms.

Teachers are expected to share bedrooms. Any additional rooms can be booked for an additional surcharge, subject to availability.

Rooms are allocated based on group numbers and gender breakdowns provided. Please check we have enough beds available if you wish to increase numbers.

## Standard rooms

After a day of fresh air and activities, a good night's sleep is very important! Our standard rooms have two comfy bunks, sleeping 4 people, complete with complimentary bedding and an en-suite bathroom. We also have two wheelchair accessible bedrooms, which offer a double bed, with an additional single for a carer, plenty of unobstructed floor space and a private en-suite wet room. We also have hoists available on request.



## Glamping pods

Our glamping pods are a cosy and fun accommodation alternative. We have ten glamping pods in total, sleeping up to 40 people. Each pod sleeps 4 guests with a USB charging point, heater and an en-suite toilet and cold water washbasin. Additional showers are located on the ground floor of the centre.



For more information on our accessibility, please see our website [www.mountcook.uk](http://www.mountcook.uk) or scan the code on the right, where you can take a virtual tour and find out more information on our activities. You can also call one of our team members to discuss your requirements on 01629 823 702.



*Take a Virtual Tour*



# Catering

A full board catering package is included as standard within all of our residential trips. We provide a range of nutritious, substantial meals to keep your pupils powered through their adventurous activities.

We can also provide catering as part of a day trip to Mount Cook.

## Sample menu

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### **Breakfast**

Cooked & continental breakfast with juice, tea & coffee.



### **Lunch**

A selection of sandwiches, variety of crisps, fruit, slice of flapjack.



### **Dinner**

Spaghetti bolognese with garlic bread and side salads,  
apple crumble with custard or cream / fresh fruit.

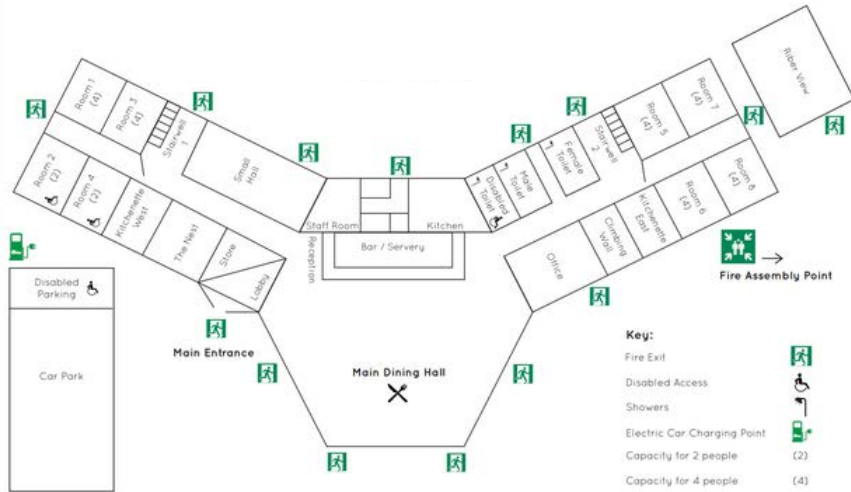
We can cater for any dietary requirement, but it is important that we are notified in advance to make sure we can provide suitable options. Dietary information will be requested by your Booking Coordinator and all information must be supplied well before your arrival.



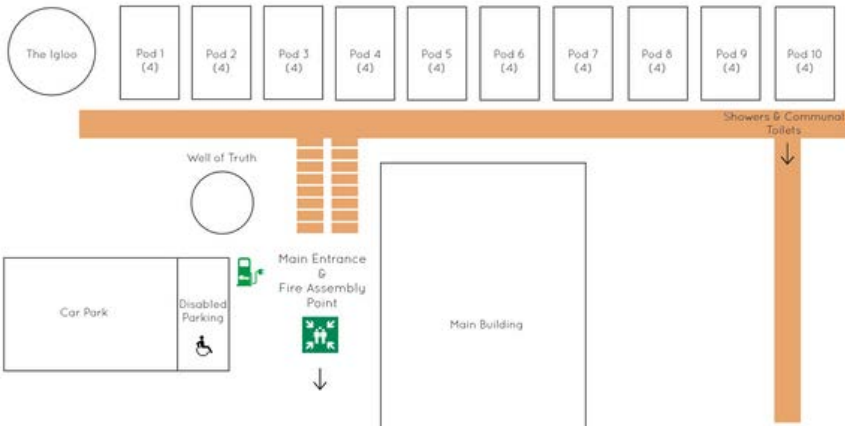
# Floor plans



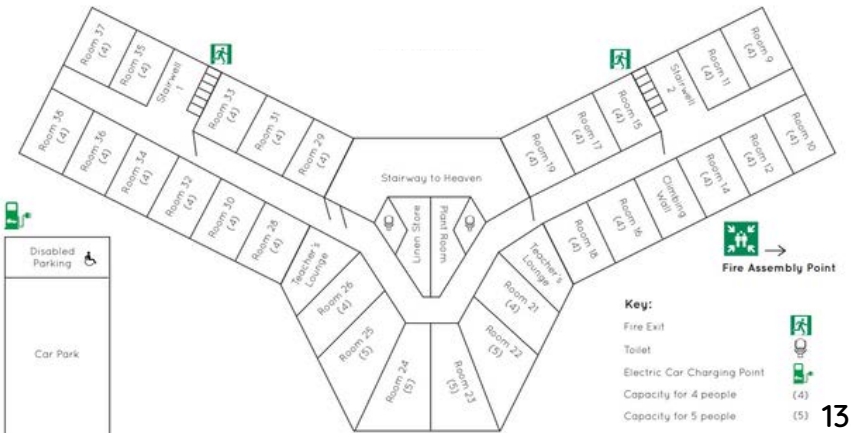
## Ground floor



## Glamping Pods



## First floor





External site map

Take a Virtual Tour



TAKE A TOUR

ROOFTOP RIDER

Zip Wire

# HEALTH & SAFETY

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Mount Cook will take all reasonable precautions to ensure the safety and security of your group and property. Staff are trained in emergency situations. During the day a receptionist is available to handle any requests. After 11pm a staff member will sleep over in the centre, a two-way radio will be on reception with instructions, please only use this in emergencies.

**Smoking** is prohibited within the building, designated areas and bins are provided outside.

**Alcohol** We have a license to sell alcohol on site and do not allow guests to bring their own alcohol onto the premises. Our onsite bar is open until 11pm.

# COLLECTING GROUP INFORMATION

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In order to plan effectively for your visit, Mount Cook requires consent forms to be completed, signed and returned at least 1 month prior to your arrival.

## **What We Need...**

Group Leader Consent Form to be completed by the group leader on behalf of all participants on the booking.

Please provide as much details as possible so that we can tailor sessions and meals where necessary. You may be asked to complete an individual form, if we see any medical conditions on the returned group leader form.

\*All adults taking part in activities will be asked to sign a waiver on arrival before taking part.



# OUR ACCESS STATEMENT

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## Introduction

Mount Cook is a purpose built Adventure Centre, we strive to provide access to the outdoors for all. We offer a safe, friendly and supportive environment for all guests. The ground floor is fully accessible by wheelchair. Access to the First Floor is by staircase only.

## Arrival and Parking

Cars and minibuses are able to drive up and park next to the main entrance. This area is paved and suitable for wheelchairs. Our main entrance has automatic double doors and leads straight into our main dining hall.

## The Surrounding Area

The High Peak Trail is accessible from our centre and offers access to Black Rocks and Cromford Moor, the surface does have loose gravel so may not be suitable for all wheelchairs.

## Communal Spaces

All of our communal spaces are located on the ground floor, are accessible by wheelchair and are well-lit with ample accessible fire escapes.

## Communal Bathrooms

We have a disabled access bathroom just off the corridor of the main dining hall, this is a wet room complete with shower and folding seat; toilet designed for disabled use with side rails and a low level basin with lever tap.

## Bedrooms

Mount Cook has two disabled access bedrooms located on the ground floor, these have a double bed on the bottom bunk and single bed on top. Each of these rooms are complete with an ensuite wet room (as specified above).

Unfortunately, our glamping pods are not suitable for wheelchair users.





## PAYMENT PROCEDURE

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

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

**70%** balance to be paid 2 months prior to arrival

\*Invoices are given 1 month for settlement (where possible).

Please let us know all final numbers 61 days prior to arrival. If numbers decrease after this time, we are unable to offer you a refund. Any additions are subject to availability and must be paid before arrival.

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# Pushing Boundaries Opening Minds

Making a difference to peoples lives through direct  
experience with the outdoors



 @mountcookcentre

 @mountcookadventure

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