

WELCOME TO MOUNT COOK!

YOUR WORLD CLASS HISTORY TRIP

Starts Here...





ABOUT MOUNT COOK

We are an independent, not-for-profit outdoor education centre based on the edge of the Peak District.



We're committed to improving lives through direct access to the outdoors. Since 2016 we have welcomed over 50,000 individuals to Mount Cook for amazing outdoor experiences.

WHY MOUNT COOK?

- Highly trained instructors and staff
- Programmes built around your aims and objectives
- Focus on developing life skills through outdoor activity
- Modern, eco-friendly facilities
- Beautiful countryside location



MOUNT COOK PROVIDE...



- A full programme of exciting outdoor activities
- Experienced instructors to facilitate activities
- Comfy accommodation
- Tasty full board catering
- *World class school trips!*

ACCOMMODATION



Glamping Pods

- Up to 4 people per pod
- Toilet & sink in each
- USB charging points
- Radiators
- Hot showers a 30 second walk away

Pillows, duvets and bedlinen provided.
Please bring your own towel.

ACCOMMODATION



Indoor bedrooms

- 4 - 6 people per room
- Toilet, sink & shower in each
- 2 accessible rooms available

Pillows, duvets and bedlinen provided.
Please bring your own towel.

CATERING - SAMPLE MENU

Wednesday

Own packed lunch

Margherita pizza
or
Battered cod
served with chips &
mushy peas

Sticky toffee pudding &
custard or yogurt &
fresh fruit

Thursday

Bacon, sausages, hash
browns, eggs and baked
beans
&
Croissants, fresh fruit, cereal,
yogurts, toast with jam,
butter & honey

Jacket Potato
Choose your own filling;
cheese, beans or tuna mayo

Choice of salad bar

Crisps, fresh fruit, &
sweet treat

Beef bolognaise
or
Vegetarian bolognaise
served with garlic bread

Chocolate fudge cake or
yogurt & fresh fruit

Friday

Bacon, sausages, hash
browns, eggs and baked
beans
&
Croissants, fresh fruit, cereal,
yogurts, toast with jam,
butter & honey

Bread roll
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, egg mayo or jam.

Crisps, fresh fruit, &
sweet treat

We cater for most dietary
requirements when informed in
advance, including vegan,
gluten free and halal.



KIT LIST

Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers (not jeans)
- 2 pairs of trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas
- Hat and gloves

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



PRE-HISTORIC BRITAIN

Set in 3300 BC - 1200 BC

Step back in time and join a Stone Age hunter gather tribe living 10,000 years ago. In order to survive in this rich, yet hostile, landscape, you must start learning skills you would need to thrive.

This ancient environment is full of dangers and variables, so your students will need their wits about them...



ACTIVITIES

Cave Art & Nature Awareness



Create and use horsehair brushes and simple sponges from moss using natural pigments. Becoming aware of our surroundings in Nature Awareness to learn more about what nature has to offer.

ACTIVITIES

Archery & Archaeological Dig



Return to the modern world to explore archaeology and what may be lying underground. During the archery session students will learn how to shoot a bow and will have the opportunity to become a master hunter.

ACTIVITIES

Fire Lighting & Shelter Construction



Participants will learn the importance and uses fire had for our ancestors. During the Shelter Construction participants will work as a tribe to build an effective shelter.

ACTIVITIES

Prehistoric Campfire



During the evening campfire session participants will gain an understanding of prehistoric glue and what it would be used for. Crushing charcoal, preparing seeds/wool and heating of resin will create a thermoplastic glue.

VIKING EXPLORER

AD 800 - AD 1150

Spend the day learning what it was like to live as a Viking. Learn what made the Vikings such formidable invaders; experience how the Viking warriors travelled across the seas and navigated.

Next, learn about their skilled manufacture, stories telling and preparation for battle.



ACTIVITIES

Theft of Thor's Hammer



During this evening activity, embark on a perilous and challenging journey to steal the legendary Thor's Hammer. Groups will follow a set of challenges to locate and steal Mjölner. This is the perfect end to a Viking school trip day!

ACTIVITIES

Manufacture & Bushcraft



Participants will learn the importance of the many uses fire had for the Vikings. Then, learn the skill of cordage making from natural fibres to create a length of cord. Using this cord, they will bind together a piece of leather that they have worked.

ACTIVITIES

Runes & Longboat Building



Find and translating message written in Viking Runes to uncover an age-old Nordic tale. The group will embark on a long sea journey, building their own Viking Longboat and learn what made them such efficient sea goers.

ACTIVITIES

Archery & Throwing



Archery was important to the Viking way of life: it gave the advantage on the battlefield and the ability to maintain a safe distance away during hunting. Guided practice to begin, and then various engaging team games and a challenge of hunting a rabbit target.

ACTIVITIES

Dress the Viking & Archaeological Dig



Groups will make their way down into the archaeological dig site armed with excavation tools and record sheet. Then, children will learn what clothing and weapons the Viking carried,

ROMAN INVADER

AD 43 - AD 410

Visit Britain 2000 years ago and spend the day discovering what it was like to live as a Roman.

Learn what made the Romans a successful invading force, from forming Testudos to creating Tabula. Students will take part in a variety of activities to bring the classroom topic to life.



ACTIVITIES

Legion & Dress the Solider



Embark on a journey to become part of the Roman legion. The must pass the physical training and prepare marching formations to earn their uniform.

ACTIVITIES

Archery & Throwing & Siege



During the session participants will learn how to shoot a bow and how the romans used and trained with the bow to conquer empires. Guided practice to begin and then various engaging team games.

ACTIVITIES

Archaeological Dig & Bushcraft



Discover Archaeology and uncover more about Roman Britain by digging into the ground. Heading into the woods, participants will learn the importance and many uses fire had for Roman Britain.

ACTIVITIES

Cart Building & Manufacture



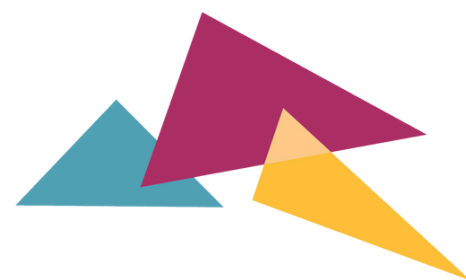
Manufacture everyday Roman items including leather pouches to take home with them. The groups will also need to use their problem solving and communication skills to build a cart that will carry the items along a Roman road.

ACTIVITIES

Labours of Hercules



During this evening activity, embark on a journey following in the footsteps of Hercules the divine hero in Greek mythology. Groups will follow a set of challenges to complete together.



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