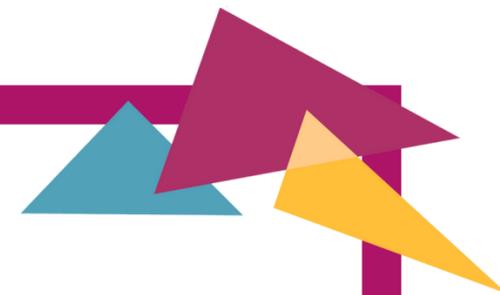


WELCOME TO MOUNT COOK!

YOUR WORLD CLASS SCHOOL 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.
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.
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 bolognese
or
Vegetarian bolognese
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

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or chickpea pesto
spread

Crisps, fresh fruit, & sweet
treat

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



ACTIVITIES

Low ropes & problem solving



Our low ropes course with mini zip is a great activity for building confidence. Teamed up with problem solving, the activity group will develop these skills further.

ACTIVITIES

Archery & Onsite Orienteering



Learn to shoot an arrow in the style of an Olympic archer using a modern recurve bow. Practise and play some games to hone your skills.

Learn and refine map reading skills including using keys, finding checkpoints and orientating the map.

ACTIVITIES

Game of Tribes



Gather your tribe together for a map based challenge around the Mount Cook site. Problem solving, code cracking and engineering will help the participants quest to outsmart the Roman Invaders.

ACTIVITIES

Archery Tag & Maze Cube



Archery tag brings our teamwork and competition as you shoot the other team with foam tipped arrows. The Maze Cube will require the team to transport balls around a 'floating' maze, with a few extra challenges.

ACTIVITIES

Bushcraft



Discover how people survived in the past. Learn to light a fire without matches and experience the materials our ancestors used to create life-saving heat and light. Build a shelter and create a cord bracelet to take home using natural fibres.

ACTIVITIES

Orienteering at Black Rocks



A great opportunity to learn how to read and follow a map as well as exploring the local area. Instructors will stop to talk about history, nature, and respecting the area we are exploring.

ACTIVITIES

Fossil hunting & Gem Panning



Explore our onsite quarry and discover what lay beneath our feet 330 million years ago. Find fossils and discover some of the ancient sea creature remains. Pan for treasure in our troughs and identify gems.

ACTIVITIES

Climbing Wall & Landkarts



Our indoor climbing wall has lots of routes to try, so students will climb as high as they feel comfortable. Using just rope, wood, and wheels teams will design and build their own working landkart.

ACTIVITIES

Onsite Rock Climbing & Abseiling



Our rock face and abseil point offers the group a new experience and individual challenge on limestone rock. During the climb, the group will take part in belaying and tying knots.

ACTIVITIES

Onsite Rock Climbing & Scrambling



Our rock face offers the group a new experience and individual challenge on limestone. Scrambling will take place around Black Rocks, a 10 minute walk from the centre.

ACTIVITIES

High Ropes



Our 12 metre tall High Ropes course which includes 5 different elements: The Leap of Faith, Crate Stack, Caving Ladders, Jacob's Ladder and Gladiator Challenge.

ACTIVITIES

Zip Wire & Traverse Cube



Our Rooftop Rider Zip Wire starts 15 metres off the ground on the roof of the centre and finishes on the far side of Steeple Grange quarry. The traverse cube involves a horizontal peg wall with additional obstacles introduced throughout.

EVENING ACTIVITIES

Evening activities can take place in larger groups and usually run from 19:00 - 20:30.

Students will do one of the following activities per night:



- Team Challenges
- Bushcraft & campfire
- Rocket Building
- Guided Offsite Walk
- The Mount Cook Challenge
- Abseiling

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

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.

Toiletries

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

If you are participating in the following activities, please also bring:

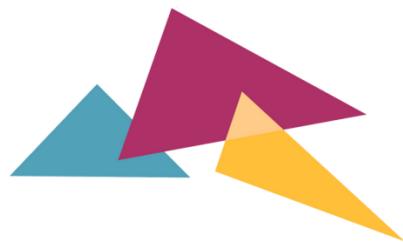
Canoeing or Raft Building

- **A pair of trainers or water shoes (that can get wet)**
- **Spare towel**
- **Change of clothes for after activity**
- **Plastic bag/bin liner for wet clothes**
- **Swimwear**

Caving

- **Wellies or hiking boots (not trainers)**
- **Thick socks**





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