

# active

outdoor pursuits

## Schools Brochure





# About Active Outdoor Pursuits

**Why choose Active?** - Built up over the last 16 years, Active Outdoor Pursuits has a proven track record of delivering memorable outdoor experiences for School groups. Our company structure allows us to be incredibly flexible, delivering a programme of activities that suits you and your school's outdoor learning needs.

With our own dedicated centre and staff, we offer bespoke packages that can accommodate any length of stay or level of capability. Active provides you with the equipment you need to explore many activities from hill walking to river rafting, mountain biking to paddlesports. Furthermore, the activities we offer can be tailored to suitable levels, ensuring groups will feel challenged, not intimidated.



This brochure has been designed as a guide to introduce you to the activities we provide within our stunning Cairngorm National Park, and give you a taste of how you might tailor your visit. If you would like to speak about any areas in detail, please use the contact information at the end of this document to get in touch.

By choosing Active Outdoor Pursuits for your pupils' residential or day visit, you are guaranteeing them a safe, fun and enjoyable experience. Our professional and enthusiastic staff will deliver educational and social outcomes which will benefit your pupils throughout the rest of their school life and beyond.





## **Active Outdoor Philosophy**

*Our aim at Active is to provide each person with an experience of the outdoors that leaves them inspired with great memories, gives them new friends, a strong sense of achievement and an enhanced appreciation of our environment.*

Get your pupils 'Active' on one of our action-packed, fun-filled, multi-activity courses. Following our Active Outdoor Philosophy, all of our courses are designed specifically to meet the needs of your school. The activities are tailored to suit the age and ability of your pupils, allowing us to deliver truly adventurous and educational experiences.



Whatever the length of your stay, our friendly and expert instructors will be supporting and encouraging your pupils all the way, helping them to build confidence and develop their skills. We can also incorporate John Muir Award related topics into the programme, as well as Duke of Edinburgh Award scheme training, supervising and assessing if required.

These residential trips are usually provided on a five day or three day (weekend) template, but can be adapted to create more bespoke packages. On the following pages you will find examples of activity programmes, details on Craigower Lodge Outdoor Centre, plus the benefits offered by our location within the Cairngorm National Park





# Sample Plan - Weekend Activity Break

Our residential programmes can be adapted to fit the needs and aims of your group. Over the next three pages, we suggest different activity programme templates to give you a sense of how you might structure your stay with us.

## Weekend Activity Break\*

Friday

Saturday

Sunday

**BREAKFAST 8.00AM**

Morning

Spey Splash Challenge:  
  
Rafting adventure on the River Spey

Lochan Uvie Challenge:  
  
Groups 1 & 2 rock climbing then canoes  
  
Groups 3 & 4 canoes then rock climbing

Afternoon

**DINNER 7.00PM**

Return kit, pack up and depart

Evening

Welcome to Craigower Lodge and Centre Tour

Team games / challenges in Glen Banchor



*\*Snowsports activities available January - April*



## 5-day Spring Residential\*

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BREAKFAST 8.00AM</b>				
<b>Morning</b>	Welcome to Craigower Lodge and Centre Tour	<b>Winter Sports Challenge*:</b> Ski and snowboard lessons at the Lecht or Cairngorm Ski Centre	<b>Uath Lochan Challenge:</b> Canoe & kayak games on the loch  Orienteering adventure in the forest	<b>Spey Splash Challenge:</b> Rafting adventure down the River Spey  OR Winter Sports (Day Two*)	Review of the week, farewell meeting and depart
<b>Afternoon</b>	Team building games and challenges				
	<b>DINNER 6.00PM</b>				
<b>Evening</b>	Wildcat Trail nature walk	Craigower Quiz Night	Free Time (movie night)	Ceilidh/Disco	

*\*Snowsports activities available January - April*





## 5-day Summer Residential

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BREAKFAST 8.30AM</b>				
<b>Morning</b>	Welcome to Craigower Lodge and Centre Tour	Mountain Challenge Day: Groups 1 & 2 hill walk then rock climb	Uath Lochan Challenge: Canoe & kayak games on the loch	Spey Splash Challenge: Rafting adventure on the River Spey	Review of the week, farewell meeting and depart
<b>Afternoon</b>	Team building games and challenges	Groups 3 & 4 rock climb then hill walk	Orienteering adventure in the forest		
	<b>DINNER 7.30PM</b>				
<b>Evening</b>	Wildcat Trail nature walk	Village Challenge (adventure quiz)	Free Time (movie night)	Ceilidh/Disco	



# Craigower Lodge Outdoor Centre

Craigower Lodge sits within its own grounds in the Highland village of Newtonmore, within the magnificent Cairngorms National Park. It is the perfect year round location for all outdoor activities including mountain, water and snowsports. The area has an abundance of low and high level walks and cycle routes, and offers a unique and diverse range of scenery and wildlife - including many rare and endangered species. The lodge itself is well suited to catering for large groups and can be split in to two self contained areas, complete with separate catering facilities. It is the perfect base for all activities in the Cairngorms.



## **Facilities include:**

- 68 beds within 12 bedrooms
- 5 family rooms
- 2 lounges with books/games
- Dining room
- Free Wi-Fi
- Efficient drying rooms
- Self catering or full board options
- Guest self catering kitchens
- Gardens with BBQ and picnic area
- 24hr staff presence





*Examples of some of our most popular activities:*

## Canoe

Hop into one of our open canoes, grab a paddle and let the fun commence. Great for developing communication skills and team work, canoeing regularly gets a big thumbs up from our clients.



## Kayak

Smaller and more nimble than canoes, these craft are great at building a strong sense of independence on the water. For larger groups, we combine these with canoes for a varied day on the loch.



## River Raft

All aboard for a wet and wild adventure down the river! Rafting is all about team work, communication and getting the adrenaline going. An exciting experience for all age groups and abilities.



## Gorge Walk

Gorge walking is all about scrambling, swimming, slipping and sliding around a dramatic river environment, complete with jumps and flumes. Get ready to explore nature's very own water park.





*More of our popular activities:*

## Hill Walk

So much more than just plodding up a slope! Explore the hills of the Cairngorm and Monadhliath ranges, learn about local flora and fauna, hear local legends and admire splendid, panoramic views.



## Rock Climb/Abseil

Prepare for a great day of challenges and rewards as we head to the crags. With a range of climbs to suit all abilities, we can keep the focus of the day on personal achievement rather than scary heights.



## Mountain Bike\*

Get those pedals cranking as we head off on two-wheeled adventures. Zip around forestry tracks, visit remote lochs or try and hone your balance and agility with our bike skills challenges.



## Ski/Snowboard

Make the most of winter weather by learning how to slide down a slope in style. Snowsports can challenge your coordination/lateral thinking and deliver a great sense of success.



\*£10pp/pd subsidy applies





*Also available: orienteering, duckies, nature walk, camping expeditions, John Muir Award, DofE Award...*

## Team Challenges and Problem Solving

Using the natural environment of the countryside, we set up a series of strategic challenges based on problem solving, team work and decision making. This results in participants building self-confidence, establishing trust and understanding how to resolve conflict. These whole day events are normally based on an orienteering course and run in teams of approximately 4 – 8. En route, teams will face a variety of thought provoking and physical challenges that can only be overcome by applying teamwork and initiative. The degree of difficulty that is set for each course will depend on the age and abilities of the group. This will be discussed with the school organiser at the planning phase.





# More than just a fun day out

Here at Active, we have always encouraged and motivated young people to succeed by supporting and praising them in their endeavours. We aim for them to leave here filled with inspiration and confidence in their new abilities, both physical and psychological.



The company is proud to support both the Curriculum for Excellence and Learning Outside the Classroom. We fully endorse the idea that it is essential for young people to have learning experiences that extend beyond the school walls. Our instructors work hard to ensure that our activities involve more than just fun and games for young people, they also deliver a deeper sense of learning about both themselves and the great outdoors.

Craigower Lodge Outdoor Centre is open throughout the year, meaning that outdoor learning opportunities aren't limited to the summer months. We are well practiced at adapting to the changeable weather that is so familiar to Scotland, so no matter when you visit us, we will provide your group with a range of challenging, inspiring and fun experiences.

Traditionally, schools visiting Active have taken the experience back to their classroom to build on and benefit further from the learning that young people have gained here. Should you feel your school or group would benefit from a more structured approach to 'Learning in the Outdoors' whilst here, please contact the office and we will be happy to discuss your needs.







The Cairngorm National Park, in the heart of the Scottish Highlands, is surely one of the finest venues possible for outdoor learning. Based in Newtonmore, at the junction of three main routes north, south and west, we are in the perfect position to make the most of all of the natural resources at our disposal.

The Cairngorm National Park Authority, recognising the unique learning opportunities offered by this diverse landscape and the potential barrier of travel costs, have a grant available for groups in Scotland.

Contact [learning@cairngorms.co.uk](mailto:learning@cairngorms.co.uk) for more information.

Within 30 minutes of Craigower Lodge you can access around 50 Munros, three of which you can walk to from our doorstep! We have some of Scotland's finest rivers for canoeing, kayaking and white water rafting including the Rivers Spey & Findhorn. In addition to this, we are only 30mins drive from Cairngorm Mountain ski area and 45mins from the Nevis Range. We are also surrounded by hundreds of miles of superb trails for mountain biking, suitable for all ability levels.

So come up, pay us a visit, and explore the paradise that has been hiding on your doorstep all this time.





Give your pupils a school trip that will stay with them. Our adventure days are always extremely popular with staff and pupils alike. You can turn a single activity into a grand adventure, maybe choosing to canoe for a full day or select multiple activities for a more varied experience.

## **Activities include:**

- Canoeing
- Kayaking
- River rafting
- Gorge walking
- Team building
- Hill walking
- Mountain biking
- Rock climbing
- Abseiling
- Problem solving

Our adventure days are available at several venues across Scotland and are normally within easy travelling distance of most schools. We may also be able to provide transport to and from your school. These trips are quick and easy to organise. We provide the technical equipment and the expertise, all you need to do is show up and get involved.



For information on how to plan your activity day, please contact our bookings department using the details at the end of this brochure.





# Price Guide

Below are the standard costs for the main packages for schools visiting Craigower Lodge Outdoor Centre. They are designed to act as a guide, as you may wish to tailor your programme to suit specific needs. Our bookings staff are always on hand to guide you through the process and keep the costs simple and transparent.

	Weekend Residential	3 Day Residential	4 Day Residential	5 Day Residential	
Jan	£115	£139	£189	£239	Jan
Feb					Feb
Mar					Mar
Apr		£159	£219	£259	Apr
May					May
Jun					Jun
Jul					Jul
Aug		£139	£189	£239	Aug
Sep					Sep
Oct					Oct
Nov					Nov
Dec		Dec			

*All prices are excluding VAT*

**ACTIVITY DAYS** £35+VAT Per person (without transport)  
*prices from:* £45+VAT Per person (with transport from your school)

Minimum group size 12 / minimum charge £495+VAT. Groups outside of Badenoch and Strathspey will have a surcharge of £1 per mile from Newtonmore to be collected from your school





# Duke of Edinburgh's Award

Active Outdoor Pursuits has over 25 years of experience in facilitating The Duke of Edinburgh's Award Expedition section. We currently train, supervise and assess around 200 young people each year for each level of the Award. We are also a recognised Accredited Activities Provider (AAP).



Training, supervision and assessment can be provided by our staff for the expedition section of the DofE programme, as well as training in the skills and physical sections, in the following activities:

**Hill Walking**



**Sea Kayaking**



**Canoeing**



**Mountain Biking**



**Ski Touring**



We also give young people the opportunity to complete the residency section of the programme. For example, this could involve taking part in a skills development training course or joining us for a multi-activity week, based at Craigower Lodge Outdoor Centre.

Whichever outdoor area of your DofE programme you are looking to complete, our highly motivated and experienced staff are here to help you achieve your goals. For a detailed brochure on our full DofE service provision, please contact us by phone or email.





Ready to sign up? Want to ask us some questions? Get in touch:

PHONE

**0044 (0)1540 210 000**

WEB

**[www.activeoutdoorpursuits.com](http://www.activeoutdoorpursuits.com)**

EMAIL

**[info@activeoutdoorpursuits.com](mailto:info@activeoutdoorpursuits.com)**

VISIT

TRAIN

Direct trains to Newtonmore from London, Glasgow, Edinburgh and Inverness

BUS

CityLink and Megabus services from across the UK

DRIVE

Glasgow & Edinburgh - 2hrs15  
Aberdeen - 2hrs30  
Inverness - 1hr

FACE BOOK

**[www.facebook.com/activeoutdoorpursuits](http://www.facebook.com/activeoutdoorpursuits)**

