

active

outdoor pursuits



GETTING KIDS *active* IN SCOTLAND

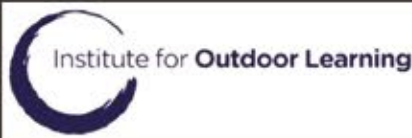
www.activeoutdoorpursuits.com



OUR PHILOSOPHY

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

"Thank you so much for the time and effort put in by you all during our visit. The lads were still buzzing on the train back from the rafting, the climb and of course the excellent food (including the haggis!)"





CONTENTS

Location

Accommodation

About Us

Helping People Realise Their
Potential

Water Activities

Land-based Activities

Snow Sports

John Muir Award & Duke of
Edinburgh's Award

Adventure Package Options

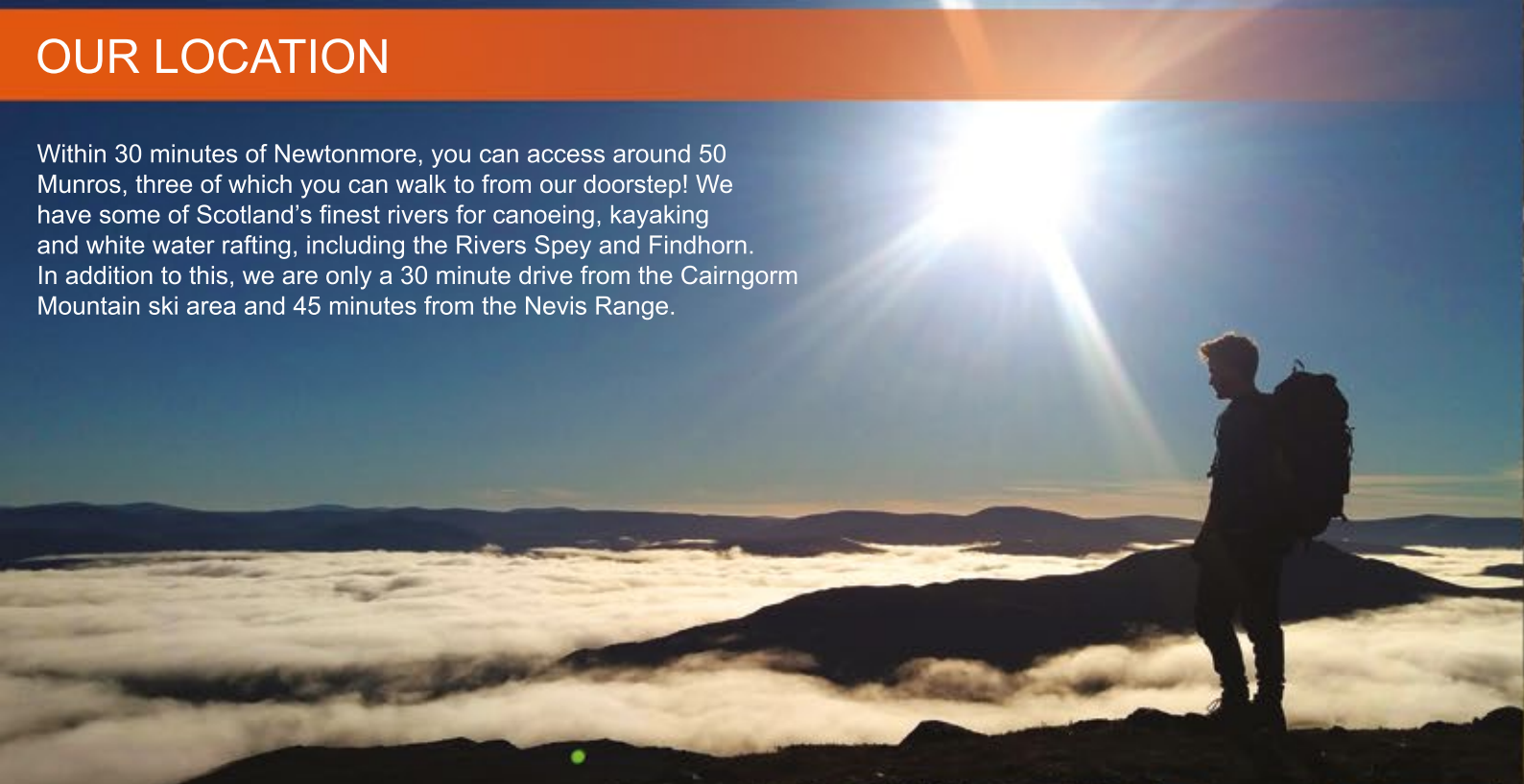
Sample Menu & What to Bring

How to Book

FAQs

OUR LOCATION

Within 30 minutes of Newtonmore, 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 and Findhorn. In addition to this, we are only a 30 minute drive from the Cairngorm Mountain ski area and 45 minutes from the Nevis Range.



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. For more information and an application pack, go to [CNPA transport grants](#).





“It was a fantastic week where all the pupils and myself were challenged at the right levels. The centre we were staying at was comfortable, welcoming and user friendly. I will pass on our positive experience to other teachers in the school and recommend it for future trips.”

ACCOMMODATION



The Cairngorms National Park, in the heart of the Scottish Highlands, is surely one of the best venues possible for outdoors training. Craigower Lodge Outdoor Centre is based in Newtonmore, in the perfect position to make the most of all the natural resources at our disposal.

We are open all year round, which means that outdoor learning opportunities aren't limited just to the summer months. We are well practiced at adapting to the changeable weather so familiar to Scotland, so no matter when you visit us, we will provide your group with a range of fun, challenging and inspiring experiences.



As a hub of outdoor adventure activities, Craigower Lodge Outdoor Centre not only provides schools with outdoor activity residential weeks and breaks, but is home to worldwide recognised Instructor Training Courses.



The centre sleeps up to 79 people over two floors. It has a large dining room which allows us to cater for school groups, we also have a second dining area which can be utilised when catering for large groups. We have social lounges for reviews, relaxing and self-reflection time. There are two kitchens, separate toilets and showers for girls and boys, five family-style bedrooms, seven large dorm rooms, full Wi-Fi coverage, drying rooms, and plenty of outdoor spaces for leisure time, so the children can play games or just relax and enjoy nature.



ABOUT US

Never have the benefits gained from participation in Outdoor Adventure Education been so important to our young people. Our Outdoor Education packages offer children and staff authentic outdoor activity residential experiences in a wide range of water, rock and hill sports, as well as team activities and snow sports. We can also facilitate the John Muir Award into your programme.



By choosing Active Outdoor Pursuits for your school's outdoor residential break or activity day, you are guaranteeing them a safe, fun and enjoyable experience. Active are licenced with AALA. We focus on the 10 key outdoor learning outcomes from the Institute of Outdoor Learning on all residentials and are a British Canoeing approved paddlesports centre. We are proud to work positively with schools and authorities around Great Britain.



Active Outdoor Pursuits have been delivering quality outdoor adventure residentials to primary and secondary school groups for almost 25 years. Our school residentials are based in Craigower Lodge Outdoor Centre, Newtonmore, in the Cairngorms National Park.



WHY CHOOSE ACTIVE?

Active Outdoor Pursuits has always believed in people. We are dedicated to ensuring that every client gets the most from their trip experience with us. Our group ratios are often less than other places as we believe a smaller group will get more out of the day — this means more action and less getting cold!

One of the things that sets us apart from other outdoor centres is that we believe in delivering activities offsite. We are surrounded by stunning venues, and sharing these with the pupils is what makes our school residentials so special.

All our instructors are multi-talented and can run most, if not all the activities we have to offer. This means that instructors can stay with the same group through the week and really get to know the kids and make them feel at ease.

We constantly develop and train our staff and put them through their NGB qualifications when they are ready for them, so they are always improving. We are dedicated to our staff and unlike many other companies we operate full year employment and rarely bring in seasonal or freelance instructors.

Our location, smack bang in the middle of Scotland, means we can run a huge range of activities and also operate all year round by providing snow sports as well.



HELPING PEOPLE REALISE THEIR POTENTIAL

Learning in the outdoors is not just about the activities. It is about inspiring the new generation to learn more about themselves, work together as a team, tackle challenges head on, build confidence and so much more.

At Active, we follow the Institute for Outdoor Learning's outcomes in every residential we run, in order to help develop skills in the following areas:

- Enjoyment of the outdoors
- Confidence and resilience building
 - Health and wellbeing
- Social and emotional awareness
 - Environmental awareness
 - Physical activity skills
- Increased motivation and appreciation for learning
 - Broadened horizons

It is so much more than just a school trip, the experiences and skills that children gain on an outdoor education residential will resonate throughout their life.



INSPIRING CONFIDENCE THROUGH LEARNING



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.



For many school children, their school residential may well be the first time they have spent any prolonged period away from home or their families. This is the perfect opportunity for them to find their individuality through trying new activities and challenging themselves under the watchful eye of our experienced instructors.



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.

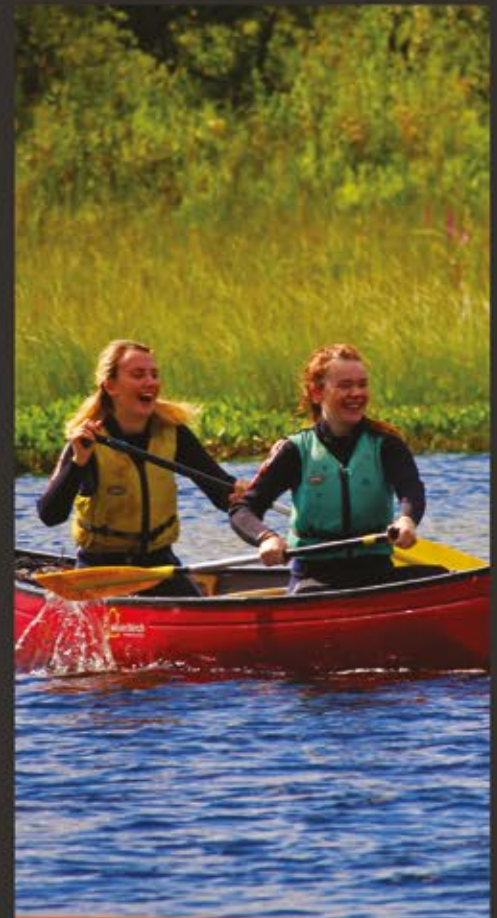
WATER SPORT ACTIVITIES



WHITE WATER RAFTING



CANYONING & GORGE WALKING



CANOING

“Challenge level in the activities was excellent. All absolutely brilliant once again!”



KAYAKING



“Once you see them with huge ear to ear grins on their faces from when they succeed, you will almost certainly see a change in them in the classroom as well.”

DUCKIES

LAND BASED ACTIVITIES



CLIMBING



ABSEILING



TEAM BUILDING

“Friendships are formed on the trip that can last a lifetime. On residential, pupils normally find they are able to express themselves more than they do in the classroom and as such, many spread their wings and really develop as individuals.”



HILL WALKING

“As always, the instructors and staff at Active Outdoor Pursuits have been fantastic, ensuring that all the pupils were supported and kept safe, while encouraged to try something new and to challenge themselves. I am always amazed at how quickly the instructors can learn everyone’s name and get to know the pupils individually.”

EXPEDITIONS



SKIING & SNOWBOARDING



“My class had a really great time. It was just what they needed. The instructors established a warm friendly relationship with the pupils and hence, got the best out of them. They were so considerate and had a warm attitude towards the students, which I really appreciated. I mention this because just like the very best teachers are not just competent in their subject, they also demonstrate a friendliness and warmth toward their pupils — so it is with Active’s instructors.”



JOHN MUIR AWARD

“In every walk with nature one receives far more than he seeks.”

— John Muir

Our engagement and encouragement for the love and passion of the outdoors is highlighted throughout all our activities and residential. We offer schools and groups the option to partake in the John Muir Award at the Discovery level as part of the schools outdoor education residential week.

What does this involve?

The John Muir Award Scheme is an environmental award to encourage and promote enjoyment in the outdoors for all. There is no additional cost or work required by teachers for this, but we do ask that you join in and complete the award alongside the pupils.



JOHN
MUIR
AWARD

wild places:
DISCOVER
EXPLORE
CONSERVE
SHARE

On the final day of the residential break, those completing the award prepare a short presentation about their week and what they have learned about the Great Outdoors. All participants receive a certificate at the end of the week. We encourage schools to take back with them the knowledge they have learned and share this within their school and other school years. This is useful if the school is looking to progress to the Conserve level.



THE 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 Activity Provider. 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 canoeing, sea kayaking, mountain walking and ski touring.



Gold Residential Weeks

The culmination of the Duke of Edinburgh's Award is to participate in a residential course or activity. At the Craigower Lodge Outdoor Centre we offer the perfect end to your award. Join like-minded young adventurers from all across the UK to participate in five days of adventurous activities. These weeks take place mainly during school holiday periods and are available all year round.

For a detailed brochure on our full DofE service provision, please contact us by phone or email.

For anyone interested in finding more information, we ask you to have a look at the DofE section of our website <https://www.activeoutdoorpursuits.com/duke-of-edinburghs-award/>



ADVENTURE PACKAGE OPTIONS

RESIDENTIAL PROGRAMMES

Get your pupils 'Active' on one of our adventure-packed, fun-filled multi activity residential programmes. All our residential courses are designed to meet the specific needs of your school, providing a truly exciting, adventurous and educational experience. However long you decide to stay, our friendly and expert instructors will be supporting and encouraging your pupils along the way, helping them build confidence and develop their skills. We can also incorporate John Muir Award related topics as well as Duke of Edinburgh Award scheme training into your programme.

Every day of your residential will ensure to keep your pupils busy and engaged, with a variety of activities to choose from. Each day will include either a full day adventure session or a combination of morning and afternoon sessions, complemented with evening team building exercises and games.

WEEKEND BREAKS

You may choose to take your pupils out of the classroom for more than one day and extend your stay with us over the weekend. We can tailor your weekend break to suit the ability and age of your pupils. Day one will be fun packed with your first adventure day, followed by dinner and an evening activity such as team building games or a campfire. Day two will see another activity day, split into morning and afternoon sessions to give your pupils a varied and memorable experience.

We offer 5-day (4-night), 4-day (3-night) or 3-day (2-night) residentials. You can find the prices on the School Residential page on our website. The prices reflect our standard residential packages. 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 to keep the costs simple and transparent.

ACTIVITY DAYS

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. Our adventure days are available at several locations 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 expertise, all you have to do is show up and get involved





Choose your adventure:

- Gorge Scrambling/Adventure
 - Canyoning
- SUP & Mega SUP
 - Canoeing
 - Kayaking
 - Sea Kayaking
- Sit On Top Kayaks
 - Duckies
- White Water Rafting*
 - Raft Building
- Mountain Walking & Expeditions
 - Climbing & Abseiling
 - The John Muir Award
 - Orienteering
- Teambuilding & Games
- Skiing & Snowboarding
 - Winter Skills

*£10 supplement

SAMPLE MENU & WHAT TO BRING

Breakfast 08.00-08.45	<ul style="list-style-type: none"> • Selection of cereals • Lorne sausage roll 	<ul style="list-style-type: none"> • Selection of cereals • Scrambled egg & beans with toast 	<ul style="list-style-type: none"> • Selection of cereals • Lorne sausage in a roll
Lunch 12.30-13.30	<ul style="list-style-type: none"> • Sandwiches with a selection of fillings • Crisps, fruit & biscuit 	<ul style="list-style-type: none"> • Sandwiches with a selection of fillings • Crisps, fruit & biscuit 	<ul style="list-style-type: none"> • Sandwiches with a selection of fillings • Crisps, fruit & biscuit
Dinner 17.30-18.30	<ul style="list-style-type: none"> • Carrot & coriander soup with bread & butter • Pasta Bolognese • Fruit salad 	<ul style="list-style-type: none"> • Leek & potato soup with bread & butter • Chicken curry and Basmati rice • Homemade tray bake 	<ul style="list-style-type: none"> • Tomato & basil soup with bread & butter • Mac 'n cheese & peas • Peaches & ice cream
Supper 21.00-21.15	<ul style="list-style-type: none"> • Biscuits & hot chocolate 	<ul style="list-style-type: none"> • Biscuits & hot chocolate 	<ul style="list-style-type: none"> • Biscuits & hot chocolate

WHAT TO BRING ON YOUR TRIP

Outdoor & Activity Clothing

- 3 fleeces/warm jumpers
- Waterproof jacket & trousers*
- Old trainers (these will get wet!)
- Sturdy shoes/walking boots*
- Thick socks
- Pair of shorts (to go over the wetsuit)

Other Essentials

- Towel
- Wash kit
- Personal Medication
- Water bottle
- Small day rucksack
- Beanie hat (if it's cold)

General & Evening Clothing

- Jumper/hoody
- Casual trousers
- T-shirts
- Socks & Underwear
- PJs
- Spare dry shoes

Recommended & Optional Extras

- Insect repellent
- Suncream
- Sunhat/cap
- Sunglasses
- Inexpensive camera (if you want)
- Bin bag (for wet and muddy clothes)
- Midge net

** Do not bring expensive electronic devices or valuables with you.*

Specialist Equipment

We will provide all specialist activity equipment.
 *These items are a must. Although we do recommend bringing your own, you can borrow these from our stores.
 Please let us know prior to the trip if any of these are required and what sizes are needed.

HOW TO MAKE A BOOKING



If you are ready to sign up, want to ask some questions, or just get in touch then we recommend contacting us via either of the methods below.

Call: 01540 210 000

Email: info@activeoutdoorpursuits.com

active
outdoor pursuits

For more information on any particular activities, please visit our website at www.activeoutdoorpursuits.com

If you want to see what we have been up to recently then check out our Facebook page at:
www.facebook.com/activeoutdoorpursuits/



JOHN
MUIR
AWARD

wild places:
DISCOVER
EXPLORE
CONSERVE
SHARE



FAQs

Are all your staff qualified and can we see their qualifications?

All of our staff are qualified for the activities that they run. We have a very detailed breakdown of everyone's NGB qualifications as well as any in house training for venues, which we then use to determine what activities instructors can run appropriately. We also keep digital copies of all staff qualifications, which we can share if required.

Are you licenced through AALA?

Yes we do hold a licence through AALA and are regularly inspected to ensure the high standards are maintained.

Can you provide risk assessments?

Yes we can on request. All of our risk assessments are reviewed annually by our technical advisor and regularly checked by our activities manager in case of recommendations for current best practice or site specific changes.

Do all your staff have a PVG?

Yes as part of our recruitment process, our directors ensure that all our staff have undergone an enhanced DBS check to make sure that they can work with young or vulnerable people. Our staff will also be familiar with Active's child protection policy and are acutely aware of who our designated child protection officer is (Sophia). On top of this, many of our staff have done additional child protection modules for specific activities.

What are the group ratios?

Our group ratios depend very much on the activity and the venue. A standard group ratio is 1:8 or 1:10 for some of our activities.

What are the minimum age requirements?

All our activities and venues have different minimum age ranges, which get regularly reviewed by our directors and activities manager. We can tailor activities to different age groups by going to different venues.

What specialist equipment do you provide?

We will provide all specialist activity equipment such as buoyancy aids, helmets and wetsuits.

What if my child does not like the food?

We cater for a range of dietary requirements that we confirm in advance. No child will go hungry!

What happens if there is an incident or accident?

All staff are highly trained in first aid and there is a member of staff on call 24/7 should any issues arise. There is a local doctor and pharmacy just a five minute drive away should they be required for any reason. Records are kept of any issues and a close liaison between teachers, instructors and parents would occur to ensure things are dealt with according to wishes.

Do you have any fire tests?

On arrival, all the groups get shown around the centre and shown the fire meeting point and all exit routes of the building. On the evening of the first night, we do a fire test so that people are familiar with the process.

Can my child phone home?

Teachers discretion — there is always a contactable member of staff 24/7 at the lodge should you need to get in touch. If there is a family emergency then we request parents contact the office and the message can then get to the pupil through the teachers and instructors.

Is the centre open to the public and can I visit in order to see the place prior to the booking?

No, only the students on residential and teachers/staff involved in the residential are allowed in the centre. We welcome and recommend that teachers who wish to come and visit the centre prior to booking, do so. If you visit we will ensure that a director or member of our management team greets you and shows you around while discussing any questions you may have.

Can we follow updates on social media?

Yes, permission dependent, we often post updates and photos on some social media such as Facebook.

My child has a fear of (heights/water...)

Our instructional staff are exceptional at encouraging and managing all abilities and are prepared for every eventuality.

Call 01540 210 000 or email info@activeoutdoorpursuits.com if you have any more questions.