

+Adventure: Day Course Options at Castle Head

As leaders in fieldwork and outdoor learning, Field Studies Council brings our unique depth of knowledge and experience to our +Adventure programmes.

Our approach

We approach adventure in the same way we approach fieldwork: thoughtfully designed, expertly delivered, and rooted in what young people need to thrive.

Our +Adventure programmes are active, engaging and great fun - but always with intent. Young people scramble, paddle, climb and explore, while building confidence, resilience and stronger relationships with each other. Challenge is carefully balanced with support, so every young person can take part, take pride and feel successful.

Because our adventure learning is led by experienced educators, sessions go beyond simply “having a go”. Our team knows how to create the right atmosphere, read a group, and use moments of challenge to build trust, teamwork and self-belief. Reflection happens naturally, without feeling forced, helping participants make sense of what they’ve achieved.

Adventure is also shaped by our strong connection to the natural world. Set in inspiring outdoor environments, residential give young people the chance to unplug, spend time outside and develop a deeper appreciation for nature - all while enjoying shared experiences they’ll remember long after the trip ends.

Your +Adventure programme

Your Adventure course programme will be produced by our expert staff based on the challenges, objectives and outcomes you have identified for your group. They will also build in adaptations to meet the needs of all your young people.

We may need to make final adjustments on the day based on weather conditions etc, but the programme will remain focused on the objectives you have agreed.

Example +Adventure programme at Castle Head

This is just one example of what +Adventure can look like for your group. The activities we will select for your group will be based around the outcomes you want to achieve.

Arrival	Activity	End of day
Welcome to the centre and briefing. Provide equipment,	Adventure activities with your activity leader Usually working in groups of 12 you will try an activity. Our activity leaders use activities to develop outcomes including teamwork, communication skills, resilience and wellbeing. We engage with participants throughout the activity to encourage them to challenge themselves.	Reflect on what participants have learned from the day including how they overcame challenges.

Day courses usually from 10:00 to 15:00 but this varies by age group, activity and centre.

Pricing

+Adventure day trip prices include agreed activities, equipment and transport to any activities that are delivered off-site. Please bring your own packed lunch and water. Wear comfortable clothes but we can provide wellies and waterproofs.

Transport

Your +Adventure trip price includes transport to any activities delivered off-site. It does not include transport to and from the centre.

All our courses are underpinned by our **Outcomes Framework**.

Field Studies Council delivers programmes and experiences to create a shift in knowledge, understanding and behaviour. Our courses are like a system of cogs; small, immediate changes turn into long term impact. Our approach to learning is guided by three long term outcomes:

Nature and landscape

Through all our delivery we aim to build connection to and understanding of nature and landscape.

Personal and social

Participants gain valuable personal and interpersonal skills through the experiences we facilitate.

Active learning

Our courses promote learning through physical activity in the outdoors.



The three core skills are built by seven Experience Outcomes that underpin all our delivery across the organisation. These are the direct effects participants experience during and immediately after engaging in Field Studies Council experiences.

- Environmental understanding
- Nature connection
- Environmental responsibility
- Working well with others
- Health and wellbeing
- Resilience
- Curiosity

These outcomes rely on educators who understand the potential of outdoor learning and who can help every young person explore and learn from the natural world.

+Adventure activity summary at Castle Head

Your programme will be designed around the outcomes you have requested and will include some of the following activities. Some half day activities can be combined together in a day and some are better extended into a full day. We can advise you.

Activities	Transport required	Full day/half day
Canoeing – onsite	No	Half day
Canoeing – Coniston	Yes	Full day
Ghyll scramble	Yes	Half day
High ropes	No	Half day
Low ropes	No	Half day
Obstacle course	No	Half day
Raft building	No	Half day
Sea level traverse	Yes	Full day
Rock climbing	Yes	Half day
Mountain walk	Yes	Full day
Teambuilding games	No	Half day
Bushcraft: Fire lighting and shelter building	No	Half day
Orienteering	No	Half day

+Adventure activity details at Castle Head

Canoeing	Canoeing is an exciting, adventurous and recreational activity from which much of the enjoyment comes from the natural environment around you. We use open canoes to seat 2 to 3 young people and promote teamwork. They provide an exciting opportunity for young people to recognise the importance of good communication and patience. With one of our qualified instructors, you will make a journey along the River Winster, from the centre, or on Coniston Water. To ensure safety we may need to make changes to this activity based on weather and river conditions, e.g. change of venue or alternative activity.
Ghyll scramble (not in winter)	A very popular activity that takes place at various locations. You will find yourself in a dramatic setting, working your way upstream against the current. Success requires effective teamwork and determination; during this activity participants can learn about the characteristics of the upper course of a river and the unique habitat which they are journeying in. .
High ropes	At High ropes individuals and teams can develop their communication, balance and belaying skills as well as personal confidence. Challenges include crate stack, Jacob's ladder and high all aboard.
Low ropes	Castle Head has a purpose-built low ropes course which is designed to encourage young people to work as a team to overcome the obstacles which they are faced with. The group must work together to get everybody around the whole course without touching the ground. It is often combined with a series of problem-solving exercises to give a structured progression of teambuilding tasks. The low ropes course includes balance beams, rope bridges and scramble nets.
Obstacle course	Based in the woods in the centre grounds the obstacle course consists of a series of challenges of varying degrees of difficulty. This can be a timed event for either teams or individuals or completed as a whole team challenge. It is often combined with a series of problem-solving exercises and/or the low ropes course to give a structured progression of teambuilding tasks and individual challenges. The obstacle course consists of tunnels, rope swing and cargo net.
Raft building	Rafting has a long-standing tradition at Castle Head. We supply a selection of 45-gallon drums, wooden spars, and ropes for lashing and after a discussion on buoyancy, stability and steering, the group then set about building a raft. This activity has a strong teamwork element, and the success of the raft will depend on the whole team's ability to work together.

	Not available in the winter due to low water temperature.
Sea level traverse	An exciting adventurous activity that is held at a famous local beauty spot called Humphrey Head. This is an impressive outcrop of limestone that is surrounded on three sides by sea or sand, depending on the tides. Young people are provided with a first-hand opportunity to explore and discover this unique habitat. The group may venture to the top of the headland, scramble along, around and over rocky obstacles at the foot of the cliffs, hunting for fossils, looking for crabs or shrimps and learning about the history of Morecambe Bay.
Rock climbing	An activity that usually takes place at our local, beginner friendly crag in Lindale. Participants will be asked to take on some responsibility for their own and other peoples' safety. This approach enables young people to acquire new skills and face personal challenges whilst learning to work together and support each other.
Mountain walk	Castle Head's location between coast and mountains provides a tremendous variety of venues for walking. These can vary in length depending on the group's abilities, experience and the prevailing weather conditions. An experienced tutor or qualified mountain leader, depending on the walk being undertaken, will accompany the group. Walks can be designed with a particular theme such as natural history or purely as a physical challenge with fun in mind.
Teambuilding games	These fun activities can focus on problem-solving, communication skills or building connections, depending on your outcome objectives.
Bushcraft: Fire lighting and shelter building	A survival session on site at Castle Head. After a briefing on some key points of building natural shelters, students get the freedom to plan, design and build their own structures. Participants can work in small groups or as one large team. Learn how to light a fire without the use of matches! This on-site activity can be adapted in many ways. Demonstrations and key safety points are shared before students can give it a go themselves. Once the fire is lit, the team can also be tasked to boil a kettle of water on the fire for everyone to enjoy a hot drink at the end of the session.
Orienteering	Castle Head has an orienteering course, set up by one of the North West's top coaches. The activity begins with the basics of map work and navigation using a few simple games and route-finding techniques. This leads individuals, taking part, through a variety of courses of increasing difficulty. At the heart of the activity is scope for individual progression and achievement.

Your +Adventure Outcomes

To help our experienced tutor team build your programme we need to understand the outcomes you want to achieve. We will set up a telephone or Teams meeting to discuss this when you make your booking. If time doesn't allow, we can also take information from you via email.

- What is the age range of the group you plan to bring?
- What are your top 3 learning outcomes for the group?
- Are there any other short-term or long-term benefits you want to develop from the trip?
- What previous experience does the group have of outdoor physical activity and challenge?
- What learning points do teachers want learners to transfer back to classroom environments?
- Are there any specific Adventure-Learning sessions you would most like to include in your programme?