

+Adventure 11-14: Residential Course Options at Rhyd-y-Creiau

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, residentials 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 Rhyd-y-Creiau

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 courses 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 child and young person explore and learn from the natural world.

+Adventure activity summary at Rhyd-y-Creiau

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
Rock climbing	Yes	Half or full day
Mine exploration	Yes	Half day
Gorge scramble	Yes	Half day
Mountain day	Yes	Half or full day
Zip World	No	Half day
Teambuilding games	No	Half day
Bushcraft: Fire lighting and shelter building	No	Half day
Orienteering	No	Half day

+Adventure activity details at Rhyd-y-Creuau

Rock climbing Local crags including Betws-y-Coed	We have access to some excellent local crags, as well as many other great sites in the national park and surrounding areas. Rock climbing and abseiling offer participants the opportunity to test themselves individually and support each other. There is also the chance to appreciate and learn about the natural environment.
Mine exploration	Ever wondered what it was like to work in a mine? A new adventurous offer here at Rhyd-y-Creuau is exploring and journeying through a local slate mine. Not only will you have to tackle challenges such as crossing an underground lake, but you will also be immersed in the fascinating industrial and geological history of Snowdonia.
Gorge scramble Afon Ddu or Geirionydd gorge	Participants experience the raw energy of a mountain stream first hand, as they journey up and down a series of rapids and waterfalls. Teamwork skills will be tested as groups work together to overcome obstacles along the way. The activity can involve walking, climbing, sliding and jumping through the gorge
Mountain day	When weather conditions allow students will plan and walk up Yr Wyddfa (Snowdon). This is a challenging and rewarding day for students that will build resilience, a connection with nature and create long-lasting memories.
Low ropes	
Zip World	Through our partnership with a class-leading activity provider. Fun and laughter are key in the enjoyment of this additional session at Rhyd-y-Creuau.
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	Participants discover what they would need to survive a night in the wild. They will work in teams to build their own shelters and have a go at lighting a fire using natural materials.
Orienteering	Develop understanding of map and compass skills whilst working in teams to find points around the centre grounds.

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 us to include in your programme?