

Run, walk or cycle

at Field Studies Council

Stay, unwind and discover some of the UK's most beautiful landscapes through your own self-guided adventures.

Your next adventure starts right outside our doors.





Field Studies Council centres are set in some of the UK's most breathtaking natural landscapes, giving runners, walkers, and cyclists an unbeatable base for adventure. From dramatic coast paths and winding forest trails to challenging mountain climbs and peaceful countryside loops, every centre puts spectacular routes right on your doorstep. With [11 residential locations](#) offering beautiful, accessible options for every pace and every ability, it's never been easier to stay active, explore more, and make your getaway truly unforgettable.

Please note that these are self-led activities and are not guided or led by centre staff.

Where will you explore?

Castle Head - Southern Lake District. Woodland loops, coastal flats, and easy access to the lower fells ideal for active users.



Rhyd-y-Creuau - Eryri (Snowdonia) National Park. Forest trails, valley routes, and access to classic mountain landscapes.



Dale Fort - Step straight onto the Pembrokeshire Coast Path, with stunning coastal routes perfect for walking, running, and cycling.



Margam - South Wales. Forestry trails, panoramic views ranging from short, easy park loops to long, hilly trail runs across Mynydd Margam.



Nettlecombe Court - Exmoor National Park. Head straight from the centre into West Somerset's countryside, with woodland loops and moorland routes.



Slapton Ley - South Devon National Landscape. Coastal paths, nature-reserve trails, and quiet lanes offering varied terrain perfect for all outdoor enthusiasts.



Millport - Breathtaking views, smooth surfaces ideal for cycling, and varied terrain for both relaxed walks and energetic runs.



Blencathra - Inspiring routes from high-altitude trails and dramatic ridges to smooth valley paths and classic fell-running and cycling terrain.



Preston Montford - Riverside paths, rolling countryside, and easy access to Shropshire's trail network, with routes ideal for walking, running, and cycling.



Flatford Mill - Dedham Vale National Landscape. Riverside paths and countryside routes for those looking to explore Constable Country at an enjoyable pace.



Juniper Hall - Surrey Hills National Landscape. Steep ascents, fast-flowing forest tracks, or relaxed rural routes, the landscape offers a variety of terrains for training or exploring.





Runners, walkers and cyclists are drawn to Field Studies Council centres because they provide immediate access to incredible landscapes, comfortable accommodation and a peaceful base for self-led outdoor adventures.

Why stay with us?



- **Direct access to trails** – Step straight onto footpaths, bridleways, cycle routes, and scenic loops from the doorstep.
- **Varied terrain in every direction** – Woodland tracks, coastal paths, moorland climbs, quiet lanes, and countryside routes for all abilities.
- **Perfect for training or exploring** – Whether it's a gentle stroll, a long run, or a challenging ride, there's a route to match every pace and goal.
- **Practical facilities for active guests** – Drying rooms, kit and bicycle storage, large communal spaces, and hot meals ideal after a day outdoors.
- **Peaceful, nature-rich locations** – Centres sit in national parks, National Landscapes, and wildlife-rich environments that make every outing memorable.
- **Great for groups and clubs** – Affordable accommodation with space for teams, running clubs, cycling groups, or friends planning an active break.
- **Local knowledge** – Staff are familiar with the surrounding area and can share helpful information about nearby attractions, viewpoints, and places to explore independently.
- **Eco-friendly ethos** – Stay somewhere that supports conservation, sustainability, and the protection of the landscapes you're exploring.

Run, walk or cycle – what we offer



At the **Field Studies Council**, we offer **11 residential centres** across the UK, all accommodating different group sizes and each in a beautiful rural location, surrounded by nature and free from day-to-day distractions.

Everything you need in one place

Our centres combine comfort, flexibility, and hospitality. Each location offers:

- **Comfortable accommodation** for a range of group sizes.
- **Indoor and outdoor meeting spaces** where your group can truly unwind and connect.
- **Exclusive use options** suitable for activity clubs, large gatherings, conferences, youth and faith groups
- **Non-exclusive use options** full-board accommodation and flexible meeting spaces suitable for special interest groups, activity groups, sports tours, family groups, team meetings and corporate events.

Hospitality you can rely on

Our collaboration with various groups has resulted in a range of tailored menus that accommodate specific dietary requirements and cultural preferences. Early breakfasts can be arranged if agreed in advance, ideal for walkers, runners, and cyclists taking part in local events or races. Whether you prefer fully catered or self-catering stays, our team is committed to making your experience enjoyable and stress-free. Sample menu [here](#).



Our centres



Blencathra – Cumbria CA12 4SG	
Bed capacity	173
Total no. of bedrooms	48
No of en-suite	29
Wheelchair access	2
Catering one sitting	86
Self-catering	Yes
Common rooms/lounges	Yes
Bar	Yes
Shop	No
Drying rooms	1
Class/work rooms	6
Av Projectors	Interactive whiteboard
Commercial filming	Permitted
Parking	30 cars, 2 coaches
Garden	Yes

Castle Head – Cumbria LA11 6QT	
Bed capacity	160
Total no. of bedrooms	33
No of en-suite	14
Wheelchair access	1
Catering one sitting	80
Self-catering	Yes
Common rooms/lounges	Yes
Bar	Yes, on request
Shop	Yes, on request
Drying rooms	2
Class/work rooms	6
Av Projectors	Projection equipment
Commercial filming	Permitted
Parking	30 cars, 3 coaches
Garden	Yes

Dale Fort - Pembrokeshire SA62 3RD	
Bed capacity	154 (144 comfortably)
Total no. of bedrooms	33
No of en-suite	18
Wheelchair access	Yes
Catering one sitting	70
Self-catering	Yes
Common rooms/lounges	Yes
Bar	Yes
Shop	Yes
Drying rooms	2
Class/work rooms	4+
Av Projectors	5 smart boards
Commercial filming	Permitted
Parking	40 cars
Garden	Yes

Flatford Mill – Suffolk CO7 6UL	
Bed capacity	64
Total no. of bedrooms	18
No of en-suite	9
Wheelchair access	Limited
Catering one sitting	60
Self-catering	No
Common rooms/lounges	Yes
Bar	Only with meals
Shop	Yes
Drying rooms	No
Class/work rooms	5
Av Projectors	5 smart boards
Commercial filming	Requires approval
Parking	30 cars
Garden	Yes



Juniper Hall – Surrey, RH5 6DA

Bed capacity	145
Total no. of bedrooms	38
No of en-suite	13
Wheelchair access	1
Catering one sitting	70
Self-catering	Yes
Common rooms/lounges	3
Bar	No
Shop	Yes
Drying rooms	1
Class/work rooms	7 + 1 outdoor classroom
Av Projectors	Smart boards
Commercial filming	Not permitted
Parking	20-25 cars, 2 coaches
Garden	Yes

Margam Discovery Centre – South Wales, SA13 2UA

Bed capacity	138
Total no. of bedrooms en-suite	32
Wheelchair access	5
Catering one sitting	110
Self-catering	Yes
Common rooms/lounges	2
Bar	With restrictions
Shop	No
Drying rooms	Yes
Class/work rooms	4
Av Projectors	Interactive whiteboards
Commercial filming	Permitted
Parking	Yes, 30 spaces
Garden	Yes

Millport – Scotland, KA28 0EG

Bed capacity	154
Total no. of bedrooms en-suite	64
Wheelchair access	16 w/chair accessible, 2 with wet rooms
Catering one sitting	90
Self-catering	Yes
Common rooms/lounges	Yes
Bar	No
Shop	Mon-Fri 12-2pm
Drying rooms	2
Class/work rooms	4 – capacity 25-150
Av Projectors	1 and 3 TV's
Commercial filming	Permitted
Parking	Yes
Garden	No, but greenspace, yes

Nettlecombe Court – Somerset, TA4 4HT

Bed capacity	120
Total no. of bedrooms	23
No of en-suite	11
Wheelchair access	1
Catering one sitting	60 - 70
Self-catering	Yes
Common rooms/lounges	Yes
Bar	Yes
Shop	Yes
Drying rooms	No
Class/work rooms	5
Av Projectors	Interactive whiteboards
Commercial filming	Requires approval
Parking	40 cars
Garden	Yes



Your group.
Your pace. Your
interests.

Preston Montford – Shropshire, SY4 1DX	
Bed capacity	132
Total no. of bedrooms	47
No of en-suite	39
Wheelchair access	2
Catering one sitting	80
Self-catering	Yes
Common rooms/lounges	Yes
Bar	Yes
Shop	Yes
Drying rooms	1
Class/work rooms	6
Av Projectors	Smart boards
Commercial filming	Permitted
Parking	35 cars, 1 coach
Garden	Yes

Rhyd-y-Creueu - Conwy, LL24 0HB	
Bed capacity	99
Total no. of bedrooms	32
No of en-suite	19
Wheelchair access	1 with twin beds
Catering one sitting	96
Self-catering	Yes
Common rooms/lounges	Yes
Bar	Yes, on request
Shop	Yes
Drying rooms	Yes
Class/work rooms	4, capacity 18-30
Av Projectors	4
Commercial filming	Requires approval
Parking	Yes
Garden	Yes

Slapton Ley – Devon, TQ7 2QP	
Bed capacity	178
Total no. of bedrooms	42
No of en-suite	34
Wheelchair access	2
Catering one sitting	90
Self-catering	Yes
Common rooms/lounges	Yes
Bar	No
Shop	No
Drying rooms	1
Class/work rooms	8
Av Projectors	Smart board/projector
Commercial filming	Permitted
Parking	20 cars
Garden	Yes

If you are looking for affordable accommodation with plenty of space for teams, running clubs, cycling groups, or friends planning an active break, [get in touch today](#) to discuss your dates, group size, and preferred location — with no obligation.

