

# Activities



This booklet contains all our instructed and self-led activities at Thornbridge Outdoors.

Have a look at what to wear for each activity. Take into account the weather conditions.



The activities are rated between 1 (low) and 4 (high) to help you choose the best activities to meet your aims.



# Instructed Activities

# Abseiling



Descending a fixed rope. We can abseil at an outdoor crag or at Miller's Dale Viaduct (which offers an exciting 75 feet high, free hanging abseil). Your fellow group members can help give encouragement as you lean back over the edge.....

Recommended minimum age 9.

Accessibility	★ ★ ★ ★
Team working	★
Personal challenge	★ ★ ★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Climbing helmet
- Waterproof jacket
- Harness



# Bouldering



Enjoy some bouldering on real rock. Take a bouldering mat and rock boots and learn some new techniques on the local gritstone.

Recommended minimum age 9.

Accessibility	★ ★
Team working	★ ★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Trainers

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Helmet
- Waterproof jacket
- Rock boots
- Bouldering mat



# Bouldering Wall & Boulder (on-site)



Traverse the climbing wall on multi-coloured holds, try the problems and negotiate the different shapes / volumes!  
Or go outside and try the climbing boulder.

A great activity for developing confidence, co-ordination, movement skills, fitness or to simply have fun!

Recommended minimum age 5.

Accessibility	★ ★
Team working	★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt
- Trousers
- Trainers



## What we will provide

- Rock boots



# Canoeing



Take a watery trip on a local river, take in the scenery and paddle your way downstream.

There is a 'Discover Canoeing' trip and an 'Adventure Canoeing' trip.

Recommended minimum age 10 and 14 respectively.

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★ ★ ★
Physical activity	★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Trainers



## What we will provide

- Waterproof jacket
- Life jacket



# Caving / Mine Exploration



Explore the exciting underground world by visiting the caves and mines of the Peak District. The adventure will often include the opportunity to see some beautiful formations and experience complete darkness!

Recommended minimum age 8.

Accessibility	★ ★
Team working	★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★
Physical activity	★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Helmet with light
- Mining jacket / Caving suit
- Harness for Caving



# Firelighting & Survival



This activity has lots of different elements within it and therefore caters for all abilities. Starting with a fun bean-bag name game, we follow on with safety, survival and animal habitats. Pebble dens are always a highlight, so make sure you have a camera to hand for the finished products! The dens give the opportunity to go exploring in the woods, working individually or in a group. Get to grips with how to use a fire steel and contribute to a larger fire to make popcorn for everyone.

Recommended minimum age 7.

Accessibility	★ ★ ★
Team working	★ ★ ★
Personal challenge	★ ★
Skills	★ ★ ★ ★
Physical activity	★
Knowledge	★ ★ ★ ★

## What you need

- Long sleeve t-shirt and fleece/jacket
- Long trousers
- Wellingtons

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Waterproof jacket
- All firelighting equipment





# Heartstart First Aid



Heartstart UK is an initiative co-ordinated by the British Heart Foundation. This 2 hour indoors based course can be booked with an instructor and covers the following:

- deal with an unconscious person
- recognise a heart attack and a cardiac arrest
- perform CPR
- deal with choking
- respond to serious bleeding

Recommended minimum age 9.

## What you need

- Long sleeve top
- Comfortable trousers
- Trainers



## What we will provide

- All the equipment required for the course

# High Ropes (Cargo Net & Tree Climb)



A rope-protected climbing challenge to reach the top of the scramble net. Your team can help or hinder by holding the net for you..! Climb the challenging Scots Pine tree and ring the bell when you reach the top!

Recommended minimum age 7 & 9.

Accessibility	★ ★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons

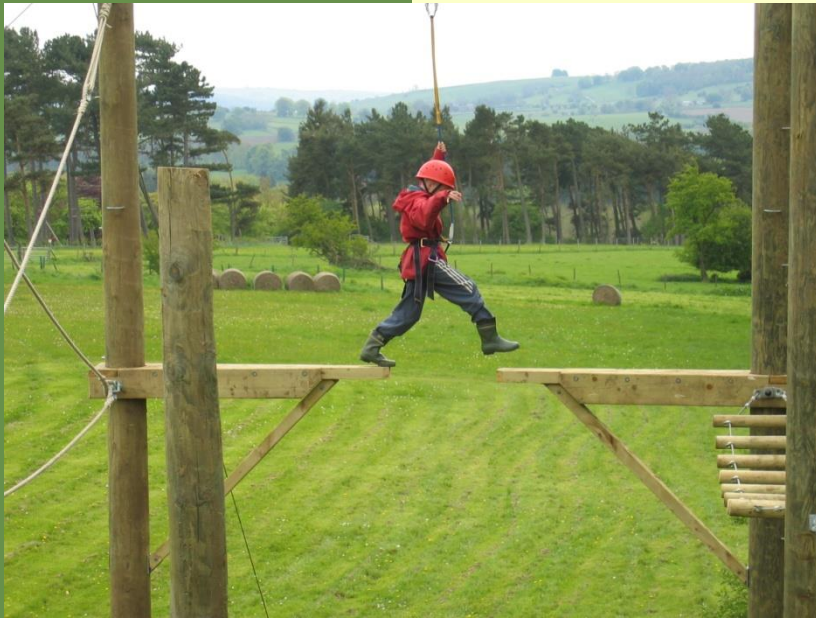


## What we will provide

- Helmet
- Waterproof jacket
- Harness



# High Ropes (Sky Ropes)



Climb the 8m pole to the platform, then if you dare you can test your balance and tolerance of heights by traversing the course of seven linked elements. To descend, step off the platform to gently 'float' to the ground.

Recommended minimum age 9.

Accessibility	★ ★ ★ ★
Team working	★ ★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★

## What you need

- Long sleeve top
- Long trousers
- Trainers or wellingtons



## What we will provide

- Helmet
- Waterproof jacket
- Harness



# High Ropes (Ladder & Net Climb)



Take on the ladder and net climbing challenges – they're not as easy as they look! Once on the net, climb it to the top and wave down to your group who are helping to keep you safe by taking the rope in as you climb.

Recommended minimum age 9.

Accessibility	★ ★ ★
Team working	★ ★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★

## What you need

- Long sleeve top
- Long trousers
- Trainers or wellingtons



## What we will provide

- Helmet
- Waterproof jacket
- Harness



# Jacob's Ladder



A great team challenge!  
Three people must work together to climb the 'giant' ladder as the rungs get increasingly further apart the higher you climb.

Recommended minimum age 12.

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Trainers



## What we will provide

- Helmet
- Waterproof jacket
- Harness



# Low Ropes



The most popular activity at Thornbridge! This activity can be delivered by Thornbridge or visiting staff (provided they have attended a half-day Low Ropes Training Course beforehand). Ideal for developing team work / trust / confidence etc.

Recommended minimum age 7.

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Waterproof jacket
- Helmet
- Wellingtons



# Mountain Biking



Our on-site Trike / Bike Trail and bike skills area is ideal for introducing people to cycling. For groups seeking more challenge and/or skill development there are a range of mountain bike routes available from Thornbridge of varying levels of difficulty.

Recommended minimum age 8 - 14.

Accessibility	★ ★
Team working	★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★

## What you need

- Long sleeve top
- Long trousers (tucked into socks)
- Trainers or wellingtons



## What we will provide

- Helmet
- Jacket
- Mountain bike



# Rock Climbing



Experience the challenges and rewards of climbing the fabulous gritstone in the Peak District. We can select appropriate venues and routes to meet the ability of the group.

Recommended minimum age 8.

Accessibility	★
Team working	★ ★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Trainers



## What we will provide

- Harness
- Helmet
- Waterproof jacket





# Thornbridge Challenge



Work together as a team to take on the Wizard's challenges, including a tunnel system, rope swing, giant seesaw and more, to earn stars, collect clues and hopefully discover the hidden treasure!

Recommended minimum age 6.

Accessibility	★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons

\* Hat & gloves if you have them, depending on the weather



## What we will provide

- Helmet
- Jacket



New

# Walking: Discovery & Adventure



## Discovery Walk

A day out in the local area discovering many things you would normally walk past. Smell Sweet Cicely, Pineapple Weed and many more plants. Use tiny mirrors to look under leaves and flowers, hand lenses to get up really close and choose your favourite view to frame. Recommended minimum age 5.

## Adventure Walk

So many activities can be included in a full, fun day out. Bouldering, weaselling, map work, parachute and trust games. Recommended minimum age 8.

Accessibility	★
Team working	★ ★
Personal challenge	★ ★ ★
Skills	★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions
- Packed lunch & drink

\* Hat & gloves if you have them, depending on the weather



## What we will provide

- Waterproof jacket
- Rucksack
- Wellingtons
- Hat & gloves



# Walking: Hill Walking & Scrambling



Jump in the minibus, off to Kinder Scout and have an adventurous day out.

Recommended minimum age: 9.

Accessibility	★
Team working	★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear & waterproofs
- Hat & gloves
- Packed lunch & drink

## What we will provide

- Rucksack
- Maps
- Compass

# Weaselling



Have fun exploring the boulders of the Peak District. Weaselling involves crawling in-between/ under / over and sometimes through boulders! A good team activity where encouragement and support for your team play an important part.

Recommended minimum age 6.

Accessibility	★
Team working	★ ★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons



## What we will provide

- Helmet
- Jacket



# Self-Led Activities

New

# Bat Walk



Use our bat detectors and information packs to seek out local bats at dusk; either around the site or down the Monsal Trail near the tunnels, where you will also be able to see the bat bricks.

Accessibility	★ ★ ★ ★
Team working	★
Personal challenge	★ ★
Skills	★ ★ ★
Physical activity	★
Knowledge	★ ★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Resource pack
- Waterproof jacket



# Camp Fire



Use our designated campfire spots to toast marshmallows / sing songs / recount stories with your group whilst sharing the warmth of a campfire.

Accessibility	★ ★ ★ ★
Team working	★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★
Knowledge	★ ★

## What you need

- Suitable clothing for the weather conditions
- Marshmallows and skewers



## What we will provide

- Waterproof jacket
- Wellingtons
- Camp fire pack
- Small amount of wood



# Cooking / Baking



The self-catering kitchens at Thornbridge are ideal for introducing cooking skills. Many groups take advantage of this facility and include a baking session in their programme.

Accessibility	★ ★ ★ ★
Team working	★ ★ ★
Personal challenge	★
Skills	★ ★ ★ ★
Physical activity	★
Knowledge	★ ★ ★ ★

## What we will provide

- Baking trays
- Weighing scales
- Cooking utensils





# Den Building



Use our designated den building area and den building kit, to design and build your own den. Will it be waterproof?!

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Waterproof jacket
- Den building kit



# Journey Sticks



A good reviewing activity to reflect on a day or a walk. Each member of the group must find a stick and collect material from the environment whilst on the walk. The materials are then tied to the stick using wool / string to illustrate the 'journey' / events that happened during the walk.

Accessibility	★ ★ ★ ★
Team working	★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Wellingtons
- Selection of wool / string

\* Hat and gloves if you have them, depending on the weather



## What we will provide

- Instruction sheet
- Waterproof jacket



# Low Ropes



The most popular activity at Thornbridge! This activity can be delivered by Thornbridge or visiting staff (provided they have attended a half-day Low Ropes Training Course beforehand). Ideal for developing team work / trust / confidence etc.

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Waterproof jacket
- Helmet
- Wellingtons



# Making Bird Cake



You can help feed the variety of birds here by making your own home-made bird cake. Fill our bird feeders then sit back and watch them get stuck in!

Accessibility	★ ★ ★ ★
Team working	★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★
Knowledge	★ ★ ★

## What you need

- Lard
- Orange
- Garden twine
- Large blunt needle
- Wild bird food



## What we will provide

- Instructions on how to make the bird cake

# Minibeast Hunt



With 30 acres, we have many different habitats at Thornbridge, which is ideal for searching for minibeasts and other creepy crawlies. Investigate where minibeasts live and why? This activity can be part of the Nature Trail or linked to den building or topics back at school.

Accessibility	★ ★ ★
Team working	★ ★
Personal challenge	★
Skills	★
Physical activity	★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Resource pack
- Waterproof jacket



# Monsal Head Photo Walk



This short walk goes straight from our site and covers a variety of terrain and has lots of points of interest. Group members can work in pairs with the photo sheets, spotting features along the way and answering questions. There is a group leader pack with this activity.

Accessibility	★
Team working	★ ★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Resource pack
- Waterproof jacket



# Mountain Biking



For school and youth groups only when a member of staff have attended our Biking Leader Induction Course at Thornbridge Outdoors.

Our on-site Trike / Bike Trail is ideal for introducing people to cycling. The Monsal Trail is on our doorstep go on a journey through the old railway tunnels and historical landscapes, between Buxton and Bakewell.

Recommended minimum age 8 - 14.

Accessibility	★ ★
Team working	★ ★
Personal challenge	★ ★ ★ ★
Skills	★ ★ ★ ★
Physical activity	★ ★ ★ ★
Knowledge	★ ★ ★

## What you need

- Long sleeve top
- Long trousers (tucked into socks)
- Trainers or wellingtons



## What we will provide

- Helmet
- Jacket
- Mountain bike



# Nature Trail



Explore the 30 acres of the Thornbridge site and complete the environmental activities along the way. Activities include: Hug a Tree / Nature's Palette / Sounds / Feely Box / Eye in the Sky.

Accessibility	★ ★ ★
Team working	★ ★
Personal challenge	★
Skills	★
Physical activity	★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Resource pack
- Waterproof jacket





# Nightline



A rope course through the woods. Participants must follow the rope wherever it goes! This activity can be done at night or during the day, as blindfolds and goggles are provided.

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★ ★
Skills	★
Physical activity	★
Knowledge	★

## What you need

- T-shirt or long sleeve top
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Blindfolds and goggles
- Waterproof jacket



# Orienteering



We have a number of permanent orienteering courses in place around our grounds. From the circular star course (good for introducing map skills and orientation) to the whole site orienteering. Our courses are designed so that participants can progress through the levels of difficulty as they become more competent at the sport. Orienteering is often seen as a good introductory activity and a way for groups to get to know their way around the site.

Accessibility	★ ★
Team working	★ ★ ★
Personal challenge	★ ★ ★
Skills	★ ★ ★
Physical activity	★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Resource packs
- Waterproof jacket



# Parachute Games



A fun activity using a giant parachute. A good introductory activity or even whilst out on a walk.

Accessibility	★ ★ ★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★
Skills	★
Physical activity	★
Knowledge	★

## What you need

- T-shirt or long sleeve top
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Parachute
- Waterproof jacket



# Photo Treasure Hunt



Using the photos provided, you must find the clues hidden around the Thornbridge grounds. Once you have collected all the clues, can you crack the code?

Accessibility	★ ★ ★
Team working	★ ★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★

## What we will provide

- Resource pack
- Pencils & clip boards

# Pond Dipping



The Thornbridge pond is full of life. Small groups can easily dip from our purpose built platform (wheelchair accessible) and identify what they have found using our species ID cards. Magnifying glasses and all other pond dipping equipment provided.

Accessibility	★ ★ ★
Team working	★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★
Knowledge	★ ★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions



## What we will provide

- Suitable equipment for pond dipping



# Problem Solving



Ideal for developing team work / co-operation / leadership and communication skills for groups of all ages and abilities. Some problem solving tasks are mentally challenging whilst others require a more physical input. We can help select the right tasks for your group, which are challenging, yet inclusive, to ensure that all members of your group can take part.

Accessibility	★ ★
Team working	★ ★ ★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★

## What you need

- Comfortable and suitable clothing for easy movement and the weather

## What we will provide

- Problem solving equipment and tasks

# Scavenger Hunt & Dream Catchers



Collect material from the environment whilst on your walk around the grounds (i.e feathers / leaves / pine cones / bark / conkers / acorns etc) and make a dream catcher from willow and wool. Hang your materials from your dream catcher and place at the end of your bed to keep the nightmares away.....

Accessibility	★ ★ ★ ★
Team working	★ ★
Personal challenge	★ ★
Skills	★ ★
Physical activity	★ ★
Knowledge	★ ★

## What you need

- Comfortable and suitable clothing for easy movement and the weather
- Assorted wool if you have any

## What we will provide

- Willow
- A small selection of wool if you require it

# Tree Trail



Use the resource pack to make your way round our grounds. Find the trees using the map, identify them using our twig or leaf ID cards.

Accessibility	★
Team working	★ ★
Personal challenge	★ ★ ★
Skills	★ ★
Physical activity	★ ★ ★
Knowledge	★ ★ ★

## What you need

- Comfortable and suitable clothing for easy movement and the weather

## What we will provide

- Resource pack



# Walking: Local Explorer & Night Walk



We are perfectly situated in the White Peak with plenty of public footpaths on our door step. Explore the local surroundings, great views and interesting wild life.

Use the grounds or the local area to take your group out after dark, to explore your surroundings under the stars.

Accessibility	★
Team working	★ ★
Personal challenge	★ ★ ★
Skills	★ ★
Physical activity	★ ★ ★
Knowledge	★ ★ ★

## What you need

- T-shirt and warm fleece/jacket
- Long trousers
- Suitable footwear for the weather conditions
- Hat and gloves
- For a longer day out don't forget your packed lunch & drink



## What we will provide

- Waterproof jacket
- Wellingtons



