

## Three Day Residential Visit Programmes

### **Introduction:**

We encourage visit leaders to contact us to discuss their group's programme early in the visit planning process to ensure that we can tailor it to your group's needs. As part of designing a programme we ask visit leaders for three aims for their visit.

Whilst we pride ourselves on range of activities that we offer at Thornbridge Outdoors, and the flexible ways in which they can be incorporated into a programme to meet visit aims and budgets, we realise that planning a programme can seem daunting. The sample programmes below are designed to illustrate different possibilities and the different 'bundles' available.

Our 3 day bundle options are:

- Bundle 3A which includes 1 instructed activity sessions
- Bundle 3B which includes 2 instructed activity sessions
- Bundle 3C which includes 4 instructed activity sessions

Bundles can be further tailored through the use of 'bolt ons' which include:

- extra instructed activity sessions
- additional bike hire (one session included within each bundle):
- facilitated local day walk - a day walk from the centre led by one of our instructors, assisted by school staff, in a group of up to 30 young people
- evening climbing wall sessions (approx 1 hour of climbing per group):
- evening instructor led local walk

[Click here to see visit prices.](#)

### **Arrival day:**

You are welcome to make as much of your first day as you wish by arriving anytime after 9am.

On arrival you will be directed to a meeting space to drop off your luggage before meeting an instructor for your equipment issue at stores.

Following equipment issue some groups choose to start a rotation of activities straight away, whilst others do a whole group activity until lunchtime led by a Thornbridge Outdoors instructor which may be:

- a site familiarisation walk – tour the site, see activities which you may be doing and admire our wooden animal sculptures en route
- an introduction to orienteering and using maps – learn and practice core skills ready to build upon them over your stay

- icebreakers and team development activities

Groups typically bring a packed lunch from home on their arrival day (can be provided if needed) which can be eaten hopefully outside on picnic benches, and if not in your meeting space.

After lunch activities continue, after which you can move into your accommodation and have a welcome talk by a Thornbridge Outdoors instructor if you haven't had one already.

**Departure day:**

On your departure day you will again be allocated a meeting space as we ask that you vacate your accommodation by 10am, to allow for our cleaning team to have it ready for the next group.

You are welcome to stay on site for as much of the day as you wish and carry on with activities.

**Activities:**

To ensure the high quality of what we provide we work with groups of up to 12 young people and generally run activities over sessions of 3 hours – typically 9.30am – 12.30pm and 1.30pm-4.30pm. Some activities combine well to form a whole day.

Minibus travel to and from offsite activities is included within bundles.

[Click here to see the range of outdoor and environmental education activities available.](#)

**Sample programmes:**

The sample programmes to illustrate what's possible within each bundle – but there are many different options.

If you're wondering what the different activities involve please click the link above to find out more.

Key:

Activities led by a Thornbridge Outdoors instructor
Activities led by visiting staff who've attended an <a href="#">induction course</a>
Activities led by visiting staff – no induction course necessary

## Bundle 3A Sample Programme

**Group:** 25-36 young people with 3 visiting staff (could work for 16 - 72 young people)

	Session	Sub-group 1	Sub-group 2	Sub-group 3
Day 1	Arrival	Arrive at 10am. Drop off luggage and stores as needed.		
	Morning 11am – 12.30pm	Whole group introductory activity led by an instructor		
	Afternoon 1.30pm – 4.30pm	High ropes challenges	Low ropes	Problem solving and orienteering
	After activities	Settle into accommodation. Fire practice led by school staff		
	Evening	Nightline, den building and postcard (provided) writing		
Day 2	Morning 9.30am-12.30pm	Problem solving and orienteering	High ropes challenges	Low ropes
	Afternoon 1.30pm – 4.30pm	Low ropes	Problem solving and orienteering	High ropes challenges
	Evening	Nightwalk and campfire		
Day 3	Before activities	Clean and leave unit by 10am		
	Morning	Local walk led by school staff using resource pack provided		
	Afternoon	Return kit to stores. Depart at 1.30pm		

### How about?

- Adding a 1 hour (for each activity group) evening climbing wall session as a bolt on (additional charge).
- Taking advantage of the facilities in your accommodation to replace orienteering with a cooking session.
- Going on a facilitated local daywalk on day one (is a bolt on, would move activities from then to day 3 morning)? See fantastic views, learn about the landscape as you explore it under the guidance of one of our knowledgeable instructors.

## Bundle 3B Sample Programme

**Group:** 37-48 young people with 3 visiting staff (could work for 16-48 young people)

	Session	Sub-group 1	Sub-group 2	Sub-group 3	Sub-group 4
Day 1	Arrival	Arrive at 10am. Drop off luggage and stores as needed.			
	Morning 11am – 1pm	Orienteering	Orienteering	Thornbridge Challenge	Thornbridge Challenge
	Afternoon 2pm – 4pm	Thornbridge Challenge	Thornbridge Challenge	Orienteering	Orienteering
	4pm – 4.15pm	Thornbridge Challenge finale			
	After activities	Settle into accommodation Fire practice led by school staff			
	Evening	Postcard (provided) writing and campfire			
Day 2	Morning 9.30am-12.30pm	Weaselling	Den building and pond dipping	Low ropes and problem solving	Low ropes and problem solving
	Afternoon 1.30pm – 4.30pm	Low ropes and problem solving	Weaselling	Den building and pond dipping	Den building and pond dipping
	Evening	Nightline, Wyedale (games) room and Thornbridge shop			
Day 3	Before activities	Clean and leave unit by 10am.			
	Morning	Den building and pond dipping	Low ropes and problem solving	Weaselling	Weaselling
	Afternoon	Local walk led by school staff using resource pack provided Return kit to stores. Depart at 3.30pm			

### How about?

- Replacing Weaselling with bouldering, caving or abseiling.
- Organising a talent show or newspaper fashion show one evening.

## Bundle 3C Sample Programme

**Group:** 37-48 young people with 3 visiting staff (could work for 16-48 young people)

	Session	Sub-group 1	Sub-group 2	Sub-group 3	Sub-group 4
Day 1	Arrival	Arrive at 10am. Drop off luggage and stores as needed.			
	Morning 11am – 1.30pm	Minibus to abseiling Abseil	Bike skills & cycle to abseiling	Survival and firefighting	Low ropes & high ropes challenge
	Afternoon 2.15pm – 4.45pm	Cycle back to the centre & bike skills	Abseil Minibus back to the centre	Low ropes & high ropes challenge	Survival and firefighting
	After activities	Settle into accommodation. Fire practice led by school staff			
	Evening	Nightline, den building and postcard (provided) writing			
Day 2	Morning 9.30am-12.30pm	Survival and firefighting	Low ropes & high ropes challenge	Minibus to abseiling Abseil	Bike skills & cycle to abseiling
	Afternoon 1.30pm – 4.30pm	Low ropes & high ropes challenge	Survival and firefighting	Cycle back to the centre & bike skills	Abseil Minibus back to the centre
	Evening	Nightwalk and Wyedale (games) room			
Day 3	Before activities	Clean and leave unit by 10am			
	Morning	Local walk led by school staff using resource pack provided			
	Afternoon	Return kit to stores. Depart at 1.30pm			

### How about?

- Doing the low ropes during the evening led by visiting staff – giving the group more time on the high ropes during the day.
- If you're here in the summer make the most of an evening and go for a walk up Longstone Edge to see the sunset – we could provide an instructor to lead this if you wished as a bolt on.