



HIGH ADVENTURE
Outdoor Education Centre

TAWD VALE SUMMER CAMP

OVERVIEW

Tawd Vale Summer Camp is located at Tawd Vale Scout Camp,
Lowry Hill Camp, Lathom, West Lancs, L40 5UL.

Since setting up our first summer camp 15 years ago, the programme has gone from strength to strength.

Having worked very successfully with numerous Schools & NCS groups, we have used this along with our 18 years of experience running Outdoor Education camps to provide a quality, fun and educational programme for all visitors.

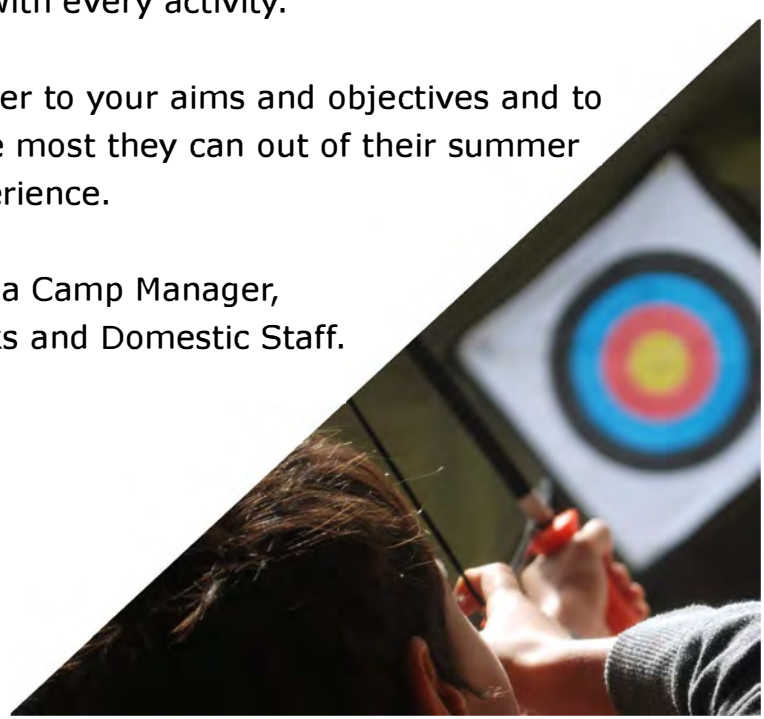
Throughout the summer at Tawd Vale we run the following activities:

- High Ropes
- Watersports
- Archery
- Mini Expedition/ Orienteering
- Bushcraft
- Climbing Trees
- Team Building & Problem Solving
- Night Line
- Evening activities e.g. camp fire, quiz night & eggbert

Each young person is actively encouraged and ensured equal opportunities and time to get involved with every activity.

Our professional staff are trained to deliver to your aims and objectives and to ensure that each young person gets the most they can out of their summer camp experience.

Our team consists of a Camp Manager,
Activity Instructors, Cooks and Domestic Staff.



THE SITE

Please see a map of the site at Tawd Vale



THE ACTIVITIES

Every day at camp is jam-packed with fun, exciting and challenging activities.

We have designed the programme to provide maximum activity per individual so that each young person can get as much as possible out of the trip. Our highly-trained instructors work hard to ensure everyone participates and enjoys themselves.

The activity programme at summer camp includes the following:



BUSH CRAFT

Bushcraft develops a broad range of skills and knowledge. Activities include shelter building, camp craft and fire lighting. It's a great way to teach young people about living and working sustainably and in an eco-friendly manner.

CLIMBING TREES

Climbing is a fun and exciting way to test your skills and teamwork. Climbers can choose the level of difficulty of a climb and climb as high as they want before being lowered on ropes. It provides a fun personal challenge with a strong reliance on your climbing partners.



MINI EXPEDITION/ORIENTEERING

Expedition is a self-led exploratory activity. Participants will learn vital navigation skills whilst exploring the local countryside.

NIGHTLINE

Participants guide each other through a challenge course whilst blindfolded. The activity helps to develop communication, trust and teamwork skills whilst also being a fun way to explore the use of all other senses.





CANOE RAFTS

Based on traditional open canoe skills, 2 canoes are joined to form a single stable craft. New skills will be learned with a high degree of teamwork needed to complete challenges and games during the session.

TEAM BUILDING

A range of problem-solving challenges, some physical and some more cognitive all involving extensive teamwork. These sessions are great for bringing new groups together or to explore team dynamics within existing groups.



ARCHERY

Archery is the sport or skill of shooting with a bow and arrows at a target. Archery is fun and very easy to learn. Team elements can be introduced through a partner giving coaching or through games.

HIGH ROPES

High Ropes are an aerial adventure course which involves attaching participants to ropes high above the ground. Within this activity there are multiple exciting exercises that allow individuals to physically and mentally challenge themselves; developing trust and communication skills.



THE ACCOMODATION

All visitors stay in tented accommodation.

The High Adventure team will put the tents up for you and provide a thick camp mat, you just need to bring your own sleeping bag and pillow. If you are unable to bring a sleeping bag please let us know in advance of your arrival.

We use one 8 person tent between every six people to ensure they have plenty of room.

Staff have their own shared tents which are set up to provide additional privacy. We also provide large marquees to use as social/meeting spaces.

If you require a prayer area one can easily be arranged for you, simply speak to the camp staff and they will organise one for you.

We recommend that no items of value are brought such as electrical items or jewellery. As visitors will be camping outdoors there are no lockers or electric sockets to charge phones (facilities to charge staff phones can be provided).

We cannot take responsibility for personal items.

There are dedicated toilet and shower facilities on site.



THE FOOD

Every day at breakfast time we provide cereal, bread and butter with jam, fresh fruit, fruit juice and additional hot options such as baked beans or porridge. Hot drinks are also available at breakfast.

Our domestic team provide everything you need to make yourself a hearty packed lunch including snacks – all you need is to bring your lunchbox, mug and water bottle. See our next page for a comprehensive list of what to bring when you visit.

Please note: young people and staff are responsible for making their own packed lunches.

We also provide freshly prepared evening meals including a treat for dessert. See below our sample menu.

Monday – Mild beef chilli served with rice, pitta bread, fresh plain yoghurt and salad. Chocolate or blueberry muffin for dessert.

Tuesday – Mild chicken balti curry served with rice. Rich chocolate brownie for dessert.

Wednesday – Pasta bolognese made with fresh mince beef, herbs and tomato with pasta and grated cheese. Classic choc ice for dessert.

Thursday – Make your own chicken fajitas. We give you a mix of chicken, vegetables, fajita wraps, chilli sauce, sour cream dressing, homemade tomato salsa, grated cheese and salad. Finish off with a giant, triple chocolate cookie.

Please note: Kindly advise of any vegetarian and special dietary needs in advance so that we can make the necessary arrangements.

KIT LIST

When visiting the summer camp, you will need to bring the following:

- 1 x Sleeping bag & pillow - **essential**
- 2 x Pairs of outdoor footwear for wet and dry activities
- 3-4 x Pairs of trackies/combat trousers (not jeans!)
- 4-5 x T shirts
- 3-4 x Sweatshirts and warm layers
- Plenty of underwear - **essential**
- 1 x Pair gloves and a hat
- 1 x Warm jacket
- 1 x Waterproof jacket - we can supply a limited amount
- 1x Small/medium towel
- 1 x Very large towel
- Relevant toiletries
- Plastic bags for separating wet clothes
- A torch and spare batteries - **essential**
- 1 x Small rucksack / Daypack
- Labelled medication
- Sun protection
- 1 x Pair of wellies or waterproof boots
- 1 x Mug - **essential**
- 1x Water bottle - **essential**
- 1x Lunch box - **essential**

Whilst some are marked as '**essential**' this kit list does not include anything optional. All items are very important as we cannot provide alternatives.

We can supply some waterproof items if you do not have one to bring - however the amount we can provide is very limited and there is not enough for everyone.

Lots of changes of clothes and plastic bags are really important as we cannot guarantee the weather.

As mentioned previously, we cannot look after or take responsibility for any valuables, so please refrain from bringing expensive electronics etc.



if you need any further information please visit our website:
www.highadventure.co.uk



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