



TRANSFORMING
YOUNG LIVES
SINCE 1922

RESIDENTIAL
ADVENTURES
For schools



A photograph of children participating in a ropes course outdoors. The scene is overlaid with a semi-transparent pink filter. In the foreground, a child wearing a yellow helmet and a blue long-sleeved shirt is climbing a rope. In the background, another child in a white helmet is also climbing. The ropes are thick and braided, and the background shows trees and foliage.

CREATING CONFIDENT KIDS

SINCE 1922

**WE'VE BEEN HELPING 1000S OF CHILDREN
EXPLORE THEIR IDENTITY FOR OVER 95 YEARS.**

Through a tailored blend of challenging, fun and engaging activities, our full-time team of experienced instructors will invite your kids to find out more about what matters most. Starting with themselves.

Time spent in the outdoors on adventure activities and in an environment away from the classroom, gives children a chance to challenge themselves with new and exciting experiences, overcome fears and grow in confidence and self-esteem. We see it all of the time and the teachers that visit tell us what a difference the shared experience makes.

Our aim is to make lasting memories for life, help bring out the best in every child and transform their young lives.

CREATING THEIR FOREVER MEMORIES



OUR VALUES

FAITHFULLY FOLLOWED



INVESTING IN OUR INSTRUCTORS

We invest heavily in our instructors so that they can invest in your kids too. Our instructors are with us year-round and undergo a full training programme which means they are qualified and experienced to lead activities and care about your children.

AFFORDABLE FOR ALL

The friendships made, the obstacles overcome and the fears conquered on a school residential are priceless. We want every child to be able to benefit from these experiences so we offer great value residential to match all budgets.

TAILORED TO YOUR NEEDS

We tailor our residential stays and day visits to meet the individual needs of your school. You can choose from full board or self-catering, an action packed activity programme or leave free time for your own school programme or group-led activities.

NO CHILD IS LEFT BEHIND

Our bursary places, subject to availability, can help your school to avoid leaving someone behind. Every child should have the opportunity to challenge themselves and grow in confidence and it's our belief that a class benefits as one unit from a visit to our centres.

GUIDED BY FAITH

Rock UK is a Christian charity who have a passion to invest in our next generation. We welcome children of all faiths and backgrounds and provide a safe and friendly environment for them to be themselves.

SAFETY IS OUR TOP PRIORITY

We take the safety of your children very seriously. All of our centres are licensed by the Adventure Activities Licensing Authority (AALA) and are regularly inspected as part of our internal health and safety audit programme. Our instructors are fully trained and all of our team are DBS checked.



CHALLENGE ACCEPTED AT ROCK UK

At Rock UK we have a range of 40 instructed activities across our adventure centres, from fencing to archery, climbing to slacklining and many more. Our fully qualified instructors will tailor each activity session to meet the age and experience of your group. Whichever activities you choose, we'll take your group through the basics to give you a real taste of adventure whilst teaching important lessons such as leadership skills, environmental awareness, personal responsibility and teamwork.



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ABSEILING | 
AERIAL ADVENTURE | 
ARCHERY | 
BMXING | 
BOULDERING |
| 
BUSHCRAFT | 
CANOE / KAYAK TRIP OFF SITE | 
CAMP FIRE | 
CAVING | 
CAVING OFF SITE |
| 
CIRCUS SKILLS | 
CLIMBING | 
CLIMBING (INDOOR) | 
CLIMBING OFF SITE | 
FENCING |
| 
GEO-CACHING | 
GORGE WALKING | 
GORGE WALKING OFF SITE | 
HILL WALKING OFF SITE | 
HIGH ROPES |
| 
INFLATABLES | 
KAYAKING | 
KING SWING | 
LOW ROPES | 
MISSION IMPOSSIBLE - EGG DROP |
| 
MISSION IMPOSSIBLE ROCKET LAUNCH | 
MOUNTAIN BIKING | 
NIGHT HIKES | 
OPEN CANOEING | 
ORIENT-EERING |
| 
PEDAL KARTING | 
RAFT BUILDING | 
SEARCH AND RESCUE | 
SPOTLIGHT SESSIONS | 
SLACKLINING |
| 
SWIMMING | 
TEAM DEVELOPMENT TASKS | 
THE WIDE GAME | 
WATER WALKERZ | 
ZIP WIRE |

40 INSTRUCTED ACTIVITIES

ACROSS OUR ADVENTURE CENTRES



FRIENDSHIPS FORMED

"WE HAD TO TRUST
IN EACH OTHER.
IT HELPED US ALL
BECOME FRIENDS"



SPOTLIGHT SESSIONS

These one-hour sessions are designed to challenge young people to think about life outside their normal environment. They consider issues such as decision making, friendship, self-esteem, communication, justice and trust, all from a Christian perspective of respect, tolerance and inclusivity. Spotlight sessions promote SMSC (Spiritual, Moral, Social and Cultural development) and are included in the various activity packages we offer.





OUR CENTRES

CARROTY WOOD

WOODLAND DISCOVERY

Set in 58 acres of beautiful enclosed woodland in Kent, only 20 minutes from the M25, Carroty Wood is the perfect place for your group to experience new adventures and enjoy learning outside of a classroom environment.

OUR CENTRES
CARROTY WOOD
WOODLAND DISCOVERY

FEATURES

Carrotty Wood offers a real woodland experience. The centre provides 20 thrilling instructed activities including a stunning climbing tower and high ropes. It boasts a BMX track, pedal karting, indoor swimming pool and bushcraft area. Offsite there are also climbing courses at Harrisons Rock and river canoeing trips available.

ACCOMMODATION

Carrotty Wood has accommodation for up to 168 in the summer (132 Sept-May). There are four well equipped buildings, each sleeping around 17 - 40 people in rooms with bunk beds. In the summer months there is also camping available. There are large, fully equipped kitchens and dining rooms in each building. We have a range of ensuite rooms and shared facilities, depending on your budget. Every building

has a large outside space including a campfire and BBQ area. Many of our guests choose our well-priced catering option.

WHY COME TO CARROTTY WOOD?

The peaceful setting and acres of stunning woodland makes this centre perfect for school children of all ages, from a taster overnight stay for your Year Threes to a full week of activities for Year Seven students. We also offer revision breaks to help students prepare for their exams.

FACILITIES

- Large sports hall
- Indoor, heated swimming pool
- Floodlit, all-weather sports pitch
- Camping grounds
- BBQ and campfire areas

ACTIVITIES



CONFIDENT KIDS
are created at *Rock UK*

"THE BEST THING
I LEARNT WAS
MORE ABOUT ME"



OUR CENTRES FRONTIER CENTRE

LAKELAND VIEWS

Frontier Centre is a 122 acre rural venue in the beautiful countryside of Northamptonshire, yet only 90 minutes' drive from London and one hour from Birmingham, close to the M1 and A1. Set in the heart of England with stunning views across Stanwick Lakes along the picturesque Nene Valley.

OUR CENTRES
FRONTIER CENTRE
LAKELAND VIEWS



ADVENTUROUS KIDS

can explore at Rock UK



FEATURES

Frontier Centre offers wide open spaces, fresh air and 22 thrilling instructed activities. The centre has the country's tallest wooden pole king swing which will fly you through the air at up to 40mph! There is also an indoor climbing wall, fencing, archery range, outdoor climbing tower, high ropes and mountain biking available.

ACCOMMODATION

Frontier Centre has an excellent choice of accommodation, consisting of nine units catering for groups sized 6 to 238 in total. There are large meeting rooms and additional chill out areas. The large dining room ensures plenty of space for groups during their full board stay and for those that prefer it, Frontier offers a range of self-catering accommodation.

WHY COME TO THE FRONTIER CENTRE?

Frontier Centre is blessed with its stunning location next to Stanwick Lakes which offers a wide range of water sports. This is our largest centre and there is plenty of space for your young people to feel free and explore the countryside, as well as a great range of challenging activities for all seasons.

FACILITIES

- Large sports hall with indoor climbing wall
- Large sports fields
- Large dining room
- River and Lake
- Movie night room
- Adventure pits & play area (self-supervised)

ACTIVITIES



A young boy in a climbing harness is looking up at a rope climbing wall. The background is a blue-tinted image of a climbing wall with ropes and other people. The text is overlaid on the image.

OUR CENTRES

SUMMIT CENTRE

MOUNTAIN VALLEY

Summit Centre is located in the heart of the South Wales Valleys and set against a backdrop of stunning woodland and hills. The centre is just 30 minutes from the Brecon Beacons National Park and within easy travelling distance of Cardiff and the M4.

OUR CENTRES
SUMMIT CENTRE
MOUNTAIN VALLEY

FEATURES

Have an adventure your class will not forget! 18 metre climbing walls, gorge walking through real waterfalls or explore the underground caves of South Wales. The brand new centre and adrenalin fuelled activity programmes make Summit Centre the perfect residential break for school groups of all ages.

ACCOMMODATION

Summit Centre has recently benefitted from a £4m redevelopment project. It now offers en-suite accommodation for up to 104 guests, a fully catered dining hall, multiple meeting rooms, a café, sports pitch and over 20 instructed adventure activities. The accommodation can be split onto 3 self-contained units or combined for larger groups.

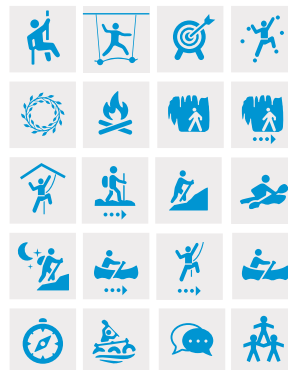
WHY COME TO SUMMIT CENTRE?

Our Adventure Days combine cross curricular topics with an adrenalin filled day of adventure activities throughout South Wales. These are perfect for developing your residential trips and giving unforgettable experiences. Not to be missed – get in touch to find out more.

FACILITIES

- World class indoor climbing walls
- 150m man-made caving system
- Aerial Adventure course
- Flood-lit all-weather sports pitch
- Onsite lakes

ACTIVITIES



"IT'S NOT ABOUT
GETTING TO THE
TOP. IT'S HOW
YOU GET THERE."



COURAGEOUS KIDS
are revealed at Rock UK



OUR CENTRES

WHITHAUGH PARK

WILDERNESS ESCAPE

Whithaugh Park is a popular choice with schools for residential stays because of the huge range of activities and the wealth of natural adventure resources right on the doorstep. Located in 110 acres of stunning Scottish Borders countryside, the centre is just 45 minutes from Carlisle and the M6.

OUR CENTRES
WHITHAUGH PARK
WILDERNESS ESCAPE



"EVERY DAY WAS AN ADVENTURE, FROM START TO FINISH."



CAREFUL KIDS
come on leaps and bounds at Rock UK

FEATURES

Whithaugh Park offers 27 instructed activities including a 300m twin zip wire, climbing tower, high ropes, archery range, kayaking and many more both off and on site. Whithaugh Park is next to one of the 7stanes mountain bike trails that run through the forest adjacent to the centre. There is also a stunning new mountain bike skills course with boulders and three challenging routes.

ACCOMMODATION

The accommodation at Whithaugh Park is set out in a cluster of Scandinavian-style lodges called holms. Each consists of a kitchen/ dining lodge, meeting/activity lodge and your accommodation lodges. There are up to 192 beds in clusters of holms so there's bound to be a combination that fits your group size. Full catering is available for day and residential visits or you can choose the self-catering option.

WHY COME TO WHITHAUGH PARK?

Our Scottish centre is perfect for getting back to nature. Whithaugh Park has a wide range of exhilarating and educational activities and its remote and rugged environment is ideal for children of all ages to explore the wild rivers, forests and mountains on our doorstep.

FACILITIES

- Large sports hall
- Indoor, heated swimming pool
- All-weather sports pitch
- Extensive off-site activities
- Bike skills course

ACTIVITIES



WHERE TO FIND US

With four adventure centres across the UK there is somewhere not too far from you. Each has its own personality and unique features and a wide range of accommodation options to suit your group's needs. All centres are AALA licensed and hold the LOTC Quality Badge. In addition Whithaugh Park is inspected by the Scottish Tourist Board and Summit Centre by NICAS.

Come and see for yourself

WHITHAUGH PARK

NEWCASTLETON
SCOTTISH BORDERS

✉ whithaugh@rockuk.org
☎ 013873 75394

SUMMIT CENTRE

NR MERTHYR TYDFIL
SOUTH WALES

✉ summit@rockuk.org
☎ 01443 710090

FRONTIER CENTRE

IRTHLINGBOROUGH
NORTHAMPTONSHIRE

✉ frontier@rockuk.org
☎ 01933 654120

CARROT WOOD

TONBRIDGE
KENT

✉ carrot@rockuk.org
☎ 01732 361361

If you've never been to a Rock UK Centre or it's been a while since your last visit, we would encourage you to arrange a site-visit. A member of our team will be delighted to show you around the centre (including accommodation and activity areas) and answer any questions you might have about your booking. Please call in advance to arrange your visit.

Rock UK Adventures Ltd. Is a registered charity No. 1107724 (England & Wales) SC040118 (Scotland)



CREATING
CONFIDENT KIDS
SINCE 1922

ROCKUK.ORG

#ROCKTHEIRWORLD!

