



3 Day Residential

Inspired
Adventure
Centre



A 2 night, 3 day residential designed to be an introduction to a variety of outdoor adventure activities, but with a focus on water or land based activities. This program allows the pupils to experience camping, outdoor living and adventurous activities while staying away from home.

Cost

£130 per person excluding VAT. Including all staff, equipment, activities, campsite fees, dinners, lunches, breakfasts, drinks, snacks, planning & organisation and any incidental expenses. There is a minimum number of 20 participants with the residential trips.

Accommodation

Tents (provided by Inspired Expeditions)

Venue

Inspired Expeditions HQ (SL7 3RQ)

Sample schedule

Day 1

AM Travel to Centre
 AM Up to 2 Sessions
 Lunch
 PM Up to 2 Sessions
 EVE. Dinner

Day 2

AM Up to 2 Sessions
 PM Up to 2 Sessions
 EVE. Team Games & Campfire

Day 3

AM Up to 2 Sessions
 PM Up to 2 Sessions
 EVE. Depart

What Activities Can We Offer?

Watersports

- Canoeing
- Kayaking
- Raft Building
- Water Wide Games & Team Building
- Canoe/Kayak Expedition



Land Based

- Archery
- Axe Throwing
- Teambuilding Option A
- Teambuilding Option B
- Bush Craft - Fire
- Bush Craft - Food
- Bush Craft - Shelter
- Climbing
- Navigation and Orienteering



5 Day Residential Canoe & Bushcraft Adventure



A 5 day 4 night residential based at our site in Marlow with direct access to the River Thames. A chance for the participants to learn a new skill if they haven't canoed before or develop existing skills during a canoe expedition on the River Thames. During the expedition the participants will be self-sufficient and have to carry everything they will need in their canoe. They will be taught bushcraft and basic survival skills when they reach their campsite.

Location

Westhorpe Watersports Centre, Marlow (Inspired HQ)

Cost

£210 per person excluding VAT. Including all staff, equipment, activities, campsite fees, dinners, lunches, breakfasts, drinks, snacks, planning & organisation and any incidental expenses. There is a minimum number of 20 participants with the residential trips.

Sample schedule

Day 1

AM Arrive Westhorpe Watersports Centre, Marlow. Set up camp, site familiarisation and Team Building
PM Teambuilding

Day 2

AM Canoeing Familiarisation & Skills Development
PM Canoe Bushcraft Expedition, River Thames
EVE. Bushcraft and Survival skills and Camp out.

Day 3

AM Canoe Bushcraft Expedition, River Thames
PM Archery & Rifle Shooting

Day 4

AM Raft Building
PM Climbing & Orienteering

Day 5

AM Teambuilding
PM Depart

Learning outcomes

- Developing team work skills.
- Relating team dynamic skills into life/school.
- Developing paddling skills into an expedition environment
- Self sufficiency
- Camping and campcraft skills.
- Camp cooking



5 Day Residential A Pembrokeshire Adventure



Cost

£345 per person excluding VAT. Including all staff, equipment, activities, campsite fees, dinners, lunches, breakfasts, drinks, snacks, planning & organisation and any incidental expenses. There is a minimum number of 20 participants with the residential trips.

Accommodation

Tents (provided by Inspired Expeditions)

Schedule

Please see sample schedule below. This is just an example we are happy to change this to suit timings and group sizes.

Sample schedule

Day 1

AM Travel to Pembrokeshire and arrive at campsite
PM Set up camp and Games

Day 2

AM Coastal Walk
PM Team Building on the Beach

Day 3

AM Kayaking
PM Climbing / Abseiling

Day 4

AM Archery & Rifle Shooting
PM Canyoning / Gorge Walking

Day 5

AM Walking into local Village, shopping and sightseeing
PM An afternoon enjoying the beach including beach games.

Day 6

AM Travel home

Learning outcomes

- Developing team work skills.
- Relating team dynamic skills into life/school.
- Developing paddling/riding skills into an expedition environment
- Self sufficiency
- Camping and campcraft skills.
- Camp cooking

