

DAY TIME ACTIVITIES

Create your ideal Arthog OEC experience by choosing from our exciting range of half-day and full-day activities below.

	Half day	Half or full day	Full day
Team Building Tasks Short duration problem solving challenges to start off your course, developing the team and setting the scene for subsequent activities.	✓		
Gorge Scrambling Support and encourage each other to tackle the exciting obstacles in a thrilling mountain stream adventure. (Dependent on water levels).	✓		
Canyoning* Descend a steep-sided gorge, by jumping into deep pools, floating, wading and sliding – wetsuit essential! Suitable for <u>some</u> year 6's, secondary school pupils and adults. (Dependent on availability, water temperature and levels).	✓		
Orienteering Students work in pairs to find their way around courses in the woods. This is the most effective activity for developing map reading skills – and it is great fun!	✓		
Raft Building A team challenge to construct a raft using barrels and planks – plan it, make it, and then paddle it!	✓		
Sit on Tops* Kayak-type craft which you sit 'on' rather than 'in'. Fun introductory sessions on local pools or short journeys along the estuary or coastline.		✓	
Giant Stand Up Paddle boarding* Paddle board as a whole group on our giant SUP.	✓		
Surfing* An exciting introduction to surfing in the Cambrian Bay.	✓		
Open Canoeing Explore local pools and stunning estuaries by open canoe.		✓	
Rock Climbing An exhilarating and rewarding challenge, actively involving everyone, where self-confidence, co-operation, trust and teamwork develop.		✓	
Scrambling The transition between walking and rock climbing. Develop rock skills with hands-on (and feet!) movement over steeper rocky ground. This can be part of an ascent of a summit or can be incorporated into rock climbing and scrambling day.		✓	
Trail Quest – 'The Voyage' A journey on foot full of surprises! A series of problem-solving tasks woven into a journey through a magical landscape, where your next stage of the journey depends on successful completion of the task.	✓		
Photo walk A lower-level mountain walk taking in some superb scenery, with the group using maps and photographs to find their way. An ideal platform for KS2 topics such as Rivers or Mountain Environment.		✓	
Mountain Walking A wilderness experience where students discover the beauty and challenge presented by journeying in the high mountain landscape. Opportunities to learn about landscape features, develop map skills and raise awareness of mountain safety.			✓

*** Summer only**

EVENING ACTIVITIES

After dinner there are various options available to your students for the evening.

Choose one per evening.

Diaries

We provide you with Arthog diaries, which create an opportunity for a period of quiet, reflective time during the evening.

Centre orienteering

Short orienteering courses within the Centre grounds.

Nightline

Feel your way along a line blindfolded, supported by members of your group.

Night-walk

An exhilarating experience walking by the estuary or sea at nighttime.

Photo-search

A mapping activity using photographs of features in the grounds to be recognised, located, and marked on a blank map.

Presentation evening

Round off the week with an evening where achievement is recognised and rewarded. Certificates available on request

Indoor problem-solving challenges

A range of activities which can be carried out indoors – you can make it as competitive or as collaborative as you wish. All resources provided

Film night

Our interactive Clevertouch screens can be utilised to show DVD's – arrange the chairs and break out the popcorn!

Environmental Education

We are in the beautiful Eryri National Park (Snowdonia), within a designated [Dark Skies Reserve](#), beside the stunning [Mawddach Estuary](#). We are also close to [Fairbourne](#), a village that has gained international attention for its role in discussions around climate change. The surrounding area is rich in natural beauty and biodiversity, with numerous Sites of Special Scientific Interest (SSSIs) offering exceptional opportunities to explore and learn about the natural environment.

Throughout an Arthog Adventure week, our Outdoor Educators help students develop a deeper understanding of the environment, encouraging them to act responsibly and care for the landscapes and ecosystems they enjoy.

We offer a range of additional environmental programmes, which can be incorporated into any course or delivered as the primary focus of a visit.

KEY STAGE 2/3

- **Contrasting locality:** A guided walk and study of the seaside town of Barmouth.
- **Rivers and water cycle:** A walk from the source of a river to the sea with opportunities for measurements and discovering life in the stream along the way.
- **Mountain Environment:** Capitalise on your walk in the hills to learn about mountain features from direct experience.
- **Investigating Coasts:** Within a 'stone's throw' of the Centre we have cliffs, sand or shingle beaches, a spit, estuary, reclaimed land, settlement, and tourism. Find out about the adaptations of living things on the rocky shore and the natural forces which shape our coastline.
- **Environmental Art:** Use the natural resources of the beach or woodlands to stimulate creativity

BUSHCRAFT

Get closer to nature and learn about traditional skills, wild foods, shelter building and fire lighting.

GCSE AND A LEVEL FIELDWORK

Arthog has a long tradition of hosting high-quality fieldwork for schools. If you are seeking a base from which to study a very varied section of coast; tourism; human impact, land management or conservation; river or mountain environments; the ecology of rocky shores, salt marshes or sand dunes; conventional and alternative energy production, then we think we have something special to offer you. You will have use of the fieldwork lab and library, and the benefit of our local knowledge and expertise.

JOHN MUIR AWARD

The JMA aims to encourage participants to discover, explore and conserve wild places and share their experiences meaningfully. The award can be part of an Arthog adventure week. Please note that schools are now responsible for registering for the John Muir Trust Group Membership & Award. For more information visit [Step by step guide](#)