



MOUNT COOK

Peak District



Welcome to Mount Cook!

Our mission:

“To provide access to the outdoors for all, especially young people and those who would not otherwise have the opportunity.”

Mount Cook is a not-for-profit organisation which opened in July 2016, on the outskirts of the Peak District. Our activities offer unique experiences which will increase your child's appetite for learning, encourage resilience and equip young people with valuable life skills.



LEARNING

AWAY

Residential experiences provide powerful learning opportunities for young people of all ages and abilities.

According to research by Learning Away...

- **78%** of KS2 pupils felt **more confident** to try new things after a residential
- **79%** of KS2 pupils said they **knew their teachers better** after a residential
- **67%** of KS2 pupils said they found it easier to **make new friends** after a residential
- **67%** of secondary students felt they could be **role models** to others after a residential
- **84%** of secondary students got on with their **classmates better** after a residential
- **78%** of staff involved felt that Learning Away had a **'significant'** or **'transformative'** impact on their understanding of their students' strengths and limitations

www.learningaway.org.uk

Mount Cook



Located on the outskirts of the Peak District, Mount Cook provides children with an adventure centre that breaks down the barriers schools find between learning and safely utilising the natural space the UK countryside affords. Mount Cook aims to encourage children to extend beyond their perceived capabilities through hands-on activities. This means young learners have the opportunity to:

- Experience adventure
- Engage with nature
- Embrace our space

1 hr 45 mins from
Manchester

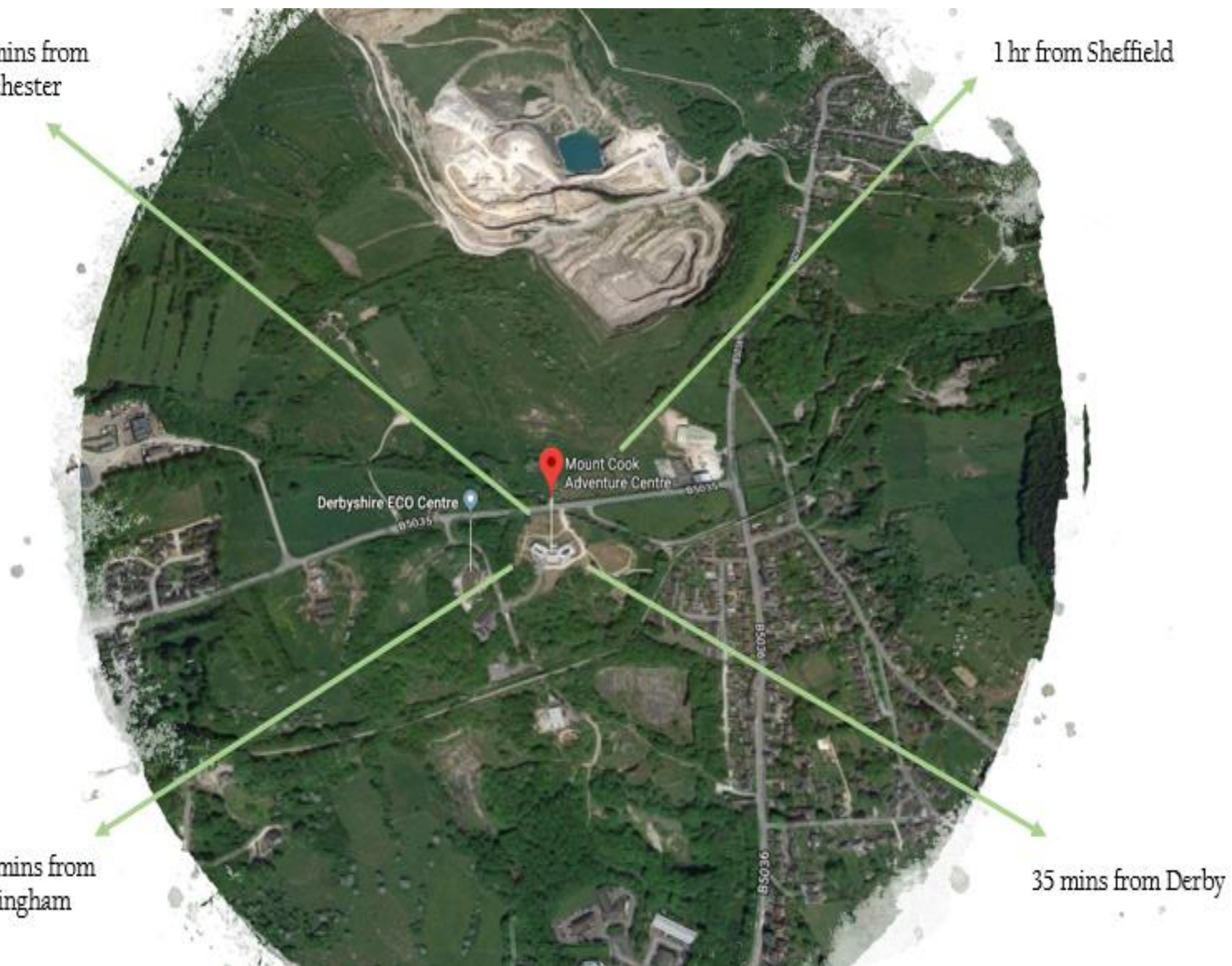
1 hr from Sheffield

Derbyshire ECO Centre

Mount Cook
Adventure Centre

1 hr 20 mins from
Birmingham

35 mins from Derby







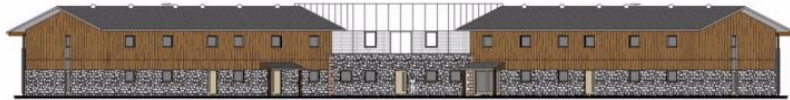




Accommodation



South Elevation



North Elevation



Located across two floors in the main building in 4 bedded pods, all rooms at Mount Cook come complete with private bathroom facilities.

The modern design incorporates the centre's eco-friendly ethos with warm water and electricity being provided by the site's high tech solar powered energy portals. To ensure security, rooms are only accessed via a special key card with some corridors also secured by card access to ensure groups are safely kept together.







Facilities

Access to local
woodland

Outdoor Climbing
Facilities

Wheelchair
Accessible Rooms

Two Classrooms

Activity Field



Views across the
Ecclesbourne Valley

Rooftop terrace with
seating for evening
entertainment

Indoor Climbing Wall

Outside Stage for
Amphitheatre/
Presentations/ Dance

Activities



IN THE SKY

- HIGH ROPES -

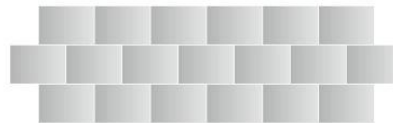


IN THE WILDERNESS

- BUSHCRAFT -
- ORIENTEERING -
- NIGHT WALKS -
- EXPLORING NATURE -



ON THE WALL



- ABSEILING -
- CLIMBING -

ON THE WATER



- CANOEING -
- RAFT BUILDING -





Activities

Activities included

Abseiling	Initiative Exercises
Archery	Low Ropes
Buggy Building	Mini beast Hunt
Bushcraft Skills	Nocturnal Safari
Cirque d'JCA	Orienteering
Changing Woodland	Rocket Launch
Climbing	Raft Building
Crate Stack	Sensory Trail
Dance	Team Challenge
Environmental Explorers	Trapeze
Fencing	Wet and Wacky
Gladiator Challenge	Wide Games
High Ropes	Zip Wire

Offsite activities at a supplement

Biking
Canoeing
Caving
On The Rocks Abseil
On the Rocks
Scramble/ Weasel
Rafting
Rock Climbing
Stream Scramble

Sample Itinerary

This is a sample itinerary to show how activities are scheduled.
Your week will be structured to meet your requirements and choice of activities.

Morning		Afternoon		Evening
Monday				
Travel to the Centre		Intro Tour	Climbing	Giant Cluedo
Tuesday				
Buggy Building	Archery	Zip Wire	Cirque Du JCA	Runaround Quiz
Wednesday				
Abseiling	Orienteering	Watersports (at required supplement)		Egg Protector
Thursday				
High Ropes		Fencing	Sensory Trail	Disco
Friday				
Team Challenge	Presentation	Travel back to School		
Please note that the timetable is subject to change and is currently at the proposal stage.				

Off-site activities (all within a 10 minute drive) not included in basic tour price but available at a supplement

Climbing at local crags
 Caving (approximately 10 mins drive)
 Stream scrambling (approximately 10 mins drive)
 Watersports - Open Canoeing and kayaking (canal or Carsington Water)
 Raft Building at Carsington water (approximately 10 mins drive)

for the older students:
 Biking
 Winter/Summer Mountaineering Gorge Scrambling
 Rock Scrambling /weaselling
 And more intense climbing and caving



A high ropes course structure with a person climbing. The structure is made of green metal beams and ropes, set against a backdrop of bare trees. A person is visible climbing one of the ropes. The ground is covered in wood chips.

High Ropes

Our impressive 40ft high ropes course have five elements:

- The Leap of Faith
- Crate Stack
- High All Abroad
- Gladiator Challenge
- Jacob's Ladder

Groups can expect to develop key skills such as teamwork, communication, perseverance and resilience. This activity will also encourage a sense of cohesion within the group.



















A group of seven children are in a green canoe on a calm canal. They are all wearing blue helmets and red life jackets. Some are holding paddles, and one child at the back has their arms raised in a celebratory gesture. The canoe is labeled 'PENOBSCOT 16-4' on its side. In the background, there is a grassy bank with tall reeds, a line of trees, and several wind turbines on a distant hill under a cloudy sky. Another green canoe is visible in the distance to the left.

Canoeing

Explore just under a mile of Cromford's historic canals on one of our canoeing expeditions. Each canoe can hold two people, and present minimal risk of capsizing. To paddle efficiently, this activity requires great team-work and communication skills. Along the way we will discover an abundance of wildlife and features of historic importance.

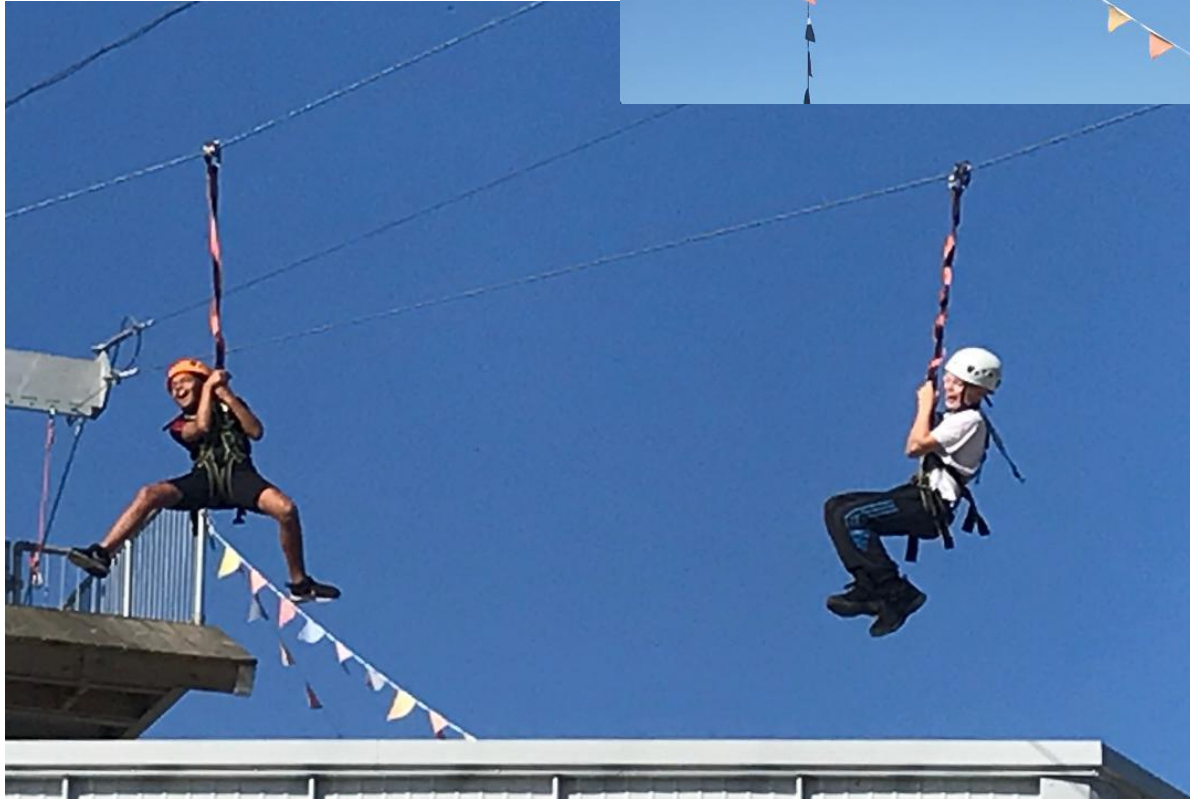


A person is seen from behind, suspended on a zipline and gliding over a dense green forest. The zipline cable is a thin black line stretching across the upper half of the frame. The person is wearing a dark jacket and pants. The background is a vast expanse of trees with bright green foliage under a clear blue sky.

Rooftop Rider Zip Wire

The first of its kind in Derbyshire, our Rooftop Rider Zip Wire starts 15 metres off the ground on the Centre's roof and finishes on the far side of Steeplehouse Quarry! The Rooftop Rider is 108 metres in length and guests can expect to reach speeds of up to 40 mph.

Pupils will develop their self-confidence and resilience.





New for 2022...

The Heights of Abraham



Cable Cars, Caverns
& Hilltop Park

Matlock Bath
in the Peak District



THE GREAT MASSON CAVERN

A journey through 300 million years

Excursion: the Heights of Abraham

The Heights of Abraham had remaining one of the Peak Districts most popular tourist destinations since it opened in 1780. After a ride on the unique cable car, the children will experience 2 show caverns, learn about Victorian tourism, and see plenty of fossils!

<https://www.youtube.com/watch?v=aFfpp6-xL58>

Quotes from children's letters after visiting Mount Cook in 2019....

"I really enjoyed going to Mount Cook and would really like to go there again just to see the instructors as I miss them already."

"Everyone was working together. The instructor was really encouraging and so was the team."

"My favourite activities were Gladiator wall , zip wire and canoeing because you encouraged everyone to have a go! That was the best residential trip ever."

"As soon as I completed the Gladiator wall I felt amazing!"





“...***** had a phenomenal time thanks to everyone involved.

“The children have made memories that will last a lifetime and have developed life skills and boosted their confidence upon recognition...” (Parent – 2019 Residential)

“The photos and updates on the Facebook page were fantastic and put us all at ease. We felt like we were there with them. Thankyou so much” (Parent – 2019 Residential)

Your Adventure Begins Here!





Questions?