

WELCOME TO MOUNT COOK!

5th -7th March

YOUR WORLD CLASS SCHOOL TRIP

Starts Here...



Information

- Wednesday 5th , Thursday 6th and Friday 7th March 2025
- Leave at 10am and return at 3pm
- Year 5 from Acorns and Shipston Primary
- Staff from both schools
- Payments - deposit by 19th July and then installments: Sept, Oct, Nov & Dec
- Objectives:
 - ☐ Happy Memories
 - ☐ Independence
 - ☐ Responsibility
 - ☐ Time Keeping
 - ☐ Organisation
 - ☐ Self-challenge
 - ☐ Friendship
 - ☐ Transition





ABOUT MOUNT COOK

We are an independent, not-for-profit outdoor education centre based on the edge of the Peak District.



We're committed to improving lives through direct access to the outdoors. Since 2016 we have welcomed over 50,000 individuals to Mount Cook for amazing outdoor experiences.

WHY MOUNT COOK?

- **Highly trained** instructors and staff
- Programmes built around your **aims and objectives**
- Focus on developing **life skills** through outdoor activity
- Modern, **eco-friendly** facilities
- **Beautiful** countryside location



MOUNT COOK PROVIDE...



- A full programme of exciting **outdoor activities**
- **Experienced instructors** to facilitate activities
- Comfy accommodation
- Tasty full board catering
- **World class** school trips!

ACCOMMODATION



Indoor bedrooms

- 4 - 6 people per room
- Toilet, sink & shower in each
- 2 accessible rooms available

**Pillows, duvets and bedlinen provided.
Bring your own towel.**



Virtual Tour - <https://www.mountcook.uk>



CATERING - SAMPLE MENU

Wednesday

Own packed lunch

Margherita pizza

or

Battered cod

served with chips & mushy peas

Sticky toffee pudding & custard
or yogurt & fresh fruit

Thursday

Bacon, sausages, hash browns,
eggs and baked beans
&
Croissants, fresh fruit, cereal,
yogurts, toast with jam, butter &
honey

Jacket Potato

Choose your own filling: cheese,
beans or tuna mayo

Choice of salad bar

Crisps, fresh fruit, & sweet
treat

Beef bolognese

or

Vegetarian bolognese

served with garlic bread

Chocolate fudge cake or yogurt
& fresh fruit

Friday

Bacon, sausages, hash browns,
eggs and baked beans
&
Croissants, fresh fruit, cereal,
yogurts, toast with jam, butter &
honey

Floured bap

Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or chickpea pesto
spread

Crisps, fresh fruit, & sweet
treat

We cater for most dietary requirements when informed in advance, including **vegan, gluten free and halal.**



Activities

- Archery
- Orienteering
- Campfire & Bushcraft
- Rock Climbing and Abseiling
- Low ropes & Problem Solving
- Team Challenges
- Zip wire and Traverse cub



Session	Time	Shipston On Stour Pr 1	Shipston On Stour Pr 2	Shipston On Stour Pr 3
Wednesday 05 Mar				
Wed	13:00 - 13:30	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)
Wed	13:30 - 13:45	Activity Brief	Activity Brief	Activity Brief
Wed	13:45 - 17:00	Archery & Onsite Orienteering	Archery & Onsite Orienteering	Low Ropes, Mini Zip & Problem Solving
Wed	17:00 - 18:00	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation
Wed	18:00 - 18:30	Dinner	Dinner	Dinner
Wed	18:30 - 20:00	Campfire & Bush Craft - Woods (Evening)	Campfire & Bush Craft - Woods (Evening)	Campfire & Bush Craft - Woods (Evening)
Session	Time	Shipston On Stour Pr 1	Shipston On Stour Pr 2	Shipston On Stour Pr 3
Thursday 06 Mar				
Thu	08:00 - 08:30	Breakfast	Breakfast	Breakfast
Thu	09:00 - 12:15	Low Ropes, Mini Zip & Problem Solving	Low Ropes, Mini Zip & Problem Solving	Archery & Onsite Orienteering
Thu	12:45 - 13:15	Lunch	Lunch	Lunch
Thu	13:45 - 17:00	Onsite Rock Climbing & Abseiling	Onsite Rock Climbing & Abseiling	Zip Wire & Traverse Cube
Thu	18:00 - 18:30	Dinner	Dinner	Dinner
Thu	18:30 - 20:00	Team Challenges (Evening)	Team Challenges (Evening)	Team Challenges (Evening)
Session	Time	Shipston On Stour Pr 1	Shipston On Stour Pr 2	Shipston On Stour Pr 3
Friday 07 Mar				
Fri	08:00 - 08:30	Breakfast	Breakfast	Breakfast
Fri	08:30 - 09:00	Vacate rooms and return keys to reception.	Vacate rooms and return keys to reception.	Vacate rooms and return keys to reception.
Fri	09:00 - 12:15	Zip Wire & Traverse Cube	Zip Wire & Traverse Cube	Onsite Rock Climbing & Abseiling

KIT LIST

Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers (not jeans)
- 2 pairs of trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas
- Hat and gloves



Other

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Money for souvenirs & vending machine
- Small backpack
- Padlock (for bedroom lockers, optional)



Toiletries

- Shampoo
- Soap
- Hair brush
- Tooth brush & paste
- Towel



Mount Cook provides all specialist equipment for participation in our activities.

Questions

