



Low Mill Outdoor Centre

Courses

Courses are tailor made to suit each individual group's aims, ages, physical abilities and interests.

OUTDOOR ACTIVITIES

Outdoor Activities can include any of the following, subject to time of year, staff availability, weather conditions, etc.

Abseiling	Archery	Bushcraft/survival skills
Canoeing	Caving	Climbing/climbing tower
Fell walking	Geocaching	Gorge walking
High ropes course	John Muir Award	Kayaking
Mountain biking**	Navigation exercises	Orienteering
Raft building	Team games	Zip wire

** These activities may require an extra charge and will need to be booked in advance.

ENVIRONMENTAL AND COUNTRYSIDE STUDIES

We have a range of environmental sessions, which can include Earth Education, Stream Studies, Bird Watching, Plant and Tree Identification and other Field Studies. We can also organise visits to local farms, museums and castles.

TEAM BUILDING EXERCISES AND GAMES

We have a number of exercises including Raft Building which can be incorporated into courses or can be the basis of the whole course, including management training and adventure courses for colleges. We also have a wide selection of indoor and outdoor games that we can use for all ages and abilities.

DISABILITES AND SPECIAL NEEDS

The centre's staff are used to working with a wide variety of groups of people with disabilities and special needs, and for wheelchair users there is access to all facilities and special dormitory provision in the Wing.

EVENING ACTIVITIES

There will be a member of Low Mill staff on duty each evening. They can provide a range of activities on most evenings, including indoor games, nightline and night drops.

ADULT GROUPS AND FAMILY GROUPS

Most of our work is with groups of young people but we can also cater for adult groups and family groups including single parent families.

We reserve the right to alter the activities programme due to circumstances beyond our control.



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Facilities

INDOOR FACILITIES

The first floor lounge is large but cosy, full of character, with an open fire, beamed ceiling and comfortable chairs. There is also a separate Educational Resource Room off the lounge.

The dining room, also on the first floor, is pleasant and spacious. This means that several small discussion groups can be easily accommodated in this first floor area.

The following facilities are available -

Stage with wheelchair access	Pool table
Powerpoint projector	Sound system
Table tennis table	Flip chart board
Television	DVD player

OTHER LOCAL FACILITIES

Playing field - adjacent to the Centre
Village Hall - can be booked for badminton etc.

Public Houses:

King's Arms, Askrigg (excellent access to front lounge)
The Crown, Askrigg
The White Rose Hotel, Askrigg
The Rose and Crown, Bainbridge

Visits to studios of local artists can be arranged.

MINIBUSES

The Centre has three minibuses for use by groups.

