



ROCK UK SUMMIT CENTRE 3 DAY PACKAGE PROGRAMMES 2025 - 2026



TRANSFORMING
YOUNG LIVES
— SINCE 1922 —

LEARNING THROUGH ADVENTURE





This package takes place as follows:

	Monday	Tuesday	Wednesday
		Breakfast	Breakfast
Morning (3 hours)		Crate Stack & Caving	Hill Walk or Canoeing
		Lunch	Lunch
Afternoon (3 hours)	Arrive at 2pm Spotlight & Kit Allocation	Climbing & Archery	Depart by 1pm
	Evening Meal	Evening Meal	
	Self Supervised Activities	Self Supervised Activities	

Should your group need to depart early on your final day we can amend your package to cater for this. We can also build a bespoke package for you over a three day stay.



ACTiViTY OPTiONS

Our three day package programmes are built around either two or three, 3 hour activity sessions. Options for these sessions will either be a full three hour activity or two shorter sessions combined.

Three Hour Sessions:

Canoeing

Learn the art of open canoeing in this exciting and challenging activity. As you paddle along a lake or river, we'll guide you through the basics of paddling forwards, steering the boat in different directions, using different strokes, stopping, balancing the boat and getting in and out of the canoe safely. This is one for teamwork and overcoming fears, but we make sure you also have great fun playing games on the water. (Depending on availability occasionally raft building or kayaking are offered instead.)

Indoor Climbing

An extended indoor climbing session giving more opportunity for learning climbing skills and techniques like belaying and knots while exploring more areas of the huge Summit Centre indoor climbing wall.

Hill Walking

A fantastic experience of guided walking through the mountain valleys surrounding Summit Centre, a valley steeped in history, beauty and wildlife.

Combine two of the following activities to make up a three hour session:

Archery

Learn about bows and arrows and the skill needed to become an archer whilst trying to out-score your friends on this activity. It will challenge your maths skills, focus and dexterity as you work out the best technique to succeed

Bushcraft

Learn how to use your natural environment to survive. Working as a team you will learn to build and light fires using sparks and build your own shelters. You will learn more about the natural environment around you, how to use it and look after it.

Indoor Climbing

The indoor climbing wall is great for groups of all abilities that want a challenge. The walls offer different angles, routes and problems that will ensure each member of the group is challenged and pushed.

Caving

Discover what's going on in the subterranean world that exists right under your feet with this fantastic activity in our man-made caving system. Explore the narrow passages, crawl through water and navigate tight spaces as you find out about rock formations, stalactites and stalagmites and the wonderful creatures that live in caves.

Crate Stack

Test your balance and team work as you take on the Crate Stack challenge. Think of a jenga tower but with 2 of your team stood on top! How high will you get?

Abseil & Vertical Challenge

In this combined challenge take on the abseil and control your descent before you race up the vertical challenge course. How high can you go and can you beat your opponent?

FURTHER iNFORMATION

SPOTLIGHT SESSION

Your residential week will commence with a Spotlight Session, considering team work, decision making, communication all from a Christian perspective or respect, tolerance and inclusivity. Spotlight sessions promote SMCS learning (Social, Moral, Cultural and Spiritual) and are included in the packages we offer.

NOT THE RIGHT FIT

Should these packages not work for you we also offer bespoke packages, please contact the centre for further details.

GROUP SIZES

Each group will have up to 12 participants including one of your leaders/teachers. We will discuss with you how many instructed groups your school will require.



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