



ROCK UK SUMMIT CENTRE 5 DAY PACKAGE PROGRAMMES 2025 - 2026



TRANSFORMING
YOUNG LIVES
— SINCE 1922 —

LEARNING THROUGH ADVENTURE



Working in groups of up to 12 people (including a teacher or leader from your school) your instructor will lead your pupils through the week, participating in a range of activities. Each group will have one off site adventure day, with different challenges and the other activities will build on their learning that day.

The off site days are:

Climbing

You get three activities in one with this option. It teaches you climbing, bouldering and abseiling a real journey of exploration and learning in the outdoors. This challenging activity gives you a real taste of the outdoors, climbing on crags and working with the elements. This is a great activity for developing confidence, challenging problems and overcoming fears.

Caving

A full day of exploration in an underground obstacle course. Discover fossils, cave formations and a little about yourself and friends. Scared of small spaces or the dark? Then this is the best activity for you. A fully immersive experience not to be missed guided by our experienced and friendly cave instructors who will set the level and pace to the needs of the group.

River Studies

An unforgettable experience of learning and exploration taking in the water cycle, river and cave formation, erosion, deposition and adventure. This real world experience of science and geography in action takes place in forests, mountains and caves.

Waterfall Adventure

Looking at the water cycle, encouraging team work and leadership, a fantastic opportunity for groups to develop and see new sides to each other. This activity gets you pushing your limits in an active river bed with waterfalls to explore and scramble in and around.

Mountain Walking

A full day of exploration in the stunning Brecon Beacons national park. Discover the geology and geography of the recognised geo park, the beauty of rolling mountains and glacial formed valleys.

A group of approximately ten young people, mostly teenagers, are posed in a cave environment. They are wearing red safety helmets with headlamps attached. Several are wearing red or blue outdoor jackets. They are all smiling and looking towards the camera. The background is dark and rocky, typical of a cave interior.

OFFSITE CAVING PACKAGE

A full day of exploration in an underground obstacle course. Discover fossils, cave formations and a little about yourself and friends. Scared of small spaces or the dark? Then this is the best activity for you. A fully immersive experience not to be missed guided by our experienced and friendly cave instructors who will set the level and pace to the needs of the group.

PHYSICAL EDUCATION - COMMUNICATION *and* LISTENING SKILLS - SELF-CONFIDENCE
ENVIRONMENTAL IMPACT - LEADERSHIP SKILLS



An Offsite Caving Package takes place as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast	Breakfast	Breakfast	Breakfast
Morning (3 hours)		Crate Stack & Aerial Adventure	Offsite Caving	Canoeing	Bushcraft & Abseiling/Vertical Challenge
		Lunch	Lunch Off Site	Lunch	Lunch
Afternoon (3 hours)	Arrive at 2pm Spotlight & Kit Allocation	Hill Walk	Offsite Caving	Climbing & Archery	Depart at 1pm
	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	



OFFSITE WATERFALL ADVENTURE PACKAGE

Looking at the water cycle, encouraging team work and leadership, a fantastic opportunity for groups to develop and see new sides to each other. This activity gets you pushing your limits in an active river bed with waterfalls to explore and scramble in and around.

Suitable for School Year 3 - 7

PHYSICAL EDUCATION - COMMUNICATION *and* LISTENING SKILLS - SELF-CONFIDENCE
ENVIRONMENTAL IMPACT - LEADERSHIP SKILLS



An Offsite Waterfall Adventure Package takes place as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast	Breakfast	Breakfast	Breakfast
Morning (3 hours)		Crate Stack & Caving	Waterfall Adventure	Climbing and Archery	Bushcraft & Abseiling/Vertical Challenge
		Lunch	Lunch Off Site	Lunch	Lunch
Afternoon (3 hours)	Arrive at 2pm Spotlight & Kit Allocation	Hill Walk	Waterfall Adventure	Canoeing	Depart at 1pm
	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	



OFFSITE CLIMBING PACKAGE

You get three activities in one with this option. It teaches you climbing, bouldering and abseiling a real journey of exploration and learning in the outdoors. This challenging activity gives you a real taste of the outdoors, climbing on crags and working with the elements. This is a great activity for developing confidence, challenging problems and overcoming fears.

PHYSICAL EDUCATION - OVERCOMING FEARS - SELF-CONFIDENCE
PROBLEM SOLVING - EVALUATE STRENGTHS *and* WEAKNESSES

An Offsite Climbing Package takes place as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast	Breakfast	Breakfast	Breakfast
Morning (3 hours)		Climbing Indoors	Offsite Climbing	Buschcraft & Archery	Crate Stack & Caving
		Lunch	Lunch Off Site	Lunch	Lunch
Afternoon (3 hours)	Arrive at 2pm Spotlight & Kit Allocation	Hill Walk	Offsite Climbing	Canoeing	Depart at 1pm
	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	



A photograph of three children wading in a river, wearing red waders and black boots. The child on the left is a boy with a black beanie, the middle child is a boy with glasses, and the right child is a girl with blonde hair. They are all looking down at the water. The background shows a grassy bank and a fence.

OFFSITE RIVER STUDIES PACKAGE

An unforgettable experience of learning and exploration taking in the water cycle, river and cave formation, erosion, deposition and adventure. This real world experience of science and geography in action takes place in forests, mountains and caves.

**PHYSICAL EDUCATION - COMMUNICATION *and* LISTENING SKILLS - TEAM BUILDING
SCIENCES - ENVIRONMENTAL IMPACT**

An Offsite River Studies Package takes place as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast	Breakfast	Breakfast	Breakfast
Morning		Crate Stack & Caving	Offsite River Studies	Canoeing	Bushcraft & Abseiling/Vertical Challenge
		Lunch	Lunch Off Site	Lunch	Lunch
Afternoon	Arrive at 2pm Spotlight & Kit Allocation	Hill Walk	Offsite River Studies	Climbing & Archery	Depart at 1pm
	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	



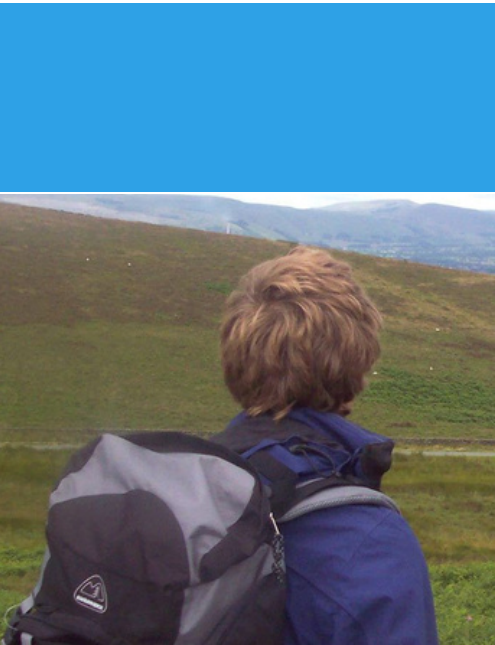
OFFSITE MOUNTAIN WALKING PACKAGE

A full day of exploration in the stunning Brecon Beacons national park. Discover the geology and geography of the recognised geo park, the beauty of rolling mountains and glacial formed valleys.

SCIENCES - COMMUNICATION *and* LISTENING SKILLS - TEAM BUILDING
ENVIRONMENTAL IMPACT - CONCENTRATION

An Offsite Mountain Walking Package takes place as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast	Breakfast	Breakfast	Breakfast
Morning		Crate Stack & Caving	Offsite Mountain Walking	Canoeing	Bushcraft & Abseiling/Vertical Challenge
		Lunch	Lunch Off Site	Lunch	Lunch
Afternoon	Arrive at 2pm Spotlight & Kit Allocation	Hill Walk	Offsite Mountain Walking	Climbing & Archery	Depart at 1pm
	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	Self Supervised Activities	



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.



**TRANSFORMING
YOUNG LIVES**
— SINCE 1922 —

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