

X ADVENTURE DEVELOPMENT CENTRE

HORSFORD, NORWICH

DEVELOP YOURSELF; DEVELOP YOUR FUTURE

SCHOOLS BROCHURE

ADVENTUROUS RESIDENTIALS

DUKE OF EDINBURGH AWARD

ALTERNATIVE EDUCATION PROGRAMMES

ADVENTUROUS DAY VISITS

COURSES FOR STAFF AND PUPILS

UK EXPEDITIONS

ADVENTURE TRIPS





About X Adventure

PERSONAL DEVELOPMENT IS A LIFE LONG JOURNEY

We deliver adventurous development programmes for Schools, Groups and Colleges.

Our staff are passionate about helping, encouraging, supporting and guiding our guests.

We deliver bespoke, fun, engaging and educational School programmes from a small class up to a large year group. From one day, up to a week long visit at our Centre in Norwich or alternatively any venue or location within the UK.

Youth and adult personal and team development is at the heart of everything we deliver. We use outdoor activities and programmes to facilitate and focus each person's journey of discovery. We actively empower individuals to improve self confidence, personal relationships with peers, leadership and communication qualities.

We encourage people with insular outlooks to openly embrace change. We challenge behaviour and work closely with individuals and teams to help them see from past to future.

This is what sets us apart from others, we go the extra mile and we are not afraid of a difficult journey.



'What we fear of doing most is usually what we most need to do'

SCHOOL RESIDENTIAL

Based at our Centre in Horsford, Norwich

To develop yourself you have to be yourself; you need the best staff and the best location to see past the difficulties at home or school.

Walk around Dlwhinie or Lamorna Lake or just sit on otter bridge and listen to the bubbling brook. Connect with nature at the same time as completing a residential programme of fun, challenging and adventurous activities.

The combination of both adventure and nature is proven to make a real difference to individual perceptions, aims and goals; we can make a difference; however big or small.

- Bunkrooms for 36
- Bell tents for 96
- Covered BBQ area
- Team and Conference Room
- Dining room and lounge
- Large events field
- Quiet, safe and tranquil

bookings@xadventureactivities.co.uk



Archery

Abseil

Zip Line

Canoeing

High Ropes

Raft Building

Team Challenges

Bushcraft

Trebuchet building

and more...





DUKE OF EDINBURGH AWARD

We deliver training, practice and qualifying expeditions throughout the UK, specialising in walking, canoeing or cycling.



CANOEING

Paddling expeditions are an increasingly popular alternative to walking, it gives an entirely new perspective to journeying. Participants don't have to carry a large rucksack and they learn a new skill. We can deliver Bronze, Silver and Gold.

We provide all of the water sports equipment; canoes, paddles, buoyancy aids, spray cags, helmets, water proof barrels and dry bags.

- The Norfolk Boards
- The River Waveney
- The River Medway

- The River Stour
- The River Wye
- The River Severn
- The River Chelmer
- The River Spey
- The River Great Ouse



WALKING

We have extensive knowledge of all main expedition areas across the UK, delivering Bronze, Silver or Gold. We pride ourselves on the quality of our staff, all of whom are highly qualified and experienced outdoor professionals. We will design a programme of training and expeditions aimed at your group, we can work with you to choose a suitable location for your group, this can be local to Norwich or anywhere within the UK.

Camp overnight at Bramley Lakes for your Bronze, only £6 per person per night, we have some great routes surrounding us, NR10 3DH

'The only person you are destined to become
is the person you decide to be'



ALTERNATIVE EDUCATION PROGRAMME

THE FOCUS PROGRAMME

The programme is aimed at young people lacking in direction, self confidence, self belief and who struggle with school commitment and who find the four walls of school learning difficult to manage. This may exhibit in challenging behaviour or in a lack of self motivation.

We can help 14 - 26 year olds find themselves, to learn that their past does not need to cloud their future.

We offer a challenging, outdoor alternative education programme, hosted and delivered by outdoor professional staff at our development centre in Horsford, Norwich.

Schools can refer their young people onto the programme without the need for supervising school staff to attend.

This programme has proven results, please contact us for more details.

Details of programme:

1 day a week for 6 or 12 weeks

Venue: Bramley Lakes, Horsford, Norwich

Minimum numbers: 6

The programme includes

- Life skills
- Food and nutrient
- Physical and mental health development
- Team and social skills
- Resilience
- Empowering transition from past to future
- Managing emotions
- Reflection and reintegration
- On-going support and mentoring
- Outdoor residential visit
- Challenging adventurous activities
- First aid

bookings@xadventureactivities.co.uk

COURSES AND EXPEDITIONS

FIRST AID

We can deliver first aid courses to staff, students or parents.

We offer a practical approach and deliver dynamic, engaging courses. We teach to the recommended standards of the HSE and course certificates are valid for 3 years.

We will make the course relevant to you, your students or your staff.

We can deliver at your school or why not use our training and conference room at our Centre at Bramley Lakes, Horsford, Norwich.

Emergency 1st aid from £35pp



FIRST AID AT WORK
OUTDOOR FIRST AID
EMERGENCY FIRST AID
PAEDIATRICS FIRST AID
STUDENT FIRST AID

EXPEDITIONS

We are experts at organising and delivering adventurous expeditions for schools and groups throughout the UK.

In consultation with the school, we organise the activities, accommodation, instructional staff, risk assessments and where possible catering.

Activities can include:

- Mountaineering
- Gorge Scrambling
- Canoeing
- Rock Climbing and Abseil
- Team Challenges
- Coasteering
- Hill Walking

and more....



NORTH WALES
BRECON BEACONS
SCOTTISH HIGHLANDS
DARTMOOR
THE PEAK DISTRICT

CURRICULUM

We can offer many activities, sessions and courses at our development centre in Horsford, Norwich that link directly or indirectly with your curriculum. We can work with you to design outdoor educational programmes that compliment the teaching within your school.

Examples:

- NNAS navigation scheme
- Trebuchet building
- Public Service Programme
- Bushcraft and survival course
- GCSE Sports
- NCS programmes
- Social development

and more....



CLIMBING / ARCHERY
CANOE EXPEDITIONS
FIRST AID
NNAS SCHEME
THEMED ADVENTURE

bookings@xadventureactivities.co.uk

Adventure Trips for Adults

Canoeing
Rock Climbing
Gorge Scrambling
Coasteering
Bushcraft
Bridge Abseiling
and more...

Wet and Wild in North Wales
Canoeing the River Wye
Canoeing the River Waveney
The Spey Canoe Descent
Bushcraft / Survival Weekend
Bespoke Adventure Trips

We have developed some amazing adventure trips for individuals, groups of friends or colleagues.

Our trips are about having fun, enjoying amazing locations and doing activities you've always wanted to try.

email for details: bookings@xadventureactivities.co.uk



Age: 8 - 15



ACTIVE FUN

SCHOOL HOLIDAY PROGRAMME

EASTER / SUMMER / HALF TERMS

Join us with friends or make friends at our centre in Horsford, Norwich.

Archery
Canoeing
High Ropes
Zip Line
Raft Building
Bushcraft and more.

Pre booking only, email: bookings@xadventureactivities.co.uk or Tel: 01603 893200



X ADVENTURE ACTIVITIES LTD
X ADVENTURE DEVELOPMENT CENTRE
BRAMLEY LAKES
DOG LANE
HORSFORD
NORWICH
NORFOLK
NR10 3DH

EMAIL: bookings@xadventureactivities.co.uk

TEL: 01603 893200

