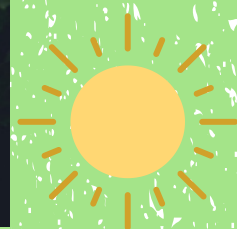




# CRS ADVENTURES LTD AT THE RIVER DART COUNTRY PARK



## SCHOOL RESIDENTIAL VISITS ALL YEAR ROUND



BUILDING CONFIDENCE  
& CREATING MEMORIES

Options for ages 6yrs +



CONTACT US

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[WWW.RIVERDART.CO.UK](http://WWW.RIVERDART.CO.UK)

[WWW.CRSADVENTURES.COM](http://WWW.CRSADVENTURES.COM)

# ACCOMMODATION



12 Dormitories  
over 2 floors  
(Sleeping 98 in  
total)

24 Hour Duty  
Instructor



Please note this is only a Sample Menu, menus may change! Please speak to your trip leader for final menu if needed. This menu does not show alternatives for Allergies or Dietary requirements.

	BREAKFAST	LUNCH	DINNER	DESSERT
<b>MONDAY</b>		<b>Jacket potato</b> With choice of. Tuna mayonnaise Baked beans Grated cheddar	<b>Fusilli pasta</b> With choice of. Bolognese sauce. Veg meatballs in tomato sauce. Ratatouille sauce. Cheese sauce. Plus Garlic bread Grated cheddar	<b>Eton Mess</b> Whipped cream with Strawberry sauce fresh strawberries and Meringue
<b>TUESDAY</b>	Bacon Sausage Quorn sausage Baked beans Plum tomatoes Hash browns Fried egg Mushrooms Cereal & milk/soymilk Yoghurt Toast & jams	<b>Wraps</b> With choice of. Battered chicken fillets Fish goujons Vegetable Fingers	<b>Gammon Roast or Quorn Fishless Fillet</b> Roast Potatoes Cauliflower and broccoli cheese Peas and sweetcorn Carrots and parsnips Gravy	<b>Chocolate brownie</b> Chocolate ice cream Chocolate sauce
<b>WEDNESDAY</b>	Bacon Sausage Quorn sausage Baked beans Plum tomatoes Hash browns Fried egg Mushrooms Cereal & milk/soymilk Yoghurt Toast & jams	<b>Hot Dog or Vegetable Hot Dog</b> Pretzel hot dog roll Fried onion Grated cheddar	<b>Roasted chicken or Miami Chick'n patty</b> Rice Choice of. Sweet and sour sauce Korma sauce Creamy mushroom sauce BBQ mixed beans	<b>Sticky toffee pudding</b> Vanilla Ice cream Toffee sauce
<b>THURSDAY</b>	Bacon Sausage Quorn sausage Baked beans Plum tomatoes Hash browns Fried egg Mushrooms Cereal & milk/soymilk Yoghurt Toast & jams	<b>Margherita Pizza Pepperoni pizza</b>	<b>Beef burger Chicken burger Vegetarian burger</b> Pretzel roll Roasted Med vegetables Peas Fries	<b>Apple Crumble &amp; Custard</b>
<b>FRIDAY</b>	Bacon Sausage Quorn sausage Baked beans Plum tomatoes Hash browns Fried egg Mushrooms Cereal & milk/soymilk Yoghurt Toast & jams	<b>Packed Lunch</b> Sausage roll Vegan sausage roll Transform-a-snack crisps. Fruitypot Fresh fruit Fruit Yoyo	<b>Salad choice with Lunch and Dinner</b> Iceberg lettuce Salad tomato Cucumber Sweetcorn Red onion Cocktail gherkin Pickled onions Rice salad Potato salad Vegan Coleslaw <b>Bread and Butter Tortilla chips</b>	

## High Activities

### **High Ropes Course**

Our hugely popular 23 platform high ropes course is the ultimate treetop activity! Set in some of the tallest trees within the River Dart Country Park. The course is fitted with the latest continuous safety system.

### **Dartmoor Climbing**

Dartmoor is a wonderful place for groups to try climbing. Many of the granite tors scattered across Dartmoor offer a range of routes, including some challenging ones, but we also offer various opportunities for learning the basic skills of climbing. Due to our location on the edge of Dartmoor we are spoilt for choice with several popular rock climbing locations all within half an hour's drive. For introductory climbing sessions we tend to use Leigh Tor,

### **Mega Zip Wire**

A zip wire needs little introduction, climb the steps to high up in a tree before you fly over a lake to the far bank, over eighty feet away.

### **Crates Stacking**

Together with the rest of their team the participants construct a tower of crates, while standing on top of the tower, all within a time constraint. They are secured with ropes as they ascend, and the tower eventually collapses (with the help of their instructor) once their time is up.

### **High Beams**

This is another of our treetop favourites, participants walk along horizontal telegraph poles set high up in the trees. The key word in the name is definitely 'high', but they will be secured by a rope and harness controlled by the rest of their group and a safety instructor.

### **High V's**

This vertigo challenging activity will have participants walking along a wire leaning on their partner until they both fall. Those that are good at this activity can, with a trusting partner, be almost horizontal before they are forced to let go and be lowered to the ground.

### **Jacobs Ladder**

With the help of their team, participants need to climb a large 'ladder' made of wire and telegraph poles suspended between two trees. This tests not only their physical strength but also their agility and teamwork.

### **Pampa Pole**

Participants climb to the top of a pole while attached to a rope, then jump off and attempt to touch a swinging ball.



## High Activities

### Climbing Experience

The Climbing Experience is home to a 5.5-meter Ridgeline Climbing Wall consisting of two routes, and a 7.5-meter wall, consisting of four routes. All climbs are on auto belays. We also have a purpose-built Bouldering Box great for perfecting your traversing skills.

## Wet Activities

### Round Robin

Structured instructor lead run/walk around the park playing on various playground equipment, and learning skills such as spotting. Playing structured games and getting wet & muddy.

### Caving

Located at Pridhamsleigh cavern, one of our local caves. This is a great challenge for all and an unforgettable muddy experience!

### Canoe/Kayaking

Being based at River Dart Country Park means we have use of the sheltered lakes within the extensive grounds. These are absolutely perfect for a first canoeing/kayaking experience or for building an elementary skills base. We have a fleet of open canoes based on the traditional 'Red Indian' design, and sit on kayaks.

### Raft Building

This is a team building activity where groups design and build a raft from poles, ropes and barrels assisted by a safety instructor. Groups then get to test their rafts with games on the lake.

## Dry Activities

### Caving Experience

Our cave is an exciting replication of real caving. Test your skills by navigating the passageways, tight tunnels, boulders, and chambers. You will be kitted up in a helmet and torch, then it's time to enter the twist and turns of 90 meters of passageways.



## Dry Activities

### **Forest School Activities**

Our forest school activities can give your pupils a new and exciting learning experience. Pupils can participate in tasks to hone their skills and encourage development – all while learning about nature and being in the outdoors! Activities that the participants can get involved in include:

Bug hunting, Stream dipping, woodland art, building fires, exploring the area on wildlife trails, toasting marshmallows, building shelters and much more.

### **Leigh Tor Walk**

An instructor lead walk going either from the park to Leigh Tor for Climbing or back to the park from Leigh Tor after climbing. This is a great way for the group to experience Dartmoor at its best.

### **Team building tasks**

A range of classic team building challenges great for team building and problem solving.



# EVENING ACTIVITIES

## Evening Activities

### Gymo Course

Small orienteering course based in the adventure playground at River Dart Country Park.

### Hembury Walk

Instructor lead walk with a planned route. The walks are set on beautiful footpaths and quiet roads.

### Mini Olympics

Set in the country park grounds, this activity is done in a controlled manor in their activity groups. There will be games such as egg and spoon race, sack races and other coordinated running races.

### Adventure Playground

The River Dart Country Park's Adventure Playground is a great place for exploring and playing, with a play fort, slides, swings, obstacle and assault courses. Groups will be able to go and play on all apparatus whilst being over seen by instructors.

### Dart About

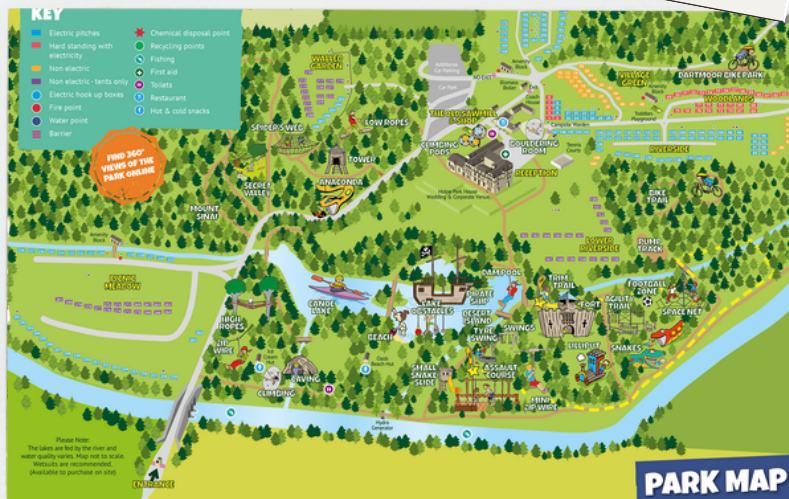
Competitive scavenger hunt on site at River Dart County Park with strict set boundaries. You may need to collect, do or write your answers.

### Shelter build

At our forest school areas working in teams, a shelter will need to be constructed, teams will collect natural materials to build shelters. Instructor's will help in different designs. If a shelter has running water, central heating and a water tight roof teams will be able to stay out in them.

### Campfire

A campfire is built in our designated campfire area, participants then sit round on benches, toasting marshmallows and signing songs.



# EXAMPLE PROGRAMS

		EXAMPLE SCHOOL PROGRAM FOUR NIGHTS					
		1	2	3	4	5	6
MON	MORN	Arrive 12 noon					
	AFT	Round Robin	Round Robin	Round Robin	Round Robin	Round Robin	Round Robin
	EVE	GYMO Course			Dart About		
TUE	MORN	Caving	Caving	Crates + Zip	Zip + Crates	Canoe + Kayak	Kayak + Canoe
	AFT	Raft Build	Raft Build	Caving	Caving	Caving	Caving
	EVE	Dart About			GYMO Course		
WED	MORN	Canoe + Kayak	Kayak + Canoe	High Ropes	High Ropes	Climbing	Climbing
	AFT	High Ropes	High Ropes	Canoe + Kayak	Kayak + Canoe	Walk	Walk
	EVE	MINI OLYMPICS					
THU	MORN	Walk	Walk	Climbing	Climbing	Crates + Zip	Zip + Crates
	AFT	Climbing	Climbing	Walk	Walk	Raft Build	Raft Build
	EVE	Shelter Build and Camp Fire					
FRI	MORN	Crates + Zip	Zip + Crates	Raft Build	Raft Build	High Ropes	High Ropes
	AFT	CERTIFICATES & DEPART 14:00 Packed Lunch					

		EXAMPLE SCHOOL PROGRAM TWO NIGHTS					
		1	2	3	4	5	6
MON	MORN	ARRIVE 10.30/11:00 WELCOME, TOUR					
	AFT	Canoe + Kayak	Kayak + Canoe	Zip Wire + Crates	Crates + Zip Wire	High Ropes	High Ropes
	EVE	Round Robin					
TUE	MORN	Zip Wire + Crates	Crates + Zip Wire	Canoe + Kayak	Kayak + Canoe	Caving	Caving
	AFT	Caving	Caving	High Ropes	High Ropes	Canoe + Kayak	Kayak + Canoe
	EVE	Mini Olympics					
WED	MORN	High Ropes	High Ropes	Caving	Caving	Zip Wire + Crates	Crates + Zip Wire
	AFT	Packed Lunch 12.45 Depart 13.30					

Your example program will be sent out once you have completed a booking form. This will be based on the activities you have selected in your Booking form.



# DAILY ROUTINE



7am Wake up

7.15am Dorm  
Inspections

7.30am Breakfast

9am Morning  
Activities

12.45pm Lunch

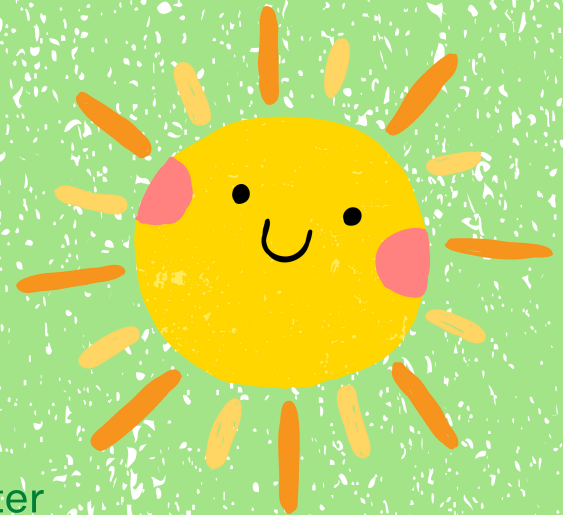
2pm Afternoon  
activities

5.30pm Dinner

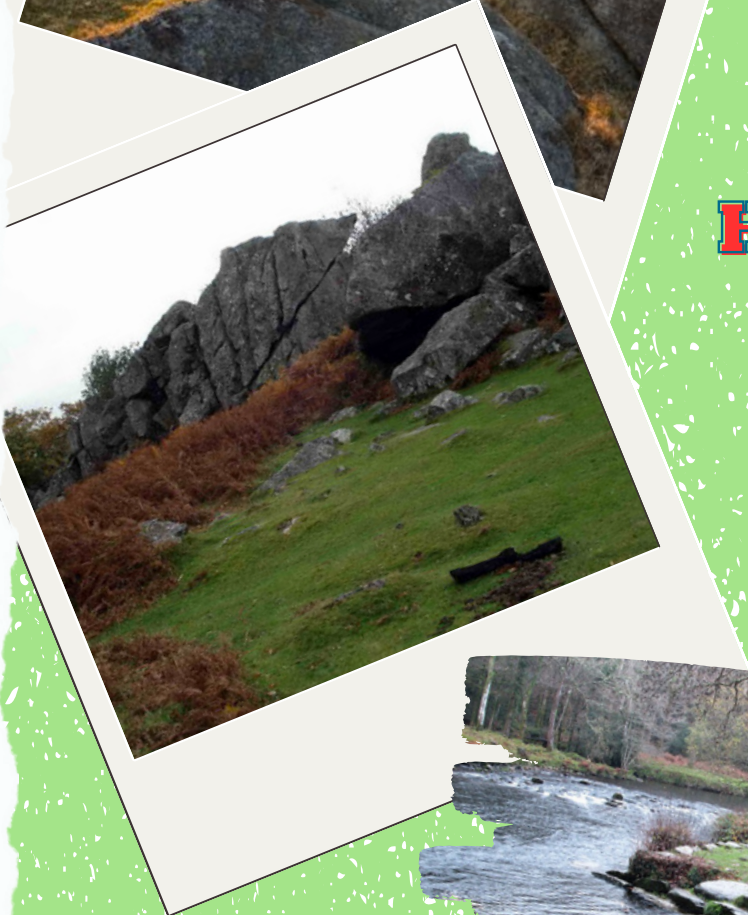
7pm Evening  
activities

9pm Milk & Water

10pm Lights out



# LOCATION



**LOCATED ON THE  
EDGE OF  
DARTMOOR  
NATIONAL PARK,  
HALF A MILE FROM  
THE A38**



**CONTACT**  
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