



**Nottinghamshire
County Council**

Outdoor and Environmental Education Centres



**The Mill
Adventure Base**



Special offers!

The Mill Adventure Base offers great opportunities for young people to get active at very reasonable rates (see enclosed price list for all of our current charges) but there are ways you can make your money go further with one of our amazing offers!

Get **12.5%** off the price of bookings for visits between 1 November and 1 May.

We also offer a **12.5%** discount on bookings for 5 sessions or more during one school term. Contact us for further information (see back cover).

We provide all of the personal safety equipment at no additional charge, to help make your visit both safe and affordable.

Accreditation

All of our activities have a staff to young person ratio which fulfil the National Governing Bodies guidelines for accreditation. Please note that some activities have a recommended minimum age.

Minibus hire service

We have two mini buses available for hire by groups who have booked an adventure provision with the Mill –whether you are coming to the Mill or going off-site for your activities:

1 x 14 seats (excluding driver)

1 x 8 seats (excluding driver)

You can hire a minibus either with an adventure staff member as the driver or, if you hold a NCC permit to drive, on a self drive basis, paying per mile.



Please contact the Mill for further details and availability



Welcome

The Mill Adventure Base is a purpose built, urban adventure centre situated at Kings Mill Reservoir, Sutton in Ashfield. The base offers a multitude of adventure activities to suit all abilities and requirements, ranging from a two hour taster/fun session to enhancing the educational experience of young people through alternative education programmes, National Curriculum focused learning or extra curriculum activities at National Governing Body level.

The Mill offers a mixture of land and water based activities suitable for ages 8+. On land we offer team games, a low ropes course, outdoor and indoor climbing walls, a Jacob's ladder, a maze of underground tubes (tunnels) and mountain biking. On the water you can try raft building, sailing, kayaking, canoeing, sit on canoes, disability sailing or inflatable fun.

If you want to go further afield, the Mill team can take your group offsite to go rock climbing, mountain biking, kayaking and canoeing on rivers or we can come to your venue with our mobile climbing wall and team games.

The benefits of your group enjoying these fun, exciting and adventurous activities include learning new skills, gaining confidence, working both independently and in groups and trying new activities that could become a hobby and a lifelong passion.

If you can't find activities to interest you, or would like to discuss an individual package of activities tailored specifically to your group, please contact us (see back cover).



Water Activities

(available April to Mid October)

The man-made, 72 acre, Kings Mill reservoir is situated within beautiful parkland and is the ideal setting to try out a variety of water sports, whether you are a competent water user or a complete novice.

We offer a range of activities for young people which can be done as two hour taster sessions, providing a huge amount of fun trying out new experiences, or a way develop skills as part of accredited National Governing Body award courses.

All they will need to bring is a complete change of clothing and enclosed footwear (such as old trainers or aqua shoes) which will get wet.

Kayak

For ages 11+, 8 people per group. These 2 hour sessions provide a great introduction to the sport of kayaking.

Open canoes

For ages 11+, 12 people per group. 2 hours of paddling these great, user friendly canoes.

Single handed sailing

For ages 11+, 12 people per group. Have a go at single handed/ disability sailing in these 2 hour sessions.

Onboard instructor sailing

For ages 8+, 5 people per group. In these 2 hour sessions you will have an instructor on board as you go sailing in our Cobble and Laser 16 boats.

Raft building

For ages 8+, 8 people per group. Your group has 2 hours to build a raft then test it on the water – a great activity for team building.

Water fun activities

For ages 8+, 12 people per group. 2 hours sessions in a variety of activities including canoes, katakanus, rafted canoes and dinghy sailing. (Activities dependant on weather and age.)

Inflatable fun

For ages 8+, 8 people per group. These 2 hour session are great fun, splashing around with various inflatables.

BCU Paddle Power course

A mixed course of kayaking and canoeing for ages 11+ comprising of five 2 hour sessions. Certificates are included in the price.

RYA Stage 1 Sailing Scheme

A dinghy sailing course for ages 11+ comprising of five 2 hour sessions. Certificates and log books cost £4 each.

RYA Stage 2 Sailing Scheme

A more advanced sailing course for ages 11+ comprising of five 2 hour sessions. Certificates cost £1 each.





All weather activities

(available all year)

Whilst you wait for spring to return, the winter months are no excuse to hibernate with so much on offer at the Mill. A whole range of land-based and indoor activities are available that will keep you active whilst still having fun.

From the depths of the underground artificial caving system to the heights of the climbing tower; from the archery for aspiring Robin Hoods to the exhilarating high ropes challenge, there is something for everyone prepared for adventure!

Artificial caving

12 per group. Explore our underground tubing network.

Climbing and abseiling

9 per group. The indoor and outdoor climbing walls offer a variety of challenges.

Low ropes challenge

12 per group. Teamwork is needed to walk the ropes and negotiate obstacles on this fun course.

High ropes challenge

9 per group. A more challenging ropes course encompassing the high Vs, pamper pole and Jacob's ladder

Team building and problem solving activities

12 per group. A variety of fun, challenging activities designed to help groups work better together.

Bushcraft skills

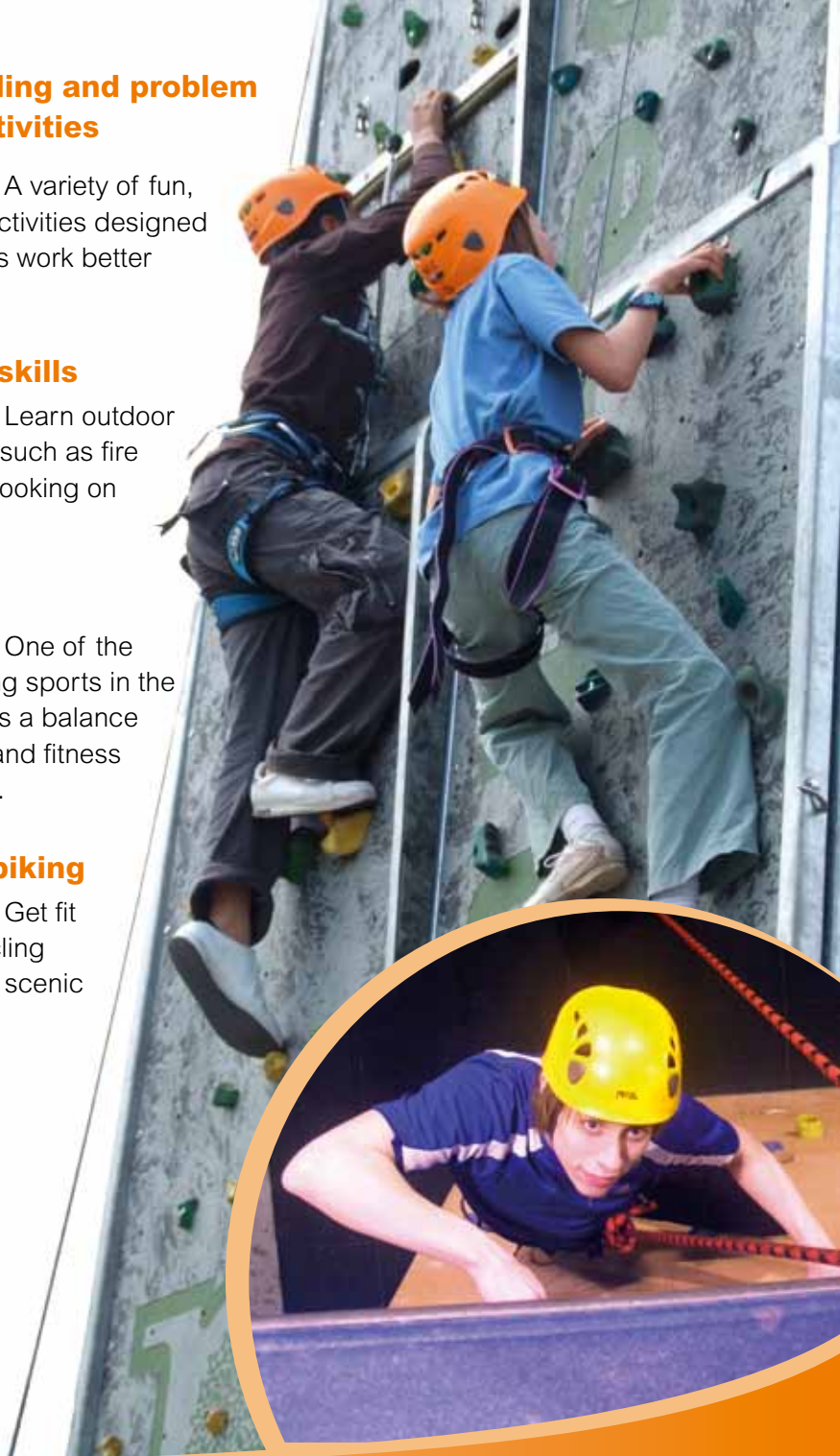
12 per group. Learn outdoor survival skills such as fire lighting and cooking on open fires.

Archery

12 per group. One of the fastest growing sports in the UK, it provides a balance between fun and fitness for all abilities.

Mountain biking

12 per group. Get fit and enjoy cycling in a variety of scenic settings.



Climbing Wall

Our purpose built indoor climbing wall is the perfect place to be introduced to climbing. There are over 100 climbs catering for all abilities. From gentle slabs to big overhangs there is something here to challenge everyone. Your group will all be encouraged to climb by our experienced instructors. They will also be taught some climbing skills like knot tying and belaying.

The Mill Adventure Base is an approved awarding centre for NICAS (National Indoor Climbing Achievement Scheme). The scheme is designed to promote climbing development and accredit individual climbing achievement on artificial climbing walls. We can offer training for level 1 and level 2 awards.

If you are 13 – 19 years old and a member of The Mill Adventure Club, then you can access the wall independently on a Tuesday night for only a small fee. These sessions run from 5.30pm till 7.30pm in term time. (Participants are required to sign up for the NICAS scheme and to commit to working towards the level 2 award.)

Mobile climbing wall for hire!

**Can't get to the Mill?
Let us bring a climbing session to you**

The mobile wall is great for running sessions at your venue or forms a popular feature at events. We will deliver it and supply you with all the safety equipment and 2 fully trained members of staff. The wall is an impressive 20 feet high, but only needs the equivalent of 4 car park spaces.

Contact us for more details







Offsite Activities

In addition to all the fantastic activities and courses at the Mill, we offer exciting opportunities in other attractive Nottinghamshire destinations and further afield in Derbyshire, the majestic Peak District, and beyond.

These can be an extension to skills learnt at the Adventure Base or present a brand new challenge in a new environment. All promise a fun and positive experience, providing a rewarding and memorable time for all taking part.

Caving

8 per group. Caving is a sport for all, a chance to see a different world. Experience the underground labyrinth of passages that attract cavers of all abilities to The Peak District.

Weasling

12 per group. Scramble over and under the boulders of Higger Tor, squeezing through a few tight gaps on the way. There are many routes providing a range of challenges for all abilities.

Millersdale abseil

12 per group. An 80 foot free abseil off a disused railway bridge either over solid ground or over the river (you might get wet!), either way you are guaranteed an adventure.

Mountain biking

12 per group. Whether you want fast forest single track or scenic bridleways we have a selection of off road routes in Nottinghamshire and Derbyshire to suit your needs.



Rock climbing

9 per group. The Peak District offers a great variety of climbs so your group can learn the basics on gentle routes or really test themselves on challenging ones. Pleasley Crags are local to The Mill and suitable for two hour sessions.

Geocaching

9 per group. A worldwide game of hiding and seeking treasure. Search for treasure in the Peak District using GPS.

River trips

6 per group. We run trips on rivers in both canoes and kayaks. A great way to explore the countryside whilst learning a new skill.



Only
£4 per 2 hour
session, a
saving of
£64!

Sportivate

Sportivate provides funding to get 14 – 25 year olds active, playing sport, joining local clubs and using local leisure centres. Funding can be used towards 8 hours of one of these activities at the Mill: indoor climbing, mountain biking, kayaking, sailing or canoeing.

For more information on how to apply for funding and the criteria, visit

www.sportnottinghamshire.co.uk
sportivate

Sportivate



For availability, contact the Mill.



Our highly qualified and experienced outdoor staff can organise and deliver the whole of the expedition element of the Award. From the initial route-planning to training and practice expeditions and final qualifying expeditions. We include the equipment, training and supervision for the expeditions, accredited assessors and a variety of high quality options and venues including the Peak District, Wales, the Lake District and Scotland.

We also specialise in fantastic, alternative types of expedition such as canoeing, touring kayak or bicycle.

Please contact the Mill for more information.

Self led environmental & field study activities

The Mill Adventure Base is the ideal place to run your own environmental study day, with the reservoir and neighbouring wildlife meadow hosting a variety of wildlife to explore. The site provides a great location for a day of studies linked to nature or the local surrounding.

Kings Mill Reservoir is a man made reservoir that was once a medieval mill pond alluded to in the Domesday book within a small country park and is a wildfowl sanctuary with a pleasant 1.5 mile walk around the perimeter.

Included in your day's self led provision is a large classroom to act as a base and lunch room, equipped with an overhead digital projector which can be linked into your lap top, environmental study equipment, waterproofs and work sheets.

Environmental study activities available include: nature walk, pond dipping, bug hunting (nets and jars available) and picture orienteering.

Examples of topics you can study here are:

the industrial revolution – visit England's oldest railway viaduct, Biodiversity and urban conflict with nature – use the viewing platform to investigate a wide variety of land and water species in this island within an urban sprawl, Green power – the reservoir contains Europe's largest geothermal loop; a network of heat exchangers, pipes and pumps providing environmentally friendly heating and cooling to the nearby hospital, Water safari – paddle around and get really close to the wildlife (extra charge applies).

Alternatively, hire in our tutors to lead your day. Don't forget we can help with your transport needs too!



The Mill Adventure Clubs

Quest Club (for 8 - 12 year olds)

**From mid April to end October,
Saturdays from 10am**

Activities range from kayaking and raft building to climbing and team games. Some sessions are half days, some full days.



Youth Activity Club (for 11- 19 year olds)

**Every Wednesday from 5.30 – 7.30pm
From mid April to end October, Saturdays 10am – 12 noon**

A range of activities, both on and off site. Summer Saturdays are normally water activities - an opportunity to polish up on skills acquired or to gain further National Governing Bodies awards and accreditation. If doing a D of E award, you can use these sessions to gain your skill or physical element.



We are an approved D of E access provider.

Disability Sailing Group (8 – 25 year olds)

From May to end September, Saturdays 10am – 12 noon

Our Access Dinghies are suitable for most types of disability. To assist with transfers, we have a jetty hoist with 4 point slings. An ideal activity for families or befrienders.

Contact the Mill for further information and programmes.

Outdoor and Environmental Education Service


The Mill Adventure Base is part of Nottinghamshire County Council's Outdoor and Environmental Education team, which provides a unique and diverse range of centres to support learning and development in the outdoors for young people. These centres provide a variety of adventurous and environmental activities and residential and day visit experiences.

Hagg Farm Outdoor Education Centre: a residential centre in the Peak District National Park for young people aged 10 – 18.
Tel 01433 651594

St Michael's Environmental Education Centre: a residential centre in Hathersage, Derbyshire for young people of primary school age and special schools.
Tel 01433 650309

Perlethorpe Environmental Education Day Centre: on the Thoresby Estate, for primary and secondary school aged young people. **Tel 01623 822218**

Brackenhurst Environmental Education Day Centre: near Southwell, for primary and secondary school aged young people. **Tel 01636 817059.**



For more information on any of the centres, visit
[www.nottinghamshire.gov.uk/
outdoorenvironmental](http://www.nottinghamshire.gov.uk/outdoorenvironmental)
or email outdoor.environmental@nottscc.gov.uk

The Mill Adventure Base Location Map



**Nottinghamshire
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E outdoor.environmental@nottsc.gov.uk
W www.nottinghamshire.gov.uk/outdoorenvironmental

The Mill Adventure Base, Kings Mill Reservoir, Sutton in Ashfield, Notts NG17 4PA

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