





**Nottinghamshire
County Council**

Outdoor and Environmental Education Centres



**The Mill
Adventure Base**

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Welcome

The Mill Adventure Base is a purpose built, urban adventure centre situated at Kings Mill Reservoir, Sutton in Ashfield. The base offers a range 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 Year 3 pupils and older.

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 bring activities to your site.





Water activities

(available April to October)

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

Kayaks and sit on tops

For ages 11+, 8 people per group.
A great introduction to the sport of kayaking.

Open canoes

For ages 8+, 12 people per group.
Two hours of fun, paddling these great, user friendly canoes.

Sailing

For ages 11+, 12 people per group.
Have a go at single handed/disability sailing.

Onboard instructor sailing

For ages 8+, 5 people per group.
You will have an instructor on board as you go sailing in our Cobble.

Raft building

For ages 8+, 12 people per group.
Your group has two 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.
Two hour 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+, 10 people per group.
Groups have great fun, splashing around with various inflatables.

BCU Paddle Power course

A mixed course of kayaking and canoeing for ages 8+ comprising of five two hour sessions.



Land activities

A whole range of land-based and indoor activities are available all year. From the depths of the underground artificial caving system to the heights of the climbing tower, from archery for aspiring Robin Hoods to the exhilarating high ropes challenge, we have something adventurous for everyone!

Team building and problem solving activities

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

Artificial caving

12 per group. Explore our underground tubing network.

Climbing and abseiling

12 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

12 per group. A more challenging ropes course encompassing the high Vs, leap of faith and Jacob's ladder.

Zip wire

12 per group. Experience the thrill of this rapid descent.

Tyrloean traverse

12 per group. Work in a team to cross the crevasse suspended by a wire.

Archery

12 per group. One of the fastest growing sports in the UK, providing 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.

Eco field

12 per group. Our ecology field is full of interesting things for your group to explore including our living willow maze, pond dipping, mini beast hunting, fire lighting and shelter building.

Environmental studies

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.

Included in your booking is a large classroom to act as a base and lunch room, (with an overhead digital projector which can link to your laptop), environmental study equipment, waterproofs and worksheets.

Minibeast hunting

Search our large field for insects and creepy crawlies.

Pond dipping

Discover the abundance of wildlife in our pond.

Shelter building

Collect materials to construct a shelter that will be tested by the elements.

Bushcraft skills

Learn how to make a fire and cook using our firepit.

Example topics:

- 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!





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

12 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.

Abseiling

12 per group. You're in control as you lower yourself over the edge, 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

12 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

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

River trips

10 per group. Explore local rivers in both canoes and kayaks. A great way to see the countryside while learning a new skill.



GCSE physical education courses

In today's schools, it can be challenging to provide a range of practical activities that help students to reach their full potential in GCSE PE. Outdoor adventure can help you solve this problem. We offer courses that cover the teaching and assessment of the practical skills required for outdoor activities. We offer GCSE related activities including grading and assessment opportunities in the following areas:

- **Climbing**
- **Paddlesports**
- **Orienteering**

We can specifically tailor these courses to meet the criteria of your examining body. As well as doing everything possible to ensure your students achieve a high mark, we will also assess your students for nationally recognised awards in the climbing and paddling activities. They will have the chance to achieve their NICAS level 2 (climbing) or their British Canoeing 2 Star award.

Into school packages

We can deliver a range of activities in your school grounds. Our in-school activity days are tailored to your specific needs. We supply all safety equipment, qualified instructors and risk assessments and with no transport costs, this offers excellent value for money. This is perfect for schools with large numbers of Year 3 pupils and older.

We offer a 30% discount on bookings for visits from October to March.

Climbing

Our mobile climbing wall brings the exhilaration of a rock face to your place for fun, confidence and team work.

Cycling

Bikes and ramps develop confidence and balance. Pupils can achieve a nationally accredited award.

Team building/ problem solving

A great way to improve communication and leadership skills.

Archery

Fun, inclusive and challenging pupils get a strong sense of personal achievement as skills and scores improve.



Camping pods

Our pods offer the excitement of camping from within a safe, comfortable and secure area and are perfect for an overnight stay. They are insulated and carpeted for warmth and comfort, each has an electrical socket and lighting and heaters can be provided if needed. Despite being small and cosy, the pods can accommodate up to six young people.

The pods enable people with disabilities to enjoy a stay – equipment can be ordered through a young person's Occupational Therapist and delivered to the Mill.

Included in your booking:

- 24 hour stay
- Exclusive use of the pods
- Full board catering
- Adventurous activities led by our tutors
- Transport to and from your location (Nottinghamshire only)
- Eco field access; great for pond dipping, studying minibeasts and habitats and a storytelling area
- Use of all residential facilities at the Mill
- Fire pit in the pods area for evening camp fires
- Disco equipment which can be set up in our large room for evening fun.



The Mill adventure clubs

Advanced booking is required for these clubs
– contact us for more information.

Holiday clubs

Fun and exciting activity days for young people aged 8 to 12, run during school holidays to stop the boredom setting in, contact us for the latest dates and availability!



Junior adventurers - Ages 8 to 11

10am – 12.30pm, Saturdays term time only

Katacanoe, climbing, low ropes course and more.



Activity club - Ages 12 to 17

10am – 3pm, Saturdays term time only

Canoe, kayak, high ropes, climbing and other activities.





Special offers!

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

Get **10%** off the price of bookings for visits between 1 November and 1 May.

We also offer a **10%** 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.

Minibus hire service

We have three minibuses 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 16 seats (excluding driver)
- 1 x 14 seats (excluding driver)
- 1 x 8 seats (excluding driver)

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



Please contact the Mill for further details and availability

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. **Tel 01623 556110**

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**

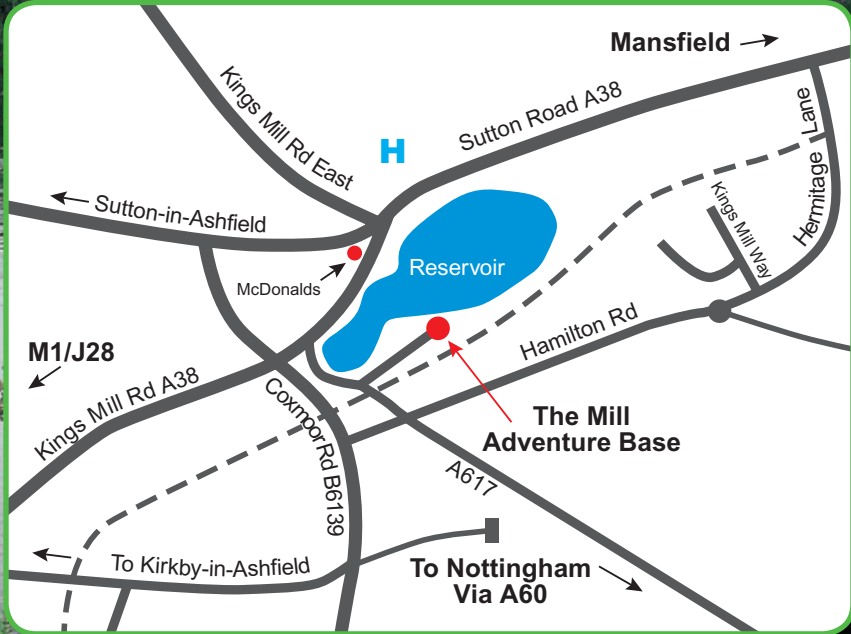
Perlethorpe Environmental Education Day Centre: on the Thoresby Estate, for primary and secondary school aged young people. **Tel 01623 822218**

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 nottinghamshire.gov.uk/outdoorenvironmental or email outdoor.environmental@nottsc.gov.uk

The Mill Adventure Base location map



**Nottinghamshire
County Council**

W nottinghamshire.gov.uk/outdoorenvironmental
E outdoor.environmental@nottscc.gov.uk
T 01623 556110

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