

# Multi-Activity Residential at the Cranedale Centre, North Yorkshire

30<sup>th</sup> July - 3<sup>rd</sup> August 2012



Many thanks for your interest in our Duke of Edinburgh Residential. The course will run from Monday 30<sup>th</sup> July to Friday 3<sup>rd</sup> August 2012. It is most popular with young people looking to complete the residential section of their Gold Award; however non-DofE students are equally welcome.

The multi-activity residential course is set up to provide opportunities to try out a range of outdoor activities while also involving a strong emphasis on co-operation and teamwork. The week is also likely to include some conservation work and plenty of opportunities to explore this beautiful part of Yorkshire. An example programme is included below.

You will be based at a small and very comfortable centre in a rural location. Accommodation is in small dormitories, and the home cooked food is excellent. You will also have access to drying rooms, and a range of leisure facilities including a common room, table football, ping pong and a tennis court.

The cost of the course in 2012 will be £252.00. Included in the cost are all meals, accommodation, tuition from experienced and appropriately qualified instructors, use of specialist equipment, plus use of centre facilities and transport to and from Malton station, if required.

To secure a place on the course, complete the application form and return with a deposit of £80.00 (cheques made payable to the Cranedale Centre). Once accepted onto the course, we will send you a letter of confirmation and further details. Closing date for applications is 1<sup>st</sup> June 2012. Early applications are advised to avoid disappointment and to help us plan activities more effectively.

We look to have between 10 and 24 participants on a course, therefore **full confirmation cannot be given until the minimum of 10 applications have been received**. If you require any further information, please do not hesitate to contact us or visit our (recently re-designed) website ([www.cranedale.com](http://www.cranedale.com)). I look forward to hearing from you.

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## Multi Activity Residential - Sample Programme

Please be aware that an actual programme is dependent on many factors and **may not exactly resemble the one below**. However, whatever the course content and order, you will have a very rewarding and fun week.

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<b>Day One</b>	Main Activity	Course begins. All participants to arrive by 4.30 pm Welcome and introduction to the course
	Evening Activity	<i>All Aboard</i> : A series of ice-breaking activities and team challenges to test your communication and teamwork skills. Also a sure fire way of getting to know the other participants!

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<b>Day Two</b>	Main Activity	<i>Orienteering / Archery</i> : Practice your navigation skills in Dalby, the Great Yorkshire Forest. Be Robin Hood for an afternoon with some archery challenges
	Evening Activity	<i>Climbing Wall</i> : A chance to try out climbs and traverses on our purpose-built wall

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<b>Day Three</b>	Main Activity	<i>Watersports/conservation work</i> : A fantastic opportunity to learn new skills on the water - kayaking, windsurfing, sailing. Plus a chance to put something back into the area – an afternoon of conservation work in one of the beautiful local nature reserves or the North Yorkshire Moors National Park
	Evening Activity	<i>Low Ropes</i> : Team Challenges on our Low Ropes Course

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<b>Day Four</b>	Main Activity	<i>Moorland Challenge</i> : A stunning day walk in one of the UK's most loved scenic areas alongside steam trains and steep glacial valleys. There will be challenges and rewards along the way
	Evening activity	<i>Beach Games</i> : Spend an evening of fun in Filey Bay playing beach games & team challenges coupled with some of Yorkshire's finest fish and chips

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<b>Day Five</b>	Main Activity	<i>Ain't Ball</i> : Paint ball without the paint, a game of survival in the woods, followed by a final afternoon of team challenges to prove that you have truly bonded
	Late afternoon	Debrief & completed logbooks distributed by course leaders Course ends at 3.30pm

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