



PLANNING

We arrange all the visits and activities intended for your course and all the associated costs for each are included in the cost of the trip.

Teacher resources are provided as required to supplement a course and these include worksheets, questionnaires, and teacher resource packs.

Risk assessments are provided on request for all the activities included in your itinerary and copies of insurance and licenses can also be supplied.

Transport can be provided throughout the trip and discounts may be given for schools choosing to provide their own transport. All of our drivers are minibus qualified and the centre has a PCV license. Collections can be arranged from Bodmin Parkway train station and Newquay Airport at no additional cost.

Above all — we help with the planning and organisation of your trip to save you time!



THE CENTRE

The Manor House is a Grade II listed Georgian manor house, near Padstow on the North Cornwall coast, just 3 miles from wonderful sandy beaches.

We can provide sole occupancy and accommodate up to 55 people at any time.

The house benefits from a large farmhouse kitchen with AGA and traditional home cooking. The dining room transforms into a high tech teaching/briefing facility with a large interactive white board. The large comfortable lounge has a widescreen TV, DVD and surround sound.

Bedroom accommodation is varied with a choice of five homely dormitory style rooms with pine bunks and four twin bedded rooms. Ample bath and shower rooms are available, some en-suite.

Delicious home cooked meals are provided each day which cater for all special dietary requirements. Continental breakfasts, picnic lunches and two course dinners (with ample opportunity for second helpings!)



THE MANOR HOUSE
activity and development centre

Pushing the boundaries...safely!

The Manor House Activity & Development Centre,
St Issey, Wadebridge, Cornwall, PL27 7QB
Telephone: 01841 540346 / 540227 Fax: 01841 540139

www.manoractivitycentre.co.uk

ACCREDITATION & REASSURANCE

- Since 1988 The Manor House has provided holidays and courses, we are:
- AALA (Adventure Activities Licensing Authority) licensed
 - BCU (British Canoe Union) Approved Centre
 - Corporate members of the Institute for Outdoor Learning (IOL)
 - All instructors have professional National Governing Body (NGB) qualifications in the activities that they provide
 - The team are first aid qualified and have enhanced disclosures via Criminal Records Bureau.
 - Water based activities take place under the strict supervision of beach lifeguards

THE DIFFERENCE

The Manor House offers an alternative from the usual large centre mayhem and provides quality courses with personal attention. Small groups ensure that the best personal development and teambuilding opportunities exist for each student.

Key features of our centre are:

- Individually Tailored Programs
- Sole Occupancy
- Quality Courses & Activities
- Superior Accommodation
- High Instructor Student Ratio
- Free Teachers Places
- Hand Picked Highly Qualified Team

"A professional outdoor centre for children providing activity or field study trips with a high student to instructor ratio in North Cornwall."



The Great Outdoors...

THE ACTIVITIES

We offer tailored - full week, part week or weekend - multi-activity holidays and field study courses or a combination of both.

Activities take place in a variety of fabulous locations throughout Cornwall. Sea cliff climbing in a secluded cove, surfing and kayaking are all firm favourites, along with cycling the Camel Trail and off road tracks through the woods.

Field study trips are very popular and can focus on any number of different aspects that Cornwall has to offer – including coastal areas (weathering, erosion), beaches (rock pool studies) and economic aspects (tourism, industry) and could include workshops at Eden Project (plant diversity, global warming).

Field study and multi-activity trips may include:

- Surfing
- Sea Cliff Climbing
- Team Building
- Moorland Walks & Survival Skills
- Rock Pool & Beach Study
- Beach Party
- Beach Lifeguard Skills Training
- Cornish Tin Mine Visit
- Blue Reef Aquarium Visit
- Dinghy Sailing (extra cost)
- Beach Games
- Team Games
- Adventure Parks
- Kayaking (play boats)
- Body Boarding
- Guided Coastal Walks
- Orienteering & Navigation Skills
- Town & Tourism Studies
- Team Dynamics & Communication Exercises
- Study Coastal Erosion, Blow Holes & Stacks
- Shelter Building
- Maritime Museum
- Crab Fishing
- Beach Bonfire & Toasting Marshmallows
- Visits to Eden Project & Eden Workshops
- Cycling (trails and off road through forests!)