

WELCOME TO MOUNT COOK!

YOUR WORLD CLASS SCHOOL TRIP

Starts Here...





ABOUT MOUNT COOK

We are an independent, not-for-profit outdoor education centre based on the edge of the Peak District.



We're committed to improving lives through direct access to the outdoors. Since 2016 we have welcomed over 50,000 individuals to Mount Cook for amazing outdoor experiences.

WHY MOUNT COOK?

- **Highly trained** instructors and staff
- Programmes built around your **aims and objectives**
- Focus on developing **life skills** through outdoor activity
- Modern, **eco-friendly** facilities
- **Beautiful** countryside location



ACCOMMODATION



Indoor bedrooms

- 4 - 6 people per room
- Toilet, sink & shower in each
- 2 accessible rooms available

**Pillows, duvets and bedlinen provided.
Bring your own towel.**

Weekly Menu

For dietary requirements or more information please get in touch with your trip coordinator

Monday

Own packed lunch

Chicken with Italian tomato sauce
or
Vegetable lasagne served with chips, peas & sweetcorn
Apple crumble with custard or yogurt & fresh fruit

Tuesday

Bacon or veggie sausages, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Pasta
Chicken & Bacon
or
Vegetable tomato sauce
Choice of salad bar

Fresh fruit & homemade flapjack

Cumberland sausages
or
Vegetable sausages served with mash potato, vegetables & gravy
Ice cream with strawberry or chocolate sauce & fruits of the forest or yogurt & fresh fruit

Wednesday

Sausages or veggie sausages, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Bread Roll
Choose your own filling: Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread.

Crisps, fresh fruit, & chocolate muffin

Margherita pizza
or
Battered fish served with chips & mushy peas
Sticky toffee pudding & custard or yogurt & fresh fruit

Thursday

Bacon or veggie sausages, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Jacket potato
Choose your own filling: cheese, beans, tuna mayo
Choice of salad bar

Fresh fruit & homemade flapjack

Beef bolognese
or
Vegetarian bolognese served with garlic bread

Chocolate fudge cake or yogurt & fresh fruit

Friday

Sausages or veggie sausages, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Bread Roll
Choose your own filling: Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread.

Crisps, fresh fruit, & double chocolate muffin

We cater for most dietary requirements when informed in advance, including **vegan, gluten free and halal.**

*Please be aware that lunches may vary, to include a pasta and choice of sauces or jacket potato and choice of toppings, as well as sweet treats changing (allergy/intolerance friendly alternatives are available)

*All dinners include an option of jacket potato and salad bar

Mount Cook Adventure Centre - Activity Programme

Organisation Name: Tudor Grange Primary Academy Hockley Heath | **Number Of Groups:** 3 | **Nights:** 2 | **Arrival Date:** 13:00, 13 Oct 2025 | **Departure Date:** 12:30, 15 Oct 2025

Session		Time	Tudor Grange Primary 1	Tudor Grange Primary 2	Tudor Grange Primary 3
Monday 13 Oct					
Mon	13:00 - 13:30	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)
Mon	13:30 - 13:45	Activity Brief.	Activity Brief.	Activity Brief.	Activity Brief.
Mon	13:45 - 17:00	Offsite Orienteering 1	Offsite Orienteering 2	Archery Tag & Puzzle Pursuit	
Mon	17:15 - 17:45	Dinner	Dinner	Dinner	
Mon	17:45 - 18:15	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation	
Mon	18:30 - 20:00	The Mount Cook Challenge (Evening)	The Mount Cook Challenge (Evening)	The Mount Cook Challenge (Evening)	

Session	Time	Tudor Grange Primary 1	Tudor Grange Primary 2	Tudor Grange Primary 3
Tuesday 14 Oct				
Tue	07:15 - 07:45	Breakfast	Breakfast	Breakfast
Tue	09:00 - 12:15	Archery Tag & Puzzle Pursuit	Archery Tag & Puzzle Pursuit	Via Ferrata
Tue	12:15 - 12:45	Lunch	Lunch	Lunch
Tue	13:45 - 17:00	Via Ferrata	Via Ferrata	Offsite Orienteering 1
Tue	17:15 - 17:45	Dinner	Dinner	Dinner
Tue	18:30 - 20:00	Campfire & Bush Craft - Woods (Evening)	Campfire & Bush Craft - Woods (Evening)	Campfire & Bush Craft - Woods (Evening)

Session	Time	Tudor Grange Primary 1	Tudor Grange Primary 2	Tudor Grange Primary 3
Wednesday 15 Oct				
Wed	07:15 - 07:45	Breakfast	Breakfast	Breakfast
Wed	08:00 - 08:45	Vacate rooms and return keys to reception.	Vacate rooms and return keys to reception.	Vacate rooms and return keys to reception.
Wed	09:00 - 12:15	High Ropes 1	High Ropes 2	High Ropes 3
Wed	12:15 - 12:30	Collect Packed Lunch & Depart Centre	Collect Packed Lunch & Depart Centre	Collect Packed Lunch & Depart Centre

ACTIVITIES

Archery Tag & Maze Cube



Archery tag brings our teamwork and competition as you shoot the other team with foam tipped arrows. The Maze Cube will require the team to transport balls around a 'floating' maze, with a few extra challenges.

ACTIVITIES

Bushcraft



Discover how people survived in the past. Learn to light a fire without matches and experience the materials our ancestors used to create life-saving heat and light. Build a shelter and create a cord bracelet to take home using natural fibres.

ACTIVITIES

Orienteering at Black Rocks



A great opportunity to learn how to read and follow a map as well as exploring the local area. Instructors will stop to talk about history, nature, and respecting the area we are exploring.

ACTIVITIES

High Ropes



Our 12 metre tall High Ropes course which includes 5 different elements: The Leap of Faith, Crate Stack, Caving Ladders, Jacob's Ladder and Gladiator Challenge.



EVENING ACTIVITIES

Evening activities can take place in larger groups and usually run from 19:00 - 20:30.

Students will do one of the following activities per night:



- Team Challenges
- Bushcraft & campfire
- Rocket Building
- Guided Offsite Walk
- The Mount Cook Challenge
- Abseiling

Kit List

Clothing:

Waterproof coat and waterproof trousers
Fleece or jumpers
T-shirts
Underwear & socks
Comfy trousers (not jeans)
Pyjamas
Hat and gloves
Small backpack

Footwear:

Indoor shoes or slippers
2 pairs of trainers (we will be participating in activities whatever the weather so be prepared for trainers to get muddy and wet!)

Toiletries:

Shampoo Soap
[Hair brush](#)
[Tooth brush](#) & paste
Towel

Reusable water bottle

Prescribed medication – any medication **MUST** be handed into the teacher and relevant forms completed in advance. Please inform the office if your child will be taking any medication with them.

Mount Cook provides all specialist equipment for participation in their activities.

Wellies (or walking boots) will also be needed.

Your child will need a packed lunch for their first day.

Contact during our time away:

As per our risk assessment **NO mobile phones** are to be taken by children on the residential.

This is to ensure the safe-guarding of all on the residential. If there is any need for us to phone you, we have all of your details on MCAS and you will be contacted. Part of the experience for the children is to build confidence and resilience away from Hockley Heath and to be allowed time without access to devices. We will be posting photos in the evening on the school facebook site so please ensure that you have allowed consent for this via MCAS.

Please ensure that we have the following as soon as possible:

- Up-to-date contact details on MCAS
- Consent for photos on social media
- Up-to-date medical information
- Details of any medicines that your child will need during the stay. No medicines should be packed in bags. They must be given to the teacher(s) on the morning that we depart. There will be a form that will need to be completed
- Up-to-date allergy information
- Up-to-date dietary requirements



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