



*Activities for all abilities*



OVER 35 YEARS EXPERIENCE OF WORKING WITH DISABILITY GROUPS





# What we do...

The Red Ridge Outdoor Centre is situated near Welshpool, amongst the beautiful hills of Mid Wales, just over the English/Welsh border, allowing easy access via the M54. Red Ridge was established in 1978 and our policy of constant upgrading has created excellent facilities to meet your needs. We are particularly proud of our long serving and very experienced staff team who work constantly to ensure the success of your visit.

## On site activities

### HILL WALKING

Excellent walking amongst the local streams, lakes and rolling hills.

### ARCHERY

Expertly taught on our permanent archery range.

### CLIMBING WALL

Build your confidence on the 8 metre high climbing wall.

### ORIENTEERING

Working in small teams, find your way around the centre grounds.

### KAYAKING

Our purpose built lake is ideal for learning or improving kayaking skills.

### LOG TOWER

A unique climbing facility enabling people of all abilities to build their confidence at height

### LOW BRIDGES

Our low ropes course is an invaluable part of our confidence building programme.

### SINGLE ROPE TECHNIQUE

Three climbing challenges based on caving techniques. Adaptable to all ability levels.

### JACOB'S LADDER

Only good teamwork, trust and communication will get your team onto the highest log.

### ZIP WIRE

An exhilarating ride, for all abilities, sliding down an 80 metre steel cable

### TOWER ABSEILING

This is a stand-alone activity or preparation for abseiling on real rocks

### RED RIDGE SWING

A daring jump and swing, 8 metres through the air, into the high net.

### RAFT BUILDING

Teams design, build and then paddle their own craft.

### TEAM BUILDING EXERCISES

Exciting Team tasks with the emphasis on 'working together'.

### TENNIS & BASKETBALL

Tarmac courts available for those with a spare moment.

### ASSISTED SRT

Pulley system enabling wheelchair users etc. to rope climb.

### WHEELCHAIR RAFT

Rafted Canoes with platform enable wheelchair users to access the lake.

### ARTIFICIAL CAVING

A favourite activity. Purpose built under our games room with dimmable lights.

### ASSISTED WALKING

Transport in our adapted trailer is available to those unable to walk.

### HOT TUB & SAUNA

A wonderful way to relax after a hard day (only for staff and adult guests).

### NEW CRATE STACKING NEW HIGH ALL ABOARD

Crate Stacking and High All Aboard encourage good planning, communication and co-ordination skills.

### NEW GOLF ACADEMY

Try golf on some of the world's most famous courses using our golf simulator

### NEW PADDLE BOARDING

Great fun enjoyed by a wide range of age and ability levels.

## Off site activities

### CAVING

Safe caving to suit all abilities, adjacent to our rock climbing centre

### ROCK CLIMBING

Specialist skills and experience enable us to provide safe and rewarding activities to all abilities

### ABSEILING

A choice of abseiling areas to cater for a wide age and ability range.

### CANADIAN CANOEING

Single day expeditions on the River Severn or the Montgomery Canal.

### MOUNTAIN WALKING

Local mountains such as Cadair Idris provide a real walking challenge.



# Activities for all abilities

Roger is slowly, but confidently working his way up the steep rock face. His hands and feet are searching for the good holds, encouraged by a Red Ridge instructor, who keeps him safe on a rope. When he reaches the top of the climb, he breaks out in a huge smile. Roger is completely blind.

We are proud to share those triumphant moments with our guests. Seeing someone with limited mobility leaving their wheelchair behind and fly down the zip wire is awe inspiring and inspirational. Every time!

Red Ridge is a Founder member of Adventure for All, a group of outdoor centres dedicated to enabling persons of all abilities to participate in outdoor pursuits. (AALA).

## You can...

We at Red Ridge believe that all of us have much greater potential than we think we have, and we focus on what people CAN do, not what they can't do. At Red Ridge people who have an additional learning need or a disability get an equal opportunity to experience outdoor adventure.

## Be safe...

We ensure the highest standards of safety - our instructors are qualified and experienced, with specialist knowledge and specialist equipment. If we think that a given activity will lead to an overall negative experience, we will suggest an alternative activity so that no one will lose out.

## Have fun...

Try our most popular activities, which will definitely give you a big adrenaline rush and that buzzy feeling that comes with having conquered your fears. Huge smiles, hands punching the air in a gesture of victory; memorable moments! Go on gentle trips, where your senses take in the surroundings, smells and sounds, on land or on water, just enjoying the different experience. Share all that and much more with family or friends at Red Ridge.

## ...and GROW!

We know when to gently push people to the limit of their comfort zone, and we know when to respect their personal boundaries and stop. Our patient and understanding instructors expertly support the clients to take the small positive steps, that give them the confidence to 'give things a go' - a personal development that often continues into everyday life.

## ACCESSIBILITY

Our centre is wheelchair accessible. We have disabled bathroom facilities including overhead hoist and 'wet room' shower with shower chair and grab rails. Our superb kitchen ladies cater for all dietary needs.

## PRE COURSE PREPARATION

In advance of the course we will discuss your specific needs with you, and tailor the course accordingly. Group leaders are very often surprised by how much their group is capable of with the support of our staff. You are more than welcome to visit the centre itself and discuss your requirements with us. This is particularly useful for first time visitors.

## BOOKING

**Excellent customer service, easy booking process.** Our friendly office team will deal with your enquiry promptly and without obligation.

**Track information about your booking,** using our efficient online Booking Trail.

**40 years experience** of working with disability groups.

**Free super fast WiFi** enables leaders to keep in touch with work and families.

**PLUS** Throughout their stay, visiting adults can enjoy complimentary use of the  
**Fitness room • Sauna • Hot tub • Golf simulator • Golf lessons available**  
Plus an opportunity to demonstrate your skills to your group in one of our ZORBING BALLS!

**For more information  
GIVE US A CALL ON 01938 810 821**

or email: [office@redridgecentre.co.uk](mailto:office@redridgecentre.co.uk)

 Follow us at [facebook.com/redridgecentre](https://facebook.com/redridgecentre)

[www.redridgecentre.co.uk](http://www.redridgecentre.co.uk)



## Bigger, better, higher HIGH ROPES

Enjoy an exciting and fun packed experience on our awesome new and improved High Ropes Adventure Course.



## CRATE STACKING & HIGH ALL ABOARD

Two great new activities for all the team to get involved with. Crate Stacking and High All Aboard encourage good planning, communication and co-ordination skills ....and are also lots of fun!



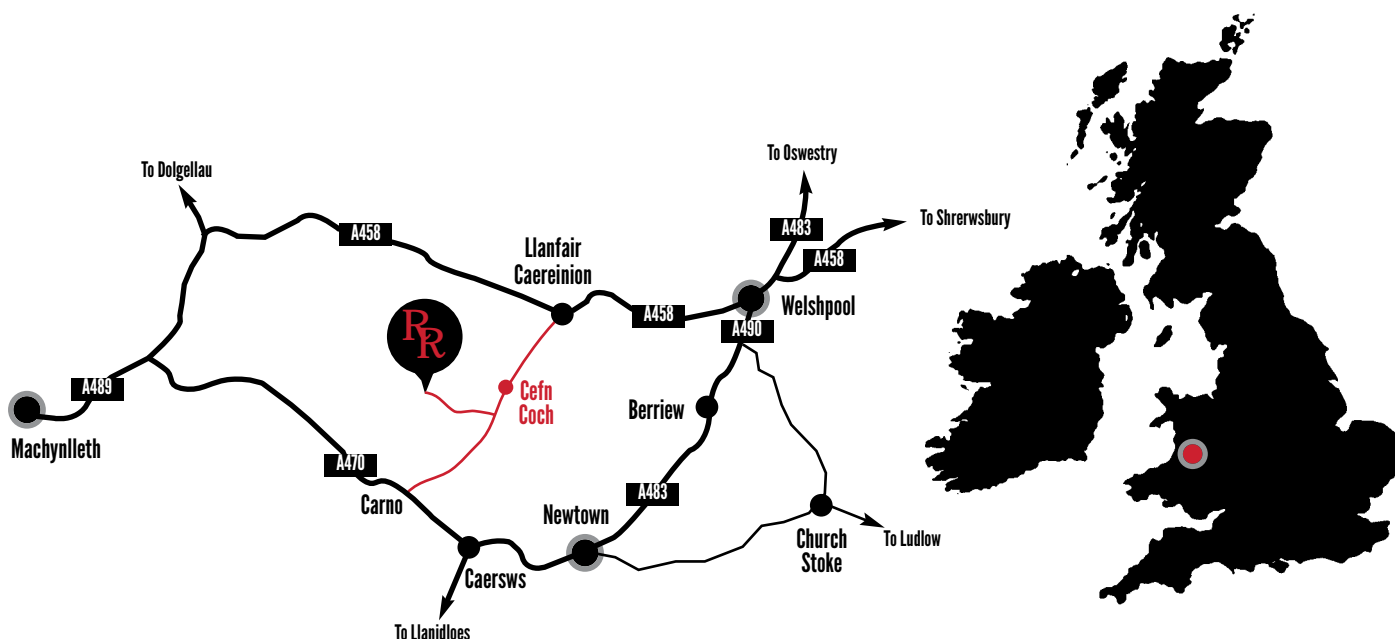
## NEW WATERSPORTS LAKE

Work is now completed on our new watersports lake, located next to the centre and four times larger than our old lake!



## NEW GOLF ACADEMY

Try golf on some of the world's most famous courses using our golf simulator and on our putting green and pitching area



## To find us...

Red Ridge Centre stands in its own grounds, several miles from the small village of Cefn Coch, 16 miles from the Welsh Market town of Welshpool, Mid Wales.

**Safest GPS Postcode: SY21 OAX**

**Grid reference: 015035**

Beware! there are many places called Cefn Coch in Mid Wales.

### Approach routes:

#### Welshpool - Llanfair Caereinion - Cefn Coch

From Welshpool take the A458 (towards Dolgellau) due West towards Llanfair Caereinion. After 7 miles turn left off the A458 and cross over the river bridge into the town of Llanfair Caereinion. Follow the main street, passing HSBC on your left, and turn left after 90 metres. There is a signpost at this junction to 'Outdoor Pursuits Centre' and to 'Cefn Coch'.

After approximately 500 metres take the first right, signposted to 'Outdoor Pursuits Centre' and to 'Cefn Coch'. Continue for 4 miles - enter the small village of Cefn Coch, passing the Cefn Coch Inn on your left, and 'Outdoor Pursuits Centre' sign on your right (beside red telephone box). \* Continue for approximately 1 mile until you reach a 2nd red telephone box. Take the right fork, signposted 'Outdoor Pursuits Centre'.

After 1.3 miles, at the end of the lane, you will come to two driveways on your left, 50 metres apart. The first one is marked as 'Red Ridge Centre'. Follow the drive around the centre and go to the main entrance doors, where you will see a grey box on the wall, containing a telephone. If you cannot see anyone to help you, Dial '0' on the telephone.

#### Newtown - Tregynon - New Mills - Adfa - Cefn Coch

Arrive at T junction in Cefn Coch, with Cefn Coch Inn on your left. Turn left into the village of Cefn Coch - Follow the instructions left from \*\*

**If lost at any time please telephone 01938 810 821 for advice.**

**GIVE US A CALL ON 01938 810 821**  
**The Red Ridge Centre, Cefn Coch, Welshpool, Powys. SY21 OAZ**

email: [office@redridgecentre.co.uk](mailto:office@redridgecentre.co.uk)

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