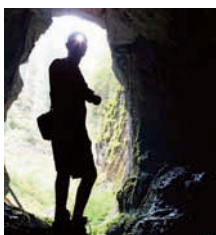
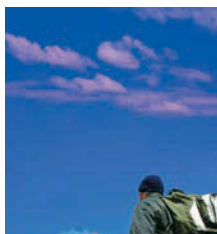




THROUGH THE MEDIUM OF OUTDOOR PURSUITS



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.



Leadership & management skills

Leadership and management skills courses

Integrating new talent into a company is an exciting prospect, bringing fresh innovative ideas and a new perspective. Our 'Responsibility in Industry' courses are targeted at helping young people integrate into their new companies as effectively and as painlessly as possible. We have been offering these courses to Universities, Colleges and Training organisations since 1978. Courses can be of varying duration to suit time restraints and budgets..

Pre-course preparation

In advance of the course we will discuss your specific needs with you, and tailor the course accordingly, ensuring that the anticipated outcomes and expectations of Red Ridge, and your trainers or management, and trainees, are one and the same. We recognise how very important it is that your employees fully understand the relevance and context of the training programme in which you are investing, prior to the course.

The management process (core skills)

Our courses are based on the concept of the 'Management process,' encompassing issues such as leadership, teamwork, continuous assessment of consequences, decision making, project management, time management

Leadership

We explore the roles and responsibilities of leadership - including the need of the team to identify the issue or project, the setting aims and objectives, the analysis of resources, assessment of consequences, delegation, effective communication, rehearsal if appropriate, and reviewing aims and objectives. It is important that all team members understand the role of team leader, so that they may better support the process effectively, and understand that, irrespective of their job role, they will often be called upon to be that leader.

Project planning

Depending on the length of the course students will have the opportunity to test their leadership and team skills on a number of small projects. We often suggest that one such appropriate project might be working as a team to create a presentation to employers or training organisation, demonstrating what they have learnt during the course. This is an excellent way of relating rehearsed skills back to the workplace, and provides the employer with important information about what the employee might be bringing back into the workplace.

Our residential programme

We will explore your chosen key skills in an interlinked series of theoretical and practical sessions. Theory sessions will explore real life examples and case studies and relate these back to the workplace. Fun is an important aspect of any learning, and practical sessions will be a combination of exciting outdoor activities and carefully chosen tasks or small projects, utilising skills discussed in the theory sessions. We encourage our students to believe that we are all far more capable than we often believe ourselves to be, and therefore to aim higher. Health and Safety and the concept of Transferable skills are an integral part of any course. t.

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



Bigger, better, higher HIGH ROPES

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



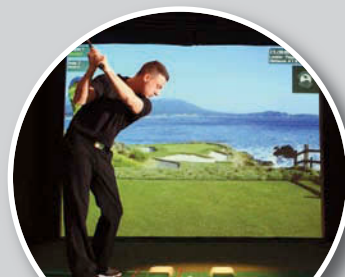
CRATE STACKING & HIGH ALL ABOARD

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 skillsand are also lots of fun!



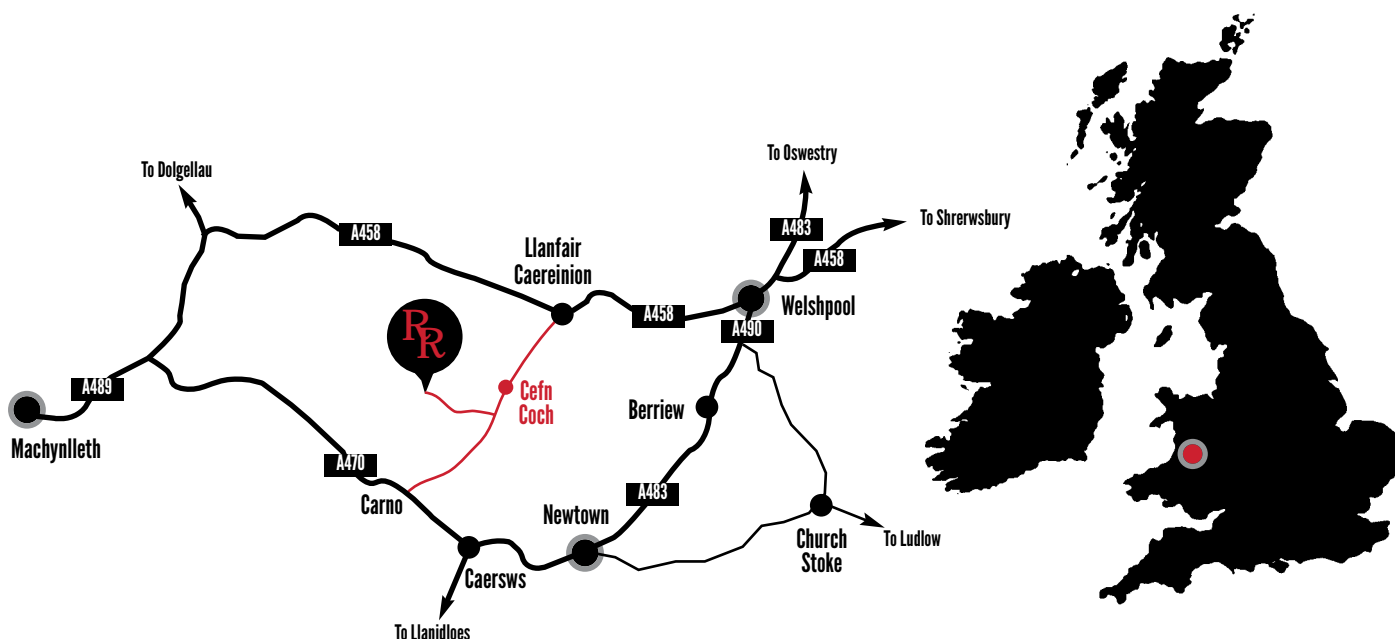
NEW WATERSPORTS LAKE

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

follow us at: facebook.com/redridgecentre

web: www.redridgecentre.co.uk