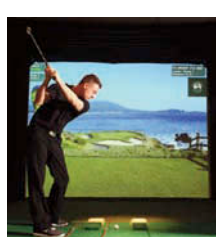


Youth Inclusion



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.



Youth Inclusion

Our vast experience enables us to bring the best out in your group.

Our expert instructors have the patience, empathy and non-judgmental approach that is required to allow the young people to achieve. We celebrate success and minimise failure.

Everyone has more potential than they themselves believe.

A stay at Red Ridge will give your group a priceless experience on which they can build in their future lives. In consultation with you we will design a programme that supports the personal and social development of young people and offers individual as well as team challenges.

Outdoor activities support the development of so many areas such as:-

- **positive coping strategies**
- **personal and social competencies**
- **self esteem and confidence**
- **communication skills**
- **working in teams and respecting other peoples' views**

We offer support to your group leaders

Our senior instructors have many years of experience in working with disadvantaged and special interest groups and they have a combination of teaching qualifications or NVQ level 4 in Health and Social care, as well as qualifications in Outdoor activities.

We know that challenging behaviour can be a defensive response to being in a new environment, and our staff have a wide range of diversion and diffusion techniques to re-engage the participants in a positive direction and motivate them to do the best they can. Although maintaining safe levels of behaviour is ultimately the responsibility of the group leaders, experienced Red Ridge staff are always on hand should issues arise.

Our location offers the perfect opportunity for your group to work free of external distraction.

Many young people are very self conscious, especially when they also have low self esteem, and are out of their comfort zone. This barrier to learning new skills can be overcome by working in small positive steps, and small peer groups, minimising fear of 'losing face' in front of others.

Excellent customer service, easy booking process

Our friendly team will deal with your enquiry promptly and without obligation.

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

Preview days - visit our centre to see how we can meet the specific needs of your group.

35 years experience of working with disability groups

Free super fast WiFi enables teachers to keep in touch with school and families.

For more information call us on
01938 810 821

or email: office@redridgecentre.co.uk
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 skillsand are also lots of fun!



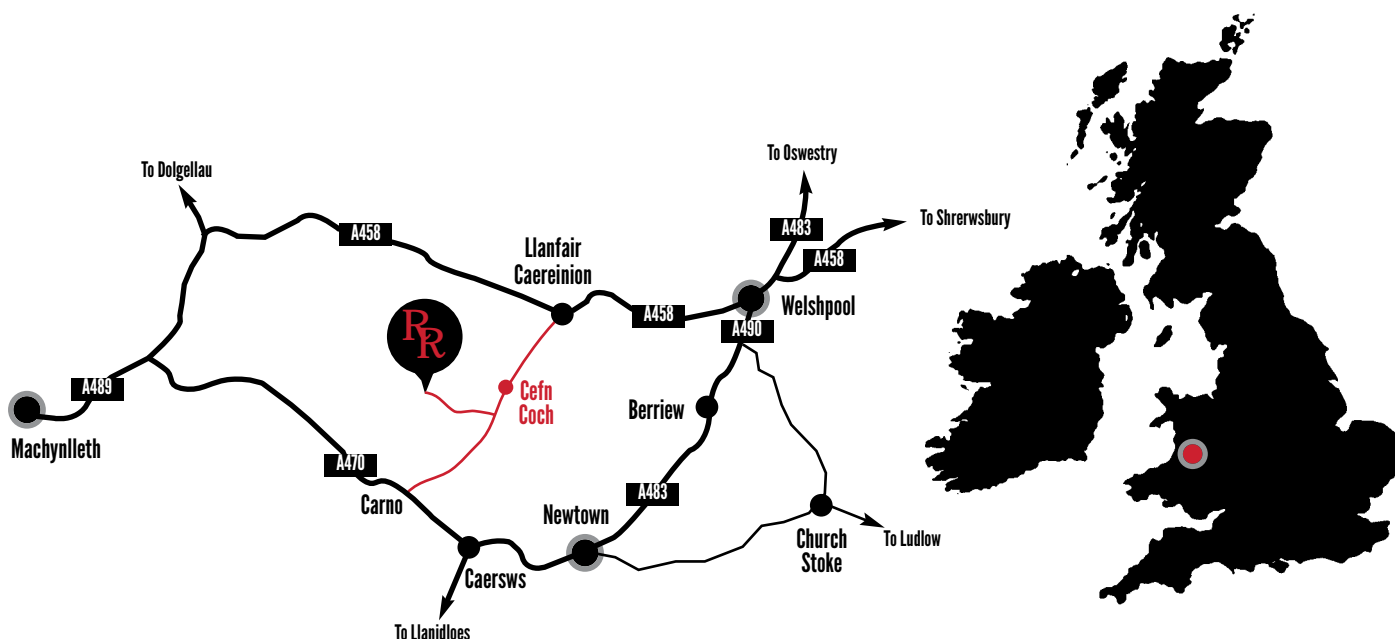
NEW WATERSPORTS LAKE

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