



WHO ARE SOUTH COAST ADVENTURES?

South Coast Adventures is a leading **outdoor activities** provider based in Hamworthy Park, Poole, Dorset with something for everyone.

We pride ourselves on providing a **very high standard of outdoor education** and care. We currently offer **adventure activity days** for schools and organisations from **our waterside location**.



We have a team available on site to help you discover a wide variety of **adventurous activities** including watersports.

At **South Coast Adventures**, we offer a variety of **guided water based trips**, **adventurous days out** and **personal development** courses.



WHAT WE CAN OFFER?

At **Hamworthy Park**, we can offer a variety of **Outdoor Educational activities** which allows students to learn through adventure to focus on **positive outcomes** that in turn, build on personal and social competence. There is clear evidence that **outdoor learning** has the following impacts:

- Raising **educational standards**
- Helping to address **health** and obesity problems
- Developing **resilience** and contributing to **physical, psychological and social well being**
- Reducing disengagement from **education**, anti-social behaviour and crime
- Building **cross-cultural understanding** and changing communities
- Helping **young people** to **manage risk** and **encouraging** them to welcome the **challenge**

10 OUTCOMES OF OUTDOOR EDUCATION

1. ENJOYMENT
2. CONFIDENCE
3. SOCIAL AWARENESS
4. ENVIRONMENTAL AWARENESS
5. ACTIVITY SKILLS
6. PERSONAL QUALITIES
7. KEY SKILLS
8. HEALTH AND FITNESS
9. INCREASED MOTIVATION & APPETITE FOR LEARNING
10. BROADENED HORIZONS

WATERSPORTS



At our centre in **Hamworthy Park**, we can host a number of watersports such as **kayaking**, **paddleboarding** and **raft building**.

They can experience a number of fun things on the water, **learn** paddling techniques and find out lots of top tips from our **experienced instructors**.

We also understand that taking **young people** out of the classroom to experience **adventurous activities** often places a tremendous amount of pressure on staff despite the recognised benefits for the participants.

For this reason at **South Coast Adventures** we work hard to make the experience as **stress-free** for the staff as it is memorable and positively life changing for the young people.



LAND

CLIMBING ADVENTURE

Climbing is suitable for children and adults of **all ages** and abilities. Climbing is an **inspiring, engaging,** and **rewarding** experience.

We have **two mobile climbing towers**, 5.5 metre (the ridge line) and 6 metre (the wall), **suitable for young and old**, and whether you're a complete novice or an experienced climber.

We also have a **bouldering wall** which is climbing without ropes, it allows students to focus more on the technical side of climbing. The climbing walls are available for private bookings. Please contact us to discuss availability and pricing.



6 metre climbing wall



Mobile cave experience



Mobile bouldering wall and 6 metre climbing wall



CAVE ADVENTURE

The **adventure cave** is a mobile artificial cave. The cave is a **unique** and **exciting** replication of caving in the wild, but in a **safe** and **controlled** environment. Suitable for children and adults alike, **test your abilities** in the tight tunnels avoiding the fallen rocks, stalagmites and stalactites.

The **Adventure Cave** is perfect for all ages. Although it can be confronting for students who have fears about the dark and small spaces, we have **experienced instructors** on hand to **support** and **guide** students through expanding their **comfort zones**.

OTHER ACTIVITIES



Our **climbing walls**, **caving experience** and **bouldering walls** can be hired for events or, as part of the **outdoor education curriculum** at your school providing logistical requirements can be met such as a 'level ground'.

Additionally at **South Coast Adventures Centre**, activities can be run as individual sessions, as a class, or as multiple groups.

We also can offer **other activities** such as:

- **Team Building**
- **Bushcraft**
- **Skills progression sessions**
- **British Canoeing Awards**
- **Afterschool Clubs**
- **Sea Kayaking expeditions**
- **Guided Educational Tours**



THANK YOU

If you wish to **book** or **find out** more about any of our activities, please contact us via:

Email enquiries@south-coast-adventures.co.uk

Call us on [07507 718612](tel:07507718612)

Visit our [website](#)

Alternatively, if you wish to **discover** what we are all about further we welcome you to visit us down at **Hamworthy** to see our beautiful location.

