

# Welcome to Hilston Park Adventures & Activities



#### **Building Confidence**

We've helped young people to escape the everyday and grow in confidence for over 50 years and now we're continuing that legacy with our new activity programmes. They've been carefully designed to push young people out of their comfort zones in an environment that encourages growth and teamwork.

#### Surroundings

Our grounds are home to more than just the high ropes. The woodlands and meadows are sat waiting to be explored. Plus, we have areas of special scientific interest that are home to rare and endangered insect and plant species. For those who like the water, our lake is the perfect spot for picnics, group photos and aquatic activities like canoeing and raft building.

#### **Great Activities**

We've carefully designed and planned our activities so that they can go ahead whatever the weather. We have something for everyone. For the thrill-seekers, there's the high ropes and the leap of faith. And for those who are more comfortable with two feet firmly on the ground, there's archery and orienteering, plus much more.

### DAYYA FOUNDATION

#### **Charity Organisation**

Creating a harmonious space in the Welsh countryside to celebrate, reconnect, and embrace adventure.

### **About Hilston Park**

We've been giving young people a platform to grow in confidence for over 50 years, and we provide more than just outdoor fun. Our programmes encourage teamwork and provide a supportive atmosphere and neutral environment. It's this that makes our programmes the perfect place to grow and leave comfort zones behind. New challenges create new memories that will last a lifetime and serve as reminders for young people of what they can achieve.

We have so many different areas waiting to be explored. Our woodland is a beautiful backdrop to bushcraft and orienteering and our lake is perfect for raft building and canoeing. If the Great British weather lets us down, archery and games can save the day, and Hilston House has over 150 years of history hiding in its walls, ready to be uncovered.

We also have many natural wonders on our doorstep. Skenfrith Castle, a local historical site provides a perfect setting to indulge in some history and tell takes of days gone by, and the Black Mountains and River Wye are unmissable for their breath-taking views.

### The adventure awaits!





Hilston Adventure covers all our indoor and outdoor activities. The most popular include our treetop adventure and climbing wall, but the fun doesn't end there. Camping, orienteering, and archery are amongst some of the other activities on offer. The activities are designed with care to give young people experiences they would not get anywhere else. The aim is to spark the spirit of adventure and encourage them to build skills they didn't even know they had.



Hilston Lake is home to all our water-based activities. The lake itself is set between rolling fields and views of the main house, making it the perfect spot for some downtime on your visit. Activity-wise, the lake is home to the raft building activity which is always a firm favourite, especially on sunnier days.

Here is a list of all of the activities we offer. Please note that some are weather-dependent and subject to availability so please state which activities you are interested in when booking. Our staff are happy to advise if you are unsure.

### Activities

We have an activity for everyone, from budding archers, to thrillseekers, to survivalists in the making. Our activities give children the opportunity to make memories that will last a lifetime.

High Ropes	Leap of Faith	Multi-Sports
Low Ropes	Camping	Navigation Workshops
Abseiling	Jacob's Ladder	First Aid Workshops
Bushcraft	Land Navigation	Health Lifestyle Workshops
Stargazing	Walking/Hiking	Fitness & Wellbeing Workshops
<b>Revision Retreats</b>	Archery	Movie & Film
Climbing	Mountaineering	Board Games
Zipline	Campcraft Skills	Arts & Crafts
Aerial Adventure	Fire Lighting & Campfire	Rope Rescue
Night Hikes	Gladiator Challenge	Team Building & CPD
Orienteering	Balance Beam	Bat Watching

Kayaking Canoeing Raft Building Paddle Boarding Wet Slide

Inflatables



\*Please note that some activities are weather-dependent and subject to availability. Even with the (un)reliability of the Great British weather, we can still run many activities, even if the weather lets us down.

### **Accommodation & Catering**

All activities aside, we want to make sure that your group have the best all-round experience. We do all we can to make your stay as enjoyable as possible, and we have comfortable accommodation and tasty food to suit.

Our dormitories sleep up to 120 with rooms of 2-8 people. For your peace of mind, each landing also has 2 staff bedrooms. While we're happy to help with anything you need on your stay, we do encourage groups to look after the spaces they use themselves by keeping dining halls and dormitories clean and tidy after use.

We'll provide the food for your stay so please request a sample menu when enquiring. We're a Vegetarian & Vegan establishment and we use local and home-grown produce where we can. We understand that for some people, a vegetarian-only menu can be scary new territory, but rest assured- we cater to all tastes and if you or anyone in your group has special dietary requirements, please mention when booking.

### **Benefits of Outdoor Education**

Outdoor education has a multitude of benefits for people of all ages. Getting outside into a new environment and taking on challenges unlocks hidden skills that have benefits that last a lifetime.

### **Personal Benefits**

- Overcoming fears
- Leaving comfort zones
- Building confidence
- Building trust
- Enhancing communication
- Encouraging a positive mind-set
- Learning how nature and technology work together

### **Education Benefits**

- Develops character and resilience
- Develops leadership skills
- Encourages co-operation
- Encourages tackling challenges head-on
- Encourages perseverance
- Develops transferable skills

### Environmental Benefits

- Learning the countryside code and appropriate dress for the great outdoors
- Experiencing different environments
- Nurturing respect and appreciation for the outdoor works
- Understanding the dangers of nature
- Awe and wonder

### **Social Benefits**

- Developing friendships
- Becoming aware of the impacts of actions
- Nurturing supportive relationships
- Developing trust and clear
  communication
- Awareness of personal strengths and weaknesses
- Being more accepting of other people



### Corporate

Challenge your team to a bespoke activity package that caters specifically for your business needs and learning outcomes. Alternatively host your meetings here, in our unique and beautiful settings.



### **Family Groups**

Great birthday parties should be the ones you remember for a lifetime and as ours are so popular, it will no doubt be an occasion that will be spoken about for years to come.



### Scouts, Guides & Groups

From Beavers and Rainbows to Network and Rangers, we welcome all Scout, Guide and other youth groups to come and enjoy the great outdoors.

### Schools

Through our residential and activity day experiences, we strongly believe that the activities we have here, enhance and grow young people's confidence and help develop key life skills.



### **Hilston Park Site Map**





HILSTONPARK Adventures & Activities

## How to Find Us



Newcastle, Monmouth, Gwent, Wales, NP25 5NY

#### WE CAN'T WAIT TO WELCOME YOU!

We are now taking bookings, so please get in touch via the following:

www.hilstonpark.com

Hilston **Lake** 

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