

ACTIVITIES FOR SCHOOLS 2026

The North Wales weather loves to keep us on our toes, that is why you won't automatically receive a programme in advance of your visit. What we can promise is an exciting, varied programme. The children will head home with unforgettable experiences, a sense of achievement, and memories to last a lifetime taking advantage of all that is on offer.

Digital Disconnect - Research shows there's been a significant increase in screen time over recent years. This is linked to higher stress levels, poorer sleep, reduced ability to concentrate; all affecting our mental and physical well-being and therefore performance in school.

Taking a break from screens can really help to improve sleep, decrease stress and anxiety, strengthen relationships and reduce screen dependency.

Across all of our activities; land-based, water-based and in-centre, we focus on experiencing the activity itself, learning new skills and enjoying being with friends.

BELOW IS A LIST OF WHAT YOU MIGHT EXPERIENCE DURING YOUR VISIT TO PLAS MENAI

Land Based Activities:

- High Ropes
- Low Ropes
- Caving (above ground man-made caving system)
- Climbing wall (inside)
- Climbing wall (outside)
- Abseil
- MTB Cycle onsite trails
- MTB Cycle offsite ride
- Archery traditional
- Den build
- Campfire
- Orienteering (onsite)

Water Based Activities:

- Sailing
- Windsurfing
- Paddleboarding (Single or Jumbo)
- Kayak
- Rafted canoe
- Raft building
- Explore the Strait aboard our trusty fishing boat Angharad.

Evening Activities for Residential Stays

- Orienteering (onsite) - shorter session
- Nightline - a sensory deprivation exercise
- Archery (Sucker tip)
- Team games
- Egg drop
- Bridge challenge
- Catapult challenge
- Duplo challenge (Year 6 plus)
- Plas Menai Quizz / Scavenger Hunt
- Dragon Trail

Some of these activities can be self led. If you'd prefer to lead these yourself then please let us know.



Premium Land and Water Based FULL DAY Activities

These activities incur an additional charge should you wish to include these in your programme.

- Coasteering
- Catamaran Sailing
- J80 / Keelboat Sailing - a racing keelboat and a larger vessel than a dinghy.
- Gorge Walking
- Rock Climbing (outdoors offsite)
- Eryri Explore - Ascent of a local mountain eg. Yr Wyddfa / Snowdon

If there's a must-do activity from our premium list that you'd like to include in your programme, just let us know. We will happily provide a quote and make it happen.

If there's an activity you'd rather skip, we're happy to accommodate, however we would need to know in advance. To keep things running smoothly with schedules, rotations, and ratios, these custom tweaks / exclusions can apply to one activity per school.



SPORT DEVELOPMENT TRIPS

With the spectacular Menai Strait as their classroom, these trips allow pupils to concentrate on a particular sport eg. either, sailing, windsurfing or kayaking with the aim of achieving a national governing body certificate. By focusing on one particular activity, pupils can really develop their potential and gain a real sense of accomplishment, as they master new skills and build self-confidence.

FIELD TRIPS

Rich in geographical, geological, and cultural history, north Wales and Anglesey have long been popular locations for field trips. Common field trip topics include;

- History and geography of slate mining; Llanberis, Penryhn and Blaenau Festiniog
- Coastal processes and management; Sand dunes and coastal defences
- Energy production; Nuclear, Tidal, Wind, Hydro-electric
- Glaciated landscapes & rivers; Snowdonia
- Tourism and the impact of the natural environment: Case Study - The Coastal Path

We can include either a half-day or full-day activity as part of your field trip programme – for example, a morning field trip followed by an afternoon activity, or a full day of activities during your stay.





1. Ambitious, capable learners:

This purpose focuses on developing learners who are ready to learn throughout their lives. It emphasises a love of learning and the skills necessary to engage with new knowledge and challenges throughout their lives.

- We encourage all learners to set themselves goals and relish challenges.
- Our activities prompt learners to communicate effectively, and connect and apply information to a variety of situations.

2. Enterprising, creative contributors:

This purpose aims to develop learners who are ready to play a full part in life and work. It emphasises creativity, problem-solving, and the ability to adapt and contribute to society.

- All of our activities build knowledge, present problems to solve and require learners to adapt their approach to further develop.
- The group/team nature of activities enables learners to share, contribute, make decisions, play different roles in teams and express ideas and solutions.

3. Ethical, informed citizens:

This purpose focuses on developing learners who are aware of their responsibilities as citizens of Wales and the world. It encourages critical thinking, ethical decision-making, and engagement with global issues.

- We are proud to facilitate activities in both Welsh and English.
- We also take pride in bringing learning about the world around us, especially the natural world, into outdoor activities.
- We take sustainability and the impact we have on others and the world around us very seriously and work towards making the site and our activities as carbon neutral as possible.

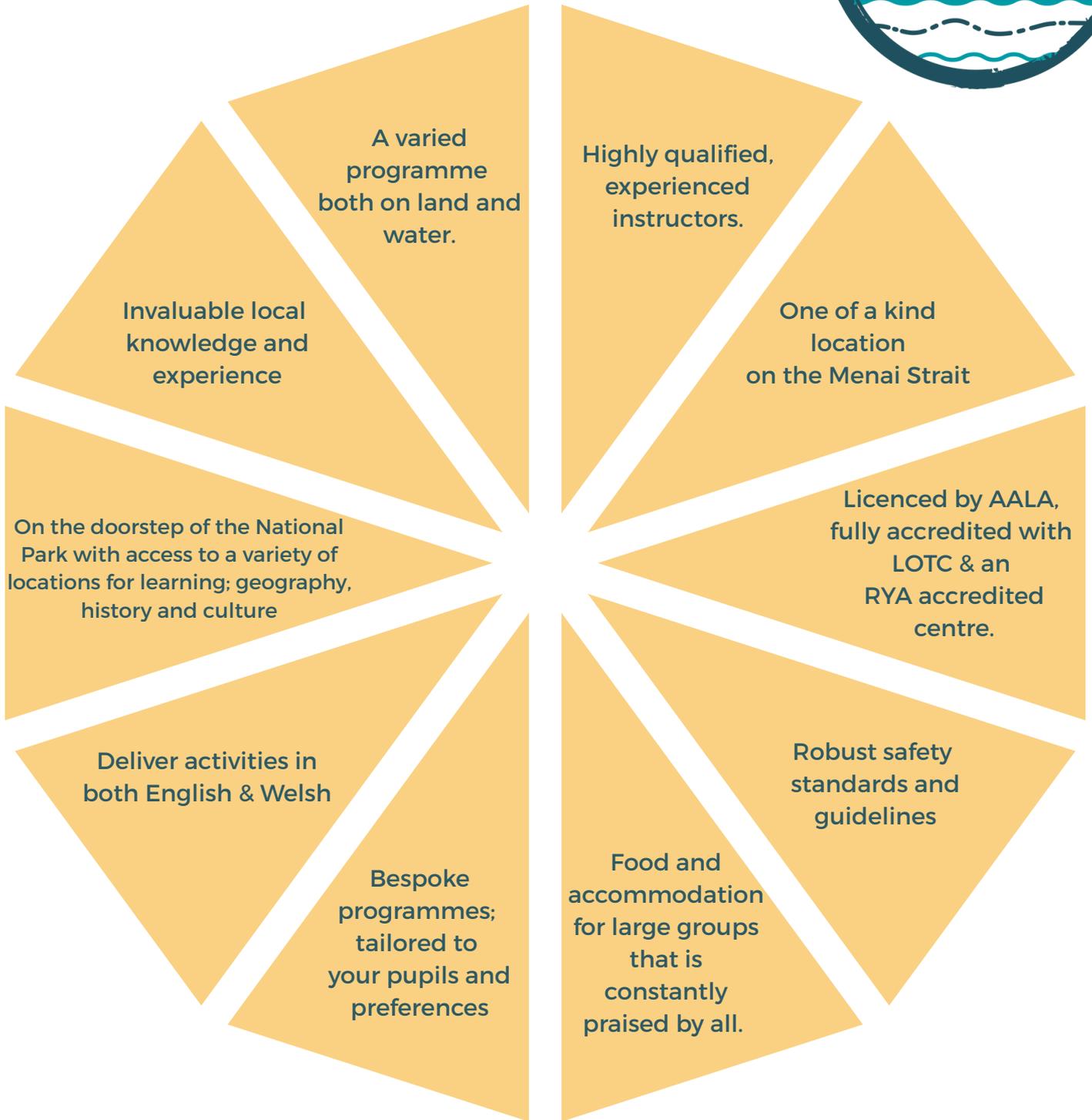
4. Healthy, confident individuals:

This purpose aims to develop learners who are well-rounded individuals with a positive sense of self. It emphasises well-being, resilience, and the ability to lead fulfilling lives.

- The outdoors is our main classroom, using fresh air as a key ingredient for learning.
- All our activities require physical movement alongside the learning of skills. We encourage all participants to try and then continue with the sport that we introduce.
- Developing self-confidence and resilience



10 REASONS TO CHOOSE PLAS MENAI



ORGANISERS INFORMATION AND CHECKLIST



8 WEEKS BEFORE ARRIVAL:

- We'll email you to confirm your final numbers of pupils and staff, including whether staff will be participating in activities.
- Please reply with your final numbers, within 10 days of receiving this email.

6 WEEKS BEFORE ARRIVAL:

- We'll send over your Schools Pack. This contains our Activity Risk Assessment document, information about your stay, and links to forms you'll need to distribute and complete.
- Either send the AOR/Medical Disclaimer Form digitally to parents/guardians or issue paper copies. These must be completed and signed by parents/guardians.
- Send the information for parents document/kit list to parents/guardians. (Provided by us)
- We'll send your final balance invoice, based on the numbers of pupils and staff you have confirmed. This must be paid before your visit commences.
- Have you booked your transport to and from the centre?
- Check your arrival and departure times in your School Pack.
- Please share the Coach & Minibus Information with your transport provider.
- This is a good time raise any specific support / adaptations for members of your group.

2 WEEKS BEFORE ARRIVAL:

- Return your sandwich choices document to us, by email
- Return your accommodation/rooming list to us, by email
- Collect signed consent forms from parents/guardians and return to the centre.
- Your activity programme will be sent to you on email. If you have any queries or need to speak to the team regarding additional support / adaptations to the programme, this must be done at the latest 2 weeks in advance of arrival.

BEFORE ARRIVAL:

- Complete the Emergency Information Form and bring this with you to the centre.



SCHOOLS CANCELLATION POLICY



CANCELLATION POLICY

All cancellations must be made in writing or by email.

All deposits are non refundable.

If you cancel your booking with us in its entirety, we will levy the following cancellation charges -

More than 12 weeks prior to arrival: Loss of deposit only

6-8 weeks prior to arrival: 75% of the total booking value

Less than 6 weeks prior to arrival: 100% of the total booking value.

If you cancel your booking with us in part, for example by reducing the number of guests attending, will levy the following cancellation charges -

More than 12 weeks prior to arrival: Loss of deposit only

8-12 weeks prior to arrival: 50% of the cost per guest

Less than 6 weeks prior to arrival: 100% of the cost per guest.

INCREASING YOUR GROUP SIZE

it may be possible to add additional members to your party after confirmation, but it is subject to availability. Please contact us soon to prevent disappointment.

RECLAIMING VAT

All courses offered are subject to VAT at the current rate. In our experience, many schools are able to reclaim the VAT element via the Local Education Authority (LEA) or through being VAT registered in their own right. As procedures may vary between authorities, it is advisable to contact your LEA (if applicable) if you need this process clarified.

