



Duke of Edinburgh Gold Residentials

Information Pack




The Towers
an Active Learning Centre 



The Towers Active Learning Centre

Active Learning Centres are dedicated to helping young people develop essential skills and character, and to promote wellbeing through outdoor learning.

The Towers ALC, perched high above the valley just outside Betws y Coed, has been comfortably furnished to provide a great base for your multi-activity residential trip.

Our Location

The Towers Active Learning Centre, in Eryri (Snowdonia) National Park, is located in the heart of one of the most stunning mountain areas of the UK, providing the perfect setting for experiencing the best of what Snowdonia National Park can offer. From rugged, lofty peaks, to wild climbing crags and gorges to both explore and create adventures.

Day 1:
Arrival Midday
Day 5:
Departure 3pm



THE TOWERS ALC
Betws y Coed
Capel Curig
Conwy
LL24 ODR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am		Breakfast	Breakfast	Breakfast	Breakfast
8:45am		Morning Briefing	Morning Briefing	Morning Briefing	Morning Briefing
9:30am		Adventure Activity*	Adventure Activity*	Adventure Activity*	Adventure Activity*
12:00pm	Arrival Settling in Make beds Instructor chat Lunch				Lunch Pack Bags Sign back kit
2:00pm	Adventure Activity*				Review of the week
3:00pm					Pick up
4:30pm	Return From Activity / Showers	Return From Activity / Showers	Return From Activity / Showers	Return From Activity / Showers	
6:00pm	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
7:00pm	Planned Activity*	Planned Activity*	Film Night*	Planned Activity*	
8:00pm	Social Time	Social Time	Social Time	Social Time	
9:00pm	Hot Choc	Hot Choc	Hot Choc	Hot Choc	
10:00pm	Lights Out	Lights Out	Lights Out	Lights Out	

* Adventure Activities will be decided on each day, dependent on the weather, conditions, abilities of the group and needs of the course. The options would be:

Gorge scrambling, Coasteering, Rope Adventure Day, Canoeing, Climbing, Abseiling, Mine Exploration, Mountain Walk or Scramble, Team challenges, Local Walk and much more....

* Planned activities on the evenings will all be onsite with the aim of getting to know each other, have fun and wind down after a day out adventuring. The options would be: Team challenges, Low ropes, Bouldering room, Campfire, Film night.

What kit does The Towers provide...

Each student will be issued with a peg number where they will find the following items of kit which they use and look after for the duration of the trip.

- **Waterproof Jacket**
- **Waterproof Trousers**
- **Thick Fleece**
- **Rucksack**
- **Mug**



The students will also be issued with the appropriate safety equipment for each activity they undertake.

Kit List

Item	Tick
4-6 T-shirts	<input type="checkbox"/>
3 - 5 Jumpers/hoodies/fleeces	<input type="checkbox"/>
3 - 5 Joggers/ leggings/Trousers (no jeans for activities)	<input type="checkbox"/>
6 - 8 sets of underwear Socks - at least 6-8 pairs of which 3 should be thick for use in boots/ wellies	<input type="checkbox"/>
Pyjamas	<input type="checkbox"/>
Woolly hat and gloves	<input type="checkbox"/>
Shoes	
• 1 pair of indoor shoes/ slippers	<input type="checkbox"/>
• 1 pair of old outdoor trainers which can get wet and dirty.	<input type="checkbox"/>
• 1 pair of wellies	<input type="checkbox"/>
• 1 pair of walking boots or shoes	<input type="checkbox"/>
Towel	
• 1 for activities	<input type="checkbox"/>
• 1 for showering	<input type="checkbox"/>
Wash bag with personal hygiene items. (No aerosols)	<input type="checkbox"/>
Sunscreen and hat	<input type="checkbox"/>
Reusable drink bottle (at least 1 litre)	<input type="checkbox"/>
Lunch box (preferable rigid plastic, chiller bags get squashed easily)	<input type="checkbox"/>
2 plastic carrier/ bin bags for dirty clothes	<input type="checkbox"/>
Any medication such as an Inhaler, EpiPen (Labelled with your name on it)	<input type="checkbox"/>

Code of Conduct

Throughout the course I agree to....

- 1 Treat everyone with respect regardless of gender, ethnicity, disability, sexuality or religious beliefs.
- 2 Listen to instructions given by the staff, instructors, supervisors or assessors and follow them whether I immediately agree with them or not.
- 3 Conduct myself courteously towards all members of staff, instructors, other group members and members of the public.
- 4 Look after my belongings and not expect others to be responsible for them.
- 5 Wear all the appropriate safety equipment/clothing I am given for the residential.
- 6 Not damage equipment through carelessness. I accept that I will have to pay for such loss or damage at replacement cost.
- 7 Not consume any alcohol or drugs during the programme.
- 8 Not bring any weapons on me and will not bring / purchase any items that would be deemed inappropriate.
- 9 Be responsible enough to ensure there is no noise after 10.30 pm, or any earlier time as requested by the staff at The Towers
- 10 Attend activities on time with the correct clothing and equipment.
- 11 Only use my mobile phone during the social time and that it must not be present at meal times or during activities
- 12 Not have any inappropriate physical, verbal, electronic or online contact with others.
- 13 Not enter other participants' private space (e.g. bedrooms,) or have any sexual contact with other people on the course.
- 14 Respect the environment, Use the bins provided and not drop litter in any of the environments we encounter.

In the interest of all participants the code of conduct must be adhered to, The Towers ALC holds the right to remove any participants found not to be compliant.





Get in touch

Call: **01235 467307**

Email: **thetowers@activelearningcentres.co.uk**

The Towers, Betws-y-Coed, Capel Curig,
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APPROVED
ACTIVITY
PROVIDER



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