



≈ Camping ≈ Lodges ≈ Activities ≈ Adventure ≈



THE DUKE OF
EDINBURGH'S AWARD



Expedition Base Camps

SilverHelme Activity Centre

The Row, Silverdale, Nr. Carnforth. LA5 0UG.
what3words address: ///mimed.cardinal.unscathed

Littledale Activity Centre

Littledale Rd, Lancaster. LA2 9EX.
what3words address: ///removals.pink.intervals



Lonsdale Activity Centres

Overview



Lonsdale District Scouts owns two well equipped Activity Centres close to Lancaster and Morecambe that are ideal bases for both *Duke of Edinburgh* expeditions and group training days.

The **Littledale Activity Centre** is situated south of the village of Brookhouse, eight miles from Lancaster and eleven miles from Morecambe. The centre is in the *Forest of Bowland Area of Outstanding Natural Beauty* (AONB). It is set in fourteen acres of pleasantly wooded valley, bounded on the west side by *Artle Beck*. To the South of the site are the moorland fells of the Forest of Bowland.

The **SilverHelme Activity Centre** is situated near the village of Silverdale, a few miles north of Lancaster and Morecambe. It is set in eighteen acres of natural woodland, comprising mainly of oak, ash, yew, hazel and holly. It is within the *Arnside & Silverdale Area of Outstanding Natural Beauty* (AONB), amidst limestone pavements and just a few minutes walk from Silverdale Train Station.

Both sites are private with no public rights of way so are much safer than many commercial sites. There are many walking routes available directly from both sites. There are opportunities on-site to develop expedition skills and also activities to build team spirit.

... And both Centres are an EXTREMELY AFFORDABLE option for Duke of Edinburgh groups, with many additional FREE activities.





Lonsdale Activity Centres

Expedition Opportunities

Directly from the **SilverHelme Activity Centre**, expeditions can access interesting and varied routes, whether along the coast or up into more hilly terrain around Arnside. Silverdale train station is a short 0.4 mile walk from the site. From there you can get trains to the South Lakes for additional expedition options. Some DoF groups have even camped at **SilverHelme** one night and walked across to the **Littledale Activity Centre**, staying there on the second night (a 12+ mile hike).



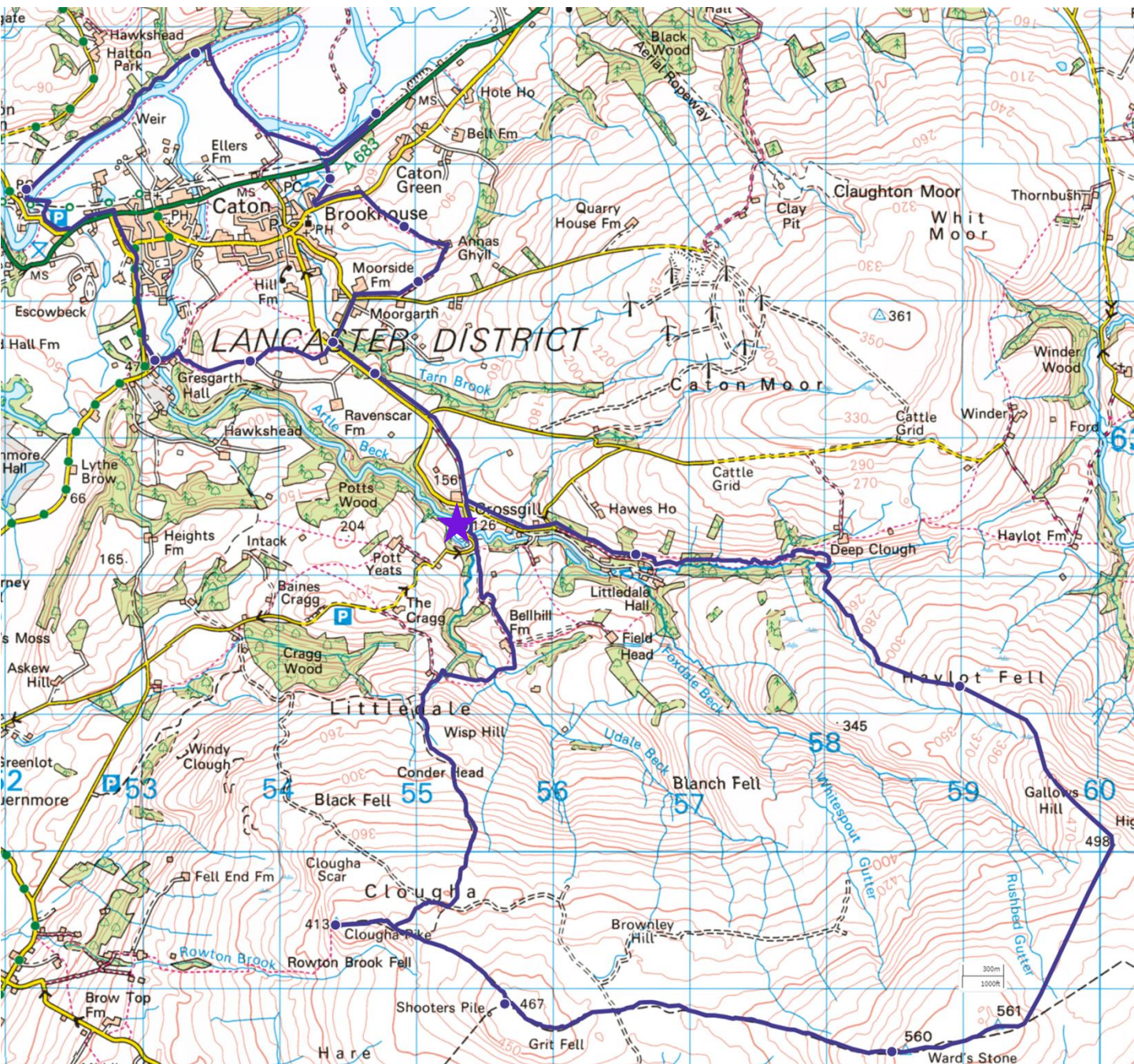


Lonsdale Activity Centres

Expedition Opportunities

Directly from the **Littledale Activity Centre**, expeditions can access many routes. There are strenuous options up onto *Clougha Pike, Grit Fell & Ward Stone* or easier routes down through Caton onto the *Lune Valley* paths.

The *Trough of Bowland* is a short drive away and, for even more strenuous options, the base of *Ingleborough* is just a 15 miles drive away. This also gives access to the other "Yorkshire 3 Peaks"; *Whernside* and *Pen-y-ghent*.





Lonsdale Activity Centres Accommodation Options

Both Centres offer good quality camping options for groups staying for more than one day. For Winter expeditions / training sessions, there are also bunk house options.

Camping Areas



Both sites have multiple camping areas offering options for all sizes of groups. The **Littledale Activity Centre** is ideal for groups interested in team building activities. The **SilverHelme Activity Centre** is ideal for groups interested in more nature inspired & independent camping options.

There are toilet blocks with hot and cold water wash basins, disabled facilities, and separate showers.

There are fire drums available at Littledale and fire pits in all the camp areas at SilverHelme. These will allow groups to do some outdoor cooking. There is a plentiful supply of firewood.



Lodge Bunk Houses



Both sites have centrally heated buildings capable of sleeping thirty people in separate bunk rooms. (4 x 6 berth, 1 x 4 berth & 1 x 2 berth rooms).

Each lodge has a large room for dining and indoor activities in wet weather. They also have fully fitted kitchens with multi-ring gas cookers, hot water, fridge & freezer and all crockery, utensils, pots & pans.

The Lodges have toilets with washing facilities and showers. There are also separate indoor cloakrooms & storage facilities for muddy footwear.

All the lodges are suitable for disabled people.

The **Littledale Activity Centre** Lodge is called **Long Panther Lodge**

The **SilverHelme Activity Centre** Lodge is called **Mortimer Lodge**

Wet Weather Barns



Both sites have a large wet weather shelter which is Wheelchair accessible and contains a number of tables. The shelters can be used as a "Mess Tent" and are also ideal for activities when the weather isn't too good.





Lonsdale Activity Centres

On-Site Activity Options

Both Centres offer interesting and varied activities, plus options if the weather isn't too good. There is **no public right of way** on either site and, for mid-week visits, you will often have exclusive use of whichever site you choose.

Nature Inspired



Both Centres have wide & varied terrains with many different trees & plants. It is ideal for learning navigation skills and, of course, for Den building.



You will spot many different birds and a variety of animals including deer, squirrels and rabbits.



Physical

The Centres are large but compact sites so perfect for Wide Games & Scavenger hunts.

At the **Littledale Activity Centre** groups can borrow cricket, hockey & baseball equipment for use on-site.



The **SilverHelme Activity Centre** has a full sized Table Tennis table & equipment in the Wet Weather Shelter. Groups can also borrow basketball equipment, along with a variety of "large games", including Jenga, Connect 4, a Circus Skills kit and a Parachute games kit.



Social



Both Centres have a large group camp fire area for up to 50 people.

There is also an outdoor Chapel on both sites for more contemplative activities.



Please email bookings@lonsdalescouts.org.uk if you would like us to organise an on-site activity day/evening for your group. These can be run by trained and DBS checked Scouting leaders and will often NOT incur any additional costs to your group.



Lonsdale Activity Centres

On-Site Activity Options

There are options for more adventurous activities at both Centres. Some activities are suitable for your group leaders to run and others will require the support of qualified leaders.

Littledale Adventurous Activities



Littledale Activity Centre offers some more adventurous activities that are free and do not require permits or pre-authorisation.

Currently there is an **Assault Course** at the far end of the site. There is also a **Bouldering Wall** near the Wet Weather shelter. Unfortunately neither of these are particularly suited for very young children.

Near the main car park there is a stock of **Pioneering Poles** and ropes. The Main Field is a perfect spot to construct some impressive structures.

There is now a 25 point **Orienteering Course** spread across the site. There are three different challenges to help develop navigation & map reading skills.



SilverHelme Adventurous Activities



Whilst the focus of SilverHelme is on camping & nature, there are some special activities available that are free and do not require permits or pre-authorisation.

There is a 25-point **Orienteering course** that has been mapped by the South Ribble Orienteering Club (SROC). There are SIX different challenges to help develop navigation & map reading skills.

For younger visitors there are **Squirrel & Beaver Trails** that will help develop navigation & observation skills. Nature inspired activity points are also included on these trails.

There are also poles and ropes available to allow **Mini-Pioneering** activities.





Lonsdale Activity Centres

On-Site Activity Options

If you are looking for more exciting activity options then the Activity centres can offer different options. All these activities will require a qualified instructor so not available for groups to use on their own. **Note: These activities will incur additional costs.**

Littledale more Adventurous Activities

Littledale Activity Centre has facilities for:

- **Archery** – The range has 4 targets and required safe areas. It has 3 shooting lines: 8m (5 to 8 year olds), 10m (8+ year olds) and 15m (experienced Archers).
- **Air Rifle shooting** – a fully equipped indoor shooting range with 4 shooting lanes.
- **Tomahawk Throwing** – suitable and fun for all ages.
- **Crate Stacking** – It is often a challenge to stand on top of the stack and to see how high can you build it before it comes crashing down. The activity develops balance and confidence whilst encouraging team working and communication.
- **Frisbee / Disc Golf** – professional equipment that allows a 9-Hole course to be set up on the Top Field.



SilverHelme more Adventurous Activities

SilverHelme Activity Centre is primarily set up for outdoor activities and local adventures. However, it does have facilities for:



- **Abseiling and rock climbing** – There is a deep cliff face, with installed anchor points, that provides an excellent opportunity for abseiling or rock climbing. There will normally be an additional charge for the instructor.
- **Tomahawk Throwing** – suitable and fun for all ages.
- **Crate Stacking** – A challenge to stand on top of the stack and to see how high can you build it!

Please email bookings@lonsdalescouts.org.uk if you are interested in the more adventurous activities and we can discuss suitable options & costs for your group.

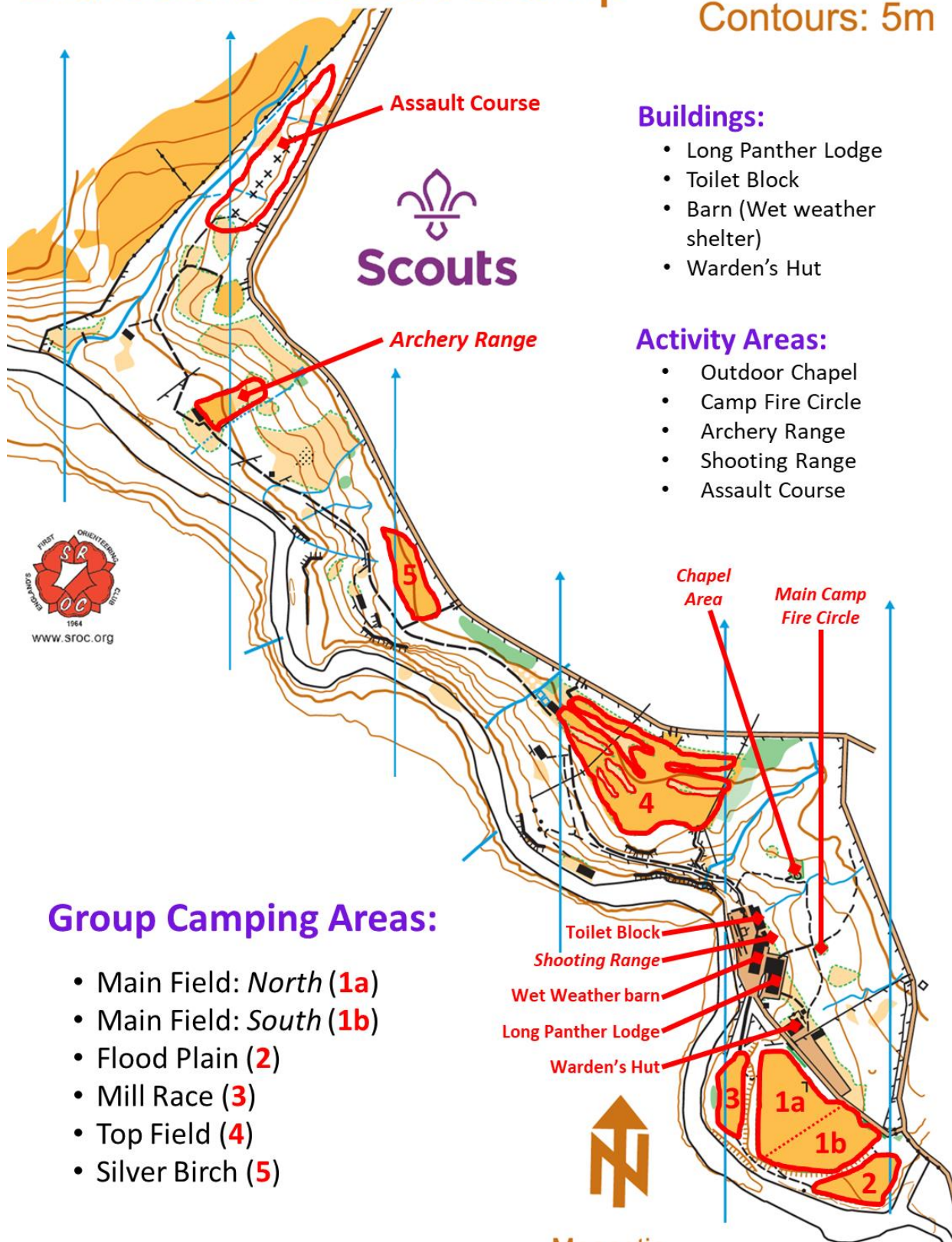


Littledale Activity Centre

Site Overview

Littledale Scout Camp

Scale 1:3000
Contours: 5m





SilverHelme Activity Centre

Site Overview

SilverHelme

Scale: 1:2000

Contours: 5m

