

## About us...

Eaton Vale Activity Centre is a centre of excellence for all young people. A short distance from the centre of Norwich the Centre is a haven of water, trees and wildlife, ideal for young people to learn to work together and enjoy each other's company. Eaton Vale is equipped to provide a wide range of outdoor and adventurous activity experiences in a safe and controlled environment.



### Iceni House

Iceni House is a modern purpose built facility that provides residential accommodation and meeting or activity rooms for all kinds of groups and purposes. The fully equipped professional kitchen is able to provide a range of catering services or is available for self-catering groups. The spacious dining room has a full range of crockery and cutlery. A first aid room and a laundry are also provided.

There are ten bedrooms on the first floor sleeping 4 to 8 people in each. A leaders room has en-suite facilities and a wall safe and 7 other rooms have washing facilities. There is a large sitting room on the first floor with video playback equipment. Toilet and shower facilities and provided on both floors.



### Access

Iceni House is accessible to a wide range of users with individual needs. All internal doors are wide enough for wheel chairs and there is a lift to the first floor and the main meeting rooms have a hearing loop. Toilet and shower facilities for wheel chair users are on both floors.

### Group and Community Use

Eaton Vale is open to all youth and community groups for meetings, conferences and training opportunities. The residential accommodation is available for overnight stays and longer holidays. The residential experience can be complemented with taster sessions or a full programme of outdoor and adventurous activities.



### Camping

The grounds are set out with a number of campsites for large and small groups. Drinking water is close to all campsites and electricity is available on some. A purpose built shower and toilet block services the campsites and there are separate facilities for disabled campers.

## Outdoor and Adventurous Activities

Eaton Vale offers a wide range of activities that are deliverable to groups of all abilities and ages from 8 years and up. All the activities can be pre booked as stand alone sessions or can be combined into programmed activity days. Activity instructors are qualified to National Governing Body guidelines and are experienced in delivering the activities to groups safely and enjoyably.

- Canoeing and kayaking
- Archery
- Air rifle target shooting
- Indoor climbing wall
- Rafting
- Orienteering course
- Abseiling



- Grass slope sledging
- Pedal go-kart track
- Revolving climbing wall
- Team challenge tasks
- Pioneering
- Parachute games
- 'Thinking Skills' activities

## Staff at Eaton Vale Activity Centre

Full time and seasonal personnel whose aim is to provide a professional and friendly service to our customers. Whatever your requirements for a residential or outdoor activity experience for your group the Centre staff will advise and help you to get the most out of your visit.