



# EDUCATION GROUP INFORMATION PACK

EVERYTHING YOU NEED FOR YOUR TRIP WITH NUCLEAR ESSEX



# TIME TO GET **OUTDOORS** AND OUT OF THE **CLASSROOM**

A trip to Nuclear Essex is perfect for enrichment days, end of year celebrations, class bonding and school fundraisers. We offer a variety of activities here at Nuclear Essex!

We have full day, morning, afternoon or after school session availability. If you would like to add to your day's agenda with activities from all or some of our facilities - we can organise timings as required. With one point of contact from first enquiry to your visit on the day - our experienced team will be on hand to make your trip simple to book and a memorable one.

Contact Sam, our school trip coordinator, at [schools@nucleaessex.com](mailto:schools@nucleaessex.com) or call on 07970 739037 to check availability, to book your trip, ask any questions, or to arrange a site visit.



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Nuclear Wild Forest school trips offer unique, educational outdoor activities, complete with land and water obstacles, and plenty of mud! Designed to build confidence, teamwork and resilience, these trips connect children with nature while keeping learning active and fun. We can cater for a whole class or up to 300 students in a single visit, making it perfect for schools of all sizes.

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Our high ropes course has 3 levels, over 70 aerial challenges with big zipwire finish. Our Zip Trek experience has 13 zipwires soaring through 500m of woodland and over water. Hit the heights & explore our vast tree-top ropes course. Students will test their courage, face fears & leave feeling proud and accomplished. We can host up to 60 students per group.

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Step underground and into history at the Kelvedon Hatch Secret Nuclear Bunker, the largest in South East England. Students will explore original rooms, government offices, and living quarters while discovering how the bunker would have operated during a nuclear emergency. Ideal for history, politics, and science groups, visits include self-guided tours with handsets. Our knowledgeable staff bring the past to life in a way that sparks curiosity and critical thinking.



# EXAMPLE ITINERARIES

## WILD FOREST

**10am** Arrive dressed ready for the trip, time for snack, drink and toilet break on arrival.

**10.20am** Safety briefing and meet the team.

**10.30am - 12.30pm** Tackle land and water obstacles with their designated instructors around the course. Expect plenty of mud!

## NUCLEAR ADVENTURES + WILD FOREST

**9.45am** Arrive at Nuclear Adventures dressed ready for your High Ropes session. Please allow time for snack, drink and toilet break on arrival to start promptly.

**10.00am - 12.00pm** Safety briefing, meet the team and take on the High Ropes course.

**12.00pm-12.30pm** Time for lunch in the Nuclear Adventures picnic area.

## SECRET NUCLEAR BUNKER + NUCLEAR ADVENTURES + WILD FOREST

**10.00am - 12.00pm**

Group 1 High Ropes.

Group 2 Secret Nuclear Bunker & lunch.

Group 3 Wild Forest.

**12.30pm - 2.30pm**

Group 1 Secret Nuclear Bunker & lunch.

Group 2 Wild Forest.

**12.30pm - 1.30pm**

Hot washdowns and changing rooms available. Students can eat their packed lunches in a designated grass area before returning to school.

**1.30pm** Return to school.

**12.30pm** Walk or drive to Nuclear Wild Forest.

**1.00pm - 3.00pm** Time for your muddy obstacle session at Wild Forest. Hot washdowns after with changing rooms available before heading back.

**3.30pm** Return to school

Group 3 High Ropes.

**2.30pm - 4.30pm**

Group 1 Wild Forest.

Group 2 High Ropes.

Group 3 Lunch & Secret Nuclear Bunker.

**4.30pm** Return to school.



# PRE-VISIT

## BOOKING AND SECURING YOUR SCHOOL TRIP

Simply contact our schools team to check availability and to book your trip. You can request a quote online at [nuclearessex.com/schools](http://nuclearessex.com/schools) or call the team direct on 07970 739037.

On booking you will have a personal school coordinator who will help you plan the perfect trip for you and your group. To secure your place, we require full payment 14 days before your trip. If your trip is within 14 days of booking, then full payment will be required.

## MAKING CHANGES TO YOUR TRIP

Once your booking has been secured, we are happy to accommodate changes to your trip up to 14 days before your trip. Please note changes to numbers may affect the activities your group are able to participate in.

## TEACHERS

At Nuclear Essex we love to see teachers get involved and lead by example. We offer free places for teachers at Nuclear Wild Forest and Nuclear Adventures.

## RISK ASSESSMENTS

Risk assessments are available on request. Please drop us an email and we can send them to you.

## LEARNING OUTSIDE THE CLASSROOM (LOTc) CERTIFICATES

We are proud to have been awarded the LOTc Quality Badges at Nuclear Wild Forest and Nuclear Adventures. LOTc accreditation represents the approval of the Council of Learning Outside The Classroom. To find out more about this accreditation visit [lotc.org.uk](http://lotc.org.uk).





# SPECIAL EDUCATIONAL NEEDS



## HERE TO GIVE YOU AND YOUR STUDENTS A HELPING HAND

Here at Nuclear Essex, we know that children with Special Educational Needs require a little extra understanding, kindness and space.

Educational trips to Nuclear Wild Forest and Nuclear Adventures provide unique opportunities for SEN students to engage in physical activity, develop communication skills, and foster social connections in a supportive environment.



## INCLUSIVITY PLANNING

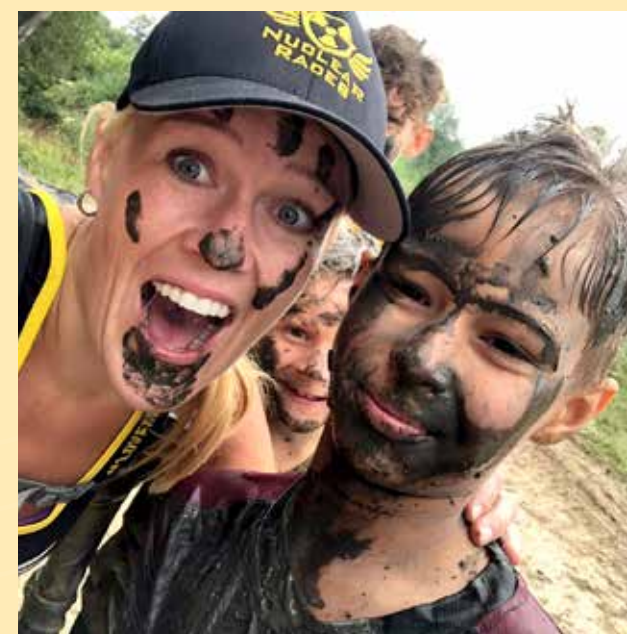
We understand that careful planning is essential to ensure accessibility and enjoyment for all students, including those with diverse needs. This may involve adapting our activities, providing additional staff support, and creating a safe and comfortable environment. We understand that brand new environments can cause a variety of difficulties for those with SEN, so we can provide photos of our sites for pre-visit student familiarisation. Please drop us an email requesting these at [schools@nuclearessex.com](mailto:schools@nuclearessex.com) and we can forward these to you.



# SEN

## BENEFITS FOR YOUR GROUP

Educational trips can enhance communication and social skills, boost confidence, and develop essential life skills like independence and responsibility. We want **every** child to get the most out of educational trips to Nuclear Essex while feeling supported and heard.



## SENSORY OPPORTUNITIES

Trips to Nuclear Wild Forest can provide valuable sensory experiences in the muddy great outdoors, through hands-on learning and engagement with the environment. A visit to Nuclear Adventures in our woodland site is a brilliant space to try and get a little out of their comfort zone while being in the wonderful outdoors.



## SUPPORTIVE STAFF

We know leaders and teachers will ensure adequate support staff are available to assist students during the trip, but in order to ensure we are creating a positive and inclusive atmosphere, all Wild Forest and Nuclear Adventures team members have completed the CBD Certified Neurodiversity Awareness and Strategies for instructors training, giving us a true understanding of how we can be the best at supporting neurodivergent students, to ensure they get the most out of a trip to us.







Here at Nuclear Wild Forest, our aim is to create an environment for children to explore, play and move, whilst promoting health and physical fitness. We nurture and strengthen motor skills and build children's movement repertoire, providing the stepping stones for a lifetime love of physical activity.

## PRE-VISIT

### WHAT TO WEAR

Nuclear Wild Forest is a muddy outdoor activity, so your group will need to wear clothes they don't mind getting dirty. Dress for the weather, we go out in pretty much any conditions! We recommend trainers and lightweight clothes that are easy to move in (not cotton), a towel, full change of clothes for the trip home, as well as a plastic bag for dirty clothes and shoes.

### VALUABLES

Leave valuables at home, any valuables your students do bring are left at their own risk.

### RISK ASSESSMENT

We will provide a full risk assessment for your trip with us on request.

### OUR CANCELLATION POLICY

In the event you wish to cancel your booking, you must confirm in writing to the Nuclear Essex schools team via [schools@nuclearessex.com](mailto:schools@nuclearessex.com).

### MAKING CHANGES TO YOUR TRIP

Balance of the full payment is due no later than 14 days prior to the scheduled trip. The student numbers confirmed at the final payment deadline will be the minimum number charged. No refunds or price reductions will be made for any decrease in student numbers after this point. Reserved student numbers that do not attend will be charged in full.

### OUR TEAM

The staff at Nuclear Wild Forest are highly trained to ensure a safe and memorable school trip. Lead instructors are qualified Level 2 Gym Instructors or Level 3 Personal Trainers. Backrunners and assistant instructors are trained in house. The team is water safety trained, first aid certified and DBS checked.

### ACKNOWLEDGEMENT OF RISK

Prior to the trip, we will send a link for parents/guardians to sign the risk acknowledgment for their child, as well as a link for teachers/group organiser to track who still needs to sign.

# LEARNING OBJECTIVES

HERE AT NUCLEAR WILD FOREST,  
OUR AIM IS TO DELIVER:

- Turning I can't into I can.
- Resilience life skills.
- Teamwork, experience being part of a team, communication, learning to delegate, lead, guide and mentor.
- Mindset and mental attitude boosts leading to new confidence.
- Making new friends, camaraderie.
- Appreciation that exercise and fitness can be fun & enjoyable.





# DURING YOUR VISIT

## WHAT TO EXPECT

- 1 You will be met upon arrival by your dedicated group instructor who will check you in at the Hub and explain the itinerary for the day.
- 2 We will give you a safety briefing and split you into groups.
- 3 Enjoy your muddy obstacle experience and have the best time!
- 4 Hot washdowns are available and indoor changing rooms. Separate changing rooms for teachers.
- 5 Students can eat their packed lunch on the grass area.
- 6 Head back to school with some muddy memories, big smiles and a sense of achievement.

**PLEASE ARRIVE PROMPTLY SO YOU CAN GET THE MOST OUT OF YOUR TRIP WITH US**



# POST VISIT

## CLASS PHOTO

A group photo will be sent to the group organiser after your visit so you can celebrate your successes and achievements as a school.

## BOOK YOUR NEXT VISIT

While your experience is fresh in your memory, why not call your school coordinator and book your next trip with us? We are able to take bookings a year in advance and your coordinator is able to discuss options with you.

Dates are subject to availability.

## REFERRAL

If you loved your trip to Nuclear Wild Forest, share your experience with a friend or colleague, we'd love to introduce them to the world of mud.

For every school that is new to Wild Forest and books a trip for 100 or more students, the NEW school group organiser will receive an exclusive Nuclear Races Dryrobe!



Please share your pictures with us  
**@nuclearwildforest**







We are a multi activity centre, with a zipline course and the biggest high ropes course in Essex which has over 70 obstacles to challenge all abilities. Our course consists of 3 levels and has 6 individual routes allowing a challenge by choice approach that allows students set their own pace.

# PRE-VISIT

## WHAT TO WEAR

We are an all weather outdoor activity and we advise participants to dress for the weather. Multiple thin layers are ideal as you will warm up as you get more active.

## VALUABLES

Ideally you would leave valuables at home, but we have a small amount of locker facilities that are free to use.

## RISK ASSESSMENT

All of our activities are fully risk assessed and copies of these will be provided with your booking.

## AMENDING YOUR BOOKING

We require full payment minimum 14 days before your visit to us either by BACs or credit card. At this stage we will need you to confirm expected participant numbers for your visit. We are able

to accommodate changes to your event up to 14 days before your visit. Please note changes to numbers may affect the activity you are able to participate in.

## OUR CANCELLATION POLICY

In the event you wish to cancel the booking, you must confirm in writing to the Nuclear Essex education team via [schools@nuclearessex.com](mailto:schools@nuclearessex.com). You will not incur any charges when more than 14 days notice is given. Cancellations within 14 days will be charged in full.

## RISK ACKNOWLEDGEMENT

We ask that our risk acknowledgements be completed ahead of time to facilitate a prompt start to your adventures. Our group disclaimer will be sent to you upon booking.





# DURING YOUR VISIT

## WHAT TO EXPECT

- 1 You will be met upon arrival by your dedicated group host who will help you check in at the cabin and explain the itinerary for your visit.
- 2 Your group can use the toilets and then wait in the picnic area until their safety briefing begins.
- 3 If you have chosen High Ropes or Zip Trek we will call your group to the briefing area, where they will be fitted with a safety harness. Before beginning the course, all equipment will be double checked.
- 4 Your group will listen to a safety brief, followed by a short course induction.
- 5 Time to smash the course!
- 6 Gather in the picnic areas for your packed lunch.
- 7 Head home with some amazing memories, big smiles and tired bodies.

**PLEASE ARRIVE PROMPTLY FOR YOUR VISIT SO YOU CAN GET THE MOST OUT OF YOUR TRIP WITH US**



# POST VISIT

## PHOTOS

Why not send some photos to us after your visit? We love to celebrate your student's successes and achievements with you! You could display your photos at school to show off your trip.

## BOOK YOUR NEXT VISIT

While your experience is fresh in your memory, why not call your event coordinator and book your next trip with us. We are able to take bookings a year in advance and your coordinator is able to discuss options with you.

Dates are subject to availability, Nuclear Adventures is popular so book early for your group to avoid disappointment!

## REFERRAL

If you loved your trip to Nuclear Adventures, share your experience with a friend, colleague or family, we'd love to introduce them to a world of Adventures.

Please share your pictures with us  
**@nuclearadventures**







The Kelvedon Hatch Secret Nuclear Bunker is a large underground bunker maintained during the Cold War as a potential regional government headquarters. Since being decommissioned in 1992, the bunker has been open to the public as a museum focusing on its Cold War history.

# PRE-VISIT

## FINDING US

Access is from the A128 Chipping Ongar to Brentwood road near Kelvedon Hatch. If you have GPS, use CM15 OLA and look out for the Brown Tourist signs.

Note: Navigation apps may drop short of the main entrance. Continue until you see brown signs on the A128.

For the most accurate directions, download the **what3words** app and navigate to:

**/// trying.works.toxic**

This will bring you directly to the Secret Nuclear Bunker car park.

## PARKING

We have a large, free car park, with space for 15 coaches, up to 100 cars.

## BUNKER TOUR

The tour is self guided by personal handsets. This is included in admission price. There is an adult and child tour available which both follow the same route.

There are several films to watch en-route and a dressing up area where you can try on authentic military uniforms and gas masks!

As a rough guide the tour takes about an hour to an hour and a half to complete. However, should you stop to watch all of the included films and take some time out to try on the uniforms then this extends the tour by four hours. Some people find one tour just isn't enough to take it all in!

## RISK ASSESSMENT

We can provide a full risk assessment for your trip on request.

# PRE-VISIT

## OUR CANCELLATION POLICY

In the event you wish to cancel your booking, you must confirm in writing to the Nuclear Essex education team via [schools@nuclearessex.com](mailto:schools@nuclearessex.com).

## MAKING CHANGES TO YOUR TRIP

We are happy to accommodate changes to your trip up to 14 days before your trip once your booking has been secured.

## ACCESSIBILITY

While access to the Bunker is limited, we can support wheelchair users to get the most out of their trip. Detailed information about physical access is on [nuclearessex.com](http://nuclearessex.com) under 'accessibility', but please do contact us with any questions.





# DURING YOUR VISIT

## WHAT TO EXPECT

- 1 Simply arrive at the main entrance to the Bunker and collect your allocated self guided tour handsets.
- 2 Enjoy your fascinating Secret Nuclear Bunker experience and have the best time!
- 3 Please return tour handsets to the box before your group's departure.
- 4 Head back to school.

# POST VISIT

## BOOK YOUR NEXT VISIT

While your experience is fresh in your memory, why not call your school coordinator and book your next trip with us. We are able to take bookings a year in advance.

Dates are subject to availability, The Secret Nuclear Bunker is incredibly popular with education groups, so book early to avoid disappointment!

## REFERRAL

If you loved your trip to The Secret Nuclear Bunker, share your experience with a friend or colleague, we'd love to introduce them to the fascinating history of The Bunker.

Please share your pictures with us

@secretnuclearbunker



## FURTHER LEARNING

### HISTORICAL CONTEXT

Have students debate the central question: "Would a nuclear bunker be effective for survival?" They can research and discuss the potential problems and benefits, using information from the visit and supplementary resources.

Students can analyse historical documents, such as essays from the time period, to understand how the Cold War influenced public worldview. This helps connect the physical bunker to the broader societal anxieties of the time.

### SCIENCE AND TECHNOLOGY

Focus on the science behind nuclear fallout, radiation shielding, and the logistics of survival.

"Bunker Inventory" Activity: Ask students to create a list of the 15 essential items they would take into a shelter. Then, provide them with historical guidance on what was recommended (e.g., specific foods, water measurements) and discuss the reasoning behind those choices.

Radiation Education: Teach students about the science of radiation, fallout, and protective actions. They can investigate:

- How distance and shielding affect exposure.
- The importance of staying inside for the first 72 hours.
- The logistics of maintaining clean water and food sources.

### CREATIVE WRITING

Immersive activities can help students understand the human experience of living under the constant threat of nuclear war. Students can imagine they are an evacuee or a bunker resident and write a letter or diary entry home, describing their experiences and feelings.



# FAQS

## ARE TEACHERS FREE?

At **Nuclear Essex**, we love to see teachers get involved and lead by example. We offer free places for teachers at **Nuclear Adventures** and **Nuclear Wild Forest**! At the **Secret Nuclear Bunker** teachers/leaders are required to pay for their space.

## IS THERE CAR PARKING?

We have large FREE car parks at all sites, suitable for up to 15 coaches and up to 150 cars in each.

## WHAT HAPPENS IN BAD WEATHER?

**Nuclear Adventures** is an all weather outdoor activity.

The course is in a sheltered bowl and is generally unaffected by most bad weather conditions, but please dress appropriately. We remain open in all weathers, except very high winds, snow, severe ice or during a lightning storm. **Nuclear Wild Forest** is an excellent wet weather activity and rain only adds to the fun! The course remains open in all weathers, except when it's very icy or during a lightning storm. We will make a call on cases of extreme weather early on the day.

## CAN WE BRING OUR OWN LUNCH?

At the **Secret Nuclear Bunker** there is a large grass area outside the bunker where students can enjoy their packed lunch. We may be able to

accommodate your group in the canteen if the weather is bad, depending on numbers. **Nuclear Adventures** has an outdoor area with picnic benches and a dedicated event cabin that can be used. At **Nuclear Wild Forest** There are picnic benches and grass areas around the Hub. All are outdoors, so plan for the weather!

## ARE THERE CATERING FACILITIES ON SITE?

**Secret Nuclear Bunker** has a small canteen which aims to cater to all tastes, but options may vary depending on the day. You'll find a selection of refreshments to enjoy during your visit including:

- Hot drinks: Tea, coffee, and hot chocolate
- Cold drinks: Soft drinks and bottled water
- Food: Cakes, snacks, and sandwiches

**Nuclear Adventures** and **Nuclear Wild Forest** have vending machines on site. Students are welcome to bring their own lunch.

## ARE THERE ANY WEIGHT/AGE/HEIGHT RESTRICTIONS?

**Nuclear Adventures** the maximum weight for taking part on the high ropes course is 120kg and all students must be over 6 years old and 120cm tall. For Zip Trek, this rises to 8 years old. At **Nuclear Wild Forest**, the minimum age is 6. Additionally, students need to be 10+ to go on the Deathslide.

## WHAT GROUP SIZE CAN YOU ACCOMMODATE?

**Nuclear Adventures** can accommodate up to 60 students on the high ropes course per 2 hour session. We can stagger starts to accommodate large groups or multi activity days can be provided and can accommodate up to

180 participants.

**Nuclear Wild Forest**

can accommodate

groups of all sizes, from a

small class visit to 300+ students!

The **Secret Nuclear Bunker** can accommodate groups of 100+, split into groups of 25 students, with a new group starting the tour every 5 minutes. This helps keep the experience moving smoothly and prevents queues.

## ARE THERE TOILETS?

All sites have toilet facilities.

## WHAT'S THE BEHAVIOUR MANAGEMENT POLICY?

We absolutely encourage your group to come and have fun here at Nuclear Essex, but if students are not following instructions, our team have the right to remove participants from the activity.

## DO YOU SUPERVISE THE CHILDREN?

At **Nuclear Adventures** the safety of all our activities will be supervised by trained and qualified instructors. However, we will always insist that staff are on site to supervise behaviour and encourage students from the ground. During your trip to **Secret Nuclear Bunker**, school teachers/group leaders are solely responsible for the children on the trip. At **Nuclear Wild Forest** we require teachers to supervise behaviour, but we will also ensure enough staff to manage the group and make sure everyone is being safe and getting the most fun from their trip.

## ARE THERE FIRST AIDERS ON SITE?

Our **Nuclear Wild Forest** team are trained First Aiders and there will always be at least one water

safety trained member too. At **Nuclear Adventures** we always have a first aider on site.

## DO YOU OFFER HOME EDUCATION RATES?

Our school rates are also available to Home Education and Youth Groups. These rates apply Monday to Friday during term time only and are open to Home Educating families or groups.

## IS THERE A GIFT SHOP?

There is merch available to buy at both **Nuclear Adventures** and **Nuclear Wild Forest**. There is a small souvenir shop at the **Secret Nuclear Bunker**.

## IS THE HIGH ROPES COURSE CERTIFIED?

We operate the highest category safety system on our ropes course and once attached, your students can only be disconnected from the safety system by one of our trained instructors.

## IS THERE A CHANGING AREA AT WILD FOREST?

At **Nuclear Wild Forest** there are hot washdowns available at the Hub, where students can wash off in their clothes. We have separate changing areas for male, female and individual students, plus dedicated changing rooms for teachers.

## ARE THERE WATER STATIONS ON SITE?

On hot days we provide water stations on the **Nuclear Wild Forest** course, plus drinking water refills are available in the Wild Forest Hub. The **Nuclear Adventures** cabin and **Secret Nuclear Bunker** canteen both have places to refill water.





“ I couldn't recommend Nuclear Wild Forest Obstacle course enough! We took 240 year 7 students and all the students LOVED the experience! It was great to see all the students really getting stuck in and using great teamwork to complete all the activities! The organisation from the team is amazing, getting all students involved even if they are feeling slightly nervous. The students really enjoyed all the activities, especially the water ones! A great time was had by all!

- Ms Stevens STAG July 2025



“ This was our 4th consecutive year of taking all our Year 7s to Nuclear Races (Wild Forest) and yet again it did not disappoint.

We took just over 230 students to the Nuclear Races (Wild Forest) with the aim to spend time with their new tutors and to build on their early friendships they have made. Sam makes the organisation so easy for us as a school and this is one of the reasons that I keep bringing back our students. Her team of staff we have got to know over the years and student safety and enjoyment is their priority at all times. Recently we have had older students talk about their best times at Mayflower and this trip is always featured in their highlights, the photos of their faces speaks for themselves!

#welovemudMayflowerhigh



“ Both kids and adults found it fascinating! We really enjoyed visiting the Kelvedon Hatch Secret Nuclear Bunker and highly recommend it. Both kids and adults found it fascinating. Mobile phones lose signal inside, which makes the atmosphere even more eerie and immersive.

Built in the 1950s during the Cold War, the bunker lies 125 feet underground and was designed to shelter hundreds of government officials. Everything was so well prepared: there is a hospital, living quarters, and even a BBC broadcast studio. Walking through the corridors, you really sense how seriously life underground was planned. A unique museum that perfectly combines history, atmosphere, and a touch of dark humour - definitely worth a visit.

- SNEJANA F



“ High Ropes pushed our students to their highest limits- literally! Focus and determination was needed to navigate through the different levels.

The Nuclear Bunker was eye-opening and really interesting- and so secret that we almost walked past it!

Jo Neill, Head of Year 12  
Southend High School for Girls



Please share your pictures with us

@nuclearessex



Sam Alexander (Schools Coordinator)  
07970 739037