Cuffley

Parent & Teacher Guide



Target sports



Climbing wall



Bushcraft

Discover Cuffley...

Cuffley Active Learning Centre is a memorable escape for schools who want to reconnect with nature, dive into fresh outdoor adventures, and build real teamwork, confidence, and connection. Set within almost 100 acres of SSSI woodlands, it offers the perfect backdrop for shared challenges, new experiences, and time spent outdoors together.

Our mission is to ensure every child has the opportunity to embark on a genuine outdoor adventure, to experience learning beyond the classroom that ignites curiosity, builds resilience and deepens their connection with the natural world (all whilst having fun and making memories with their friends).

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"This is the 4th year we've brought our students to Cuffley and it's been another amazing experience. Students have engaged and staff have been reactive and supportive to every situation. This is why we'll be back next year."

City of London Southwark Academy

Where is Cuffley?

Cuffley is just 10 minutes from Potters Bar, Hertfordshire, and is close to the M25 for easy coach access. Cuffley is also accessible by train (plus we can provide transport of bags to the site). The 96 acre woodland site is a Site of Special Scientific Interest (SSSI) and contains a wonderful range of flora and fauna.

What to expect

Cuffley offers energising, hands-on experiences for all ages, and we will help you create a bespoke programme shaped around your goals. Our Cuffley activities include:

- High ropes and low ropes
- Climbing wall and team challenges
- Archery and tomahawk throwing
- Problem solving and night line
- Orienteering and much more!

Our facilities at a glance:

- A choice of 4 unique accommodation options
- Woodland Cafe with large dining hall
- Additional spaces including classrooms to use whilst onsite
- 1:15 instructor-to-child ratio



Click to read our policies

Health & Safety Policy

Safeguarding Policy

Our adventures start with safety

The safety of your child is our top priority, and we are proud to deliver the highest standards of health, safety and care. From the moment your child arrives, they'll be in safe hands.

Our dedicated centre teams are experienced and fully trained, with a strong focus on safeguarding, supervision and wellbeing. We reduce risk to the lowest reasonable level at all times; all staff are Enhanced DBS checked and our recruitment is in line with Keeping Children Safe In Education 2025.

We understand that entrusting your child to a residential camp is a big decision. That's why every site has dedicated Designated Safeguarding Leads, all staff undergo safeguarding training, and qualified first aiders are on hand at all times. With robust safety procedures and qualified, experienced staff in place, you can be assured that your child's wellbeing is our priority from the moment they arrive until they return home.

We internally audit our compliance practices to ensure our processes are diligent and effective. We ensure our practices are benchmarked wherever possible and have been externally audited as compliant to the safety and quality management schemes shown below.

We are proud to have been awarded the LOtC Quality Badge; a recognition of our commitment to high standards of safety and educational quality. The OEAP strongly recommends that schools choose providers who hold the LOtC Quality Badge, so you can be confident your child is travelling to an organisation you can trust.



Sample residential itinerary

From morning activities to evening wind-downs, every day is packed with purpose. Dive into the example itinerary below to see exactly how our residential programmes unfold.

Day 1

ARRIVAL
On arrival you will head to your accommodation. Your leader will be with you and will give you a full briefing of everything to expect over the coming days.

LUNCH

FOREST BASED
In our beautiful woodlands, forest based activities allow students to get a taste of bushcraft and wilderness activities. They include learning basic survival techniques, such as fire lighting and shelters, and allows students to enjoy, explore and embrace the beautiful outdoors!

TARGET SPORTS
Unleash the inner marksman with our fantastic target activities line up. Whether honing precision in archery, testing aim with the rugged challenge of axe throwing, or diving into the action of archery tag, every moment promises excitement, comradery and friendly competition. Get ready to feel the rush of hitting the mark!

DINNER

CAMPFIRE
Evenings can be spent chatting, sing some campfire songs or spend some down time in the company of your classmates. Toast a marshmallow and make some s'mores before retiring to bed.

Day 2

BREAKFAST

GLADIATIOR
Students are harnessed and taught to belay each other as they climb a course of suspended obstacles; climbing walls, cargo nets, tyres, and ropes. This vertical challenge builds physical and transferable skills including climbing, communication, cooperation, and group support.

LUNCH

CONSTRUCTION
This two-part session challenges pupils to work together using the supplies provided. First, they build a bridge to cross our brook, then dismantle it and repurpose the pieces into a working, moving buggy. The focus is on creativity, ingenuity, communication, and perseverance.

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DINNER

AMBUSH
In this session the group will learn about camouflage, using the natural environment to your advantage. Try and blend seamlessly into the natural surroundings and slip between the awaiting trackers.

Day 3

BREAKFAST

CLIMBING
Our climbing wall has two sides to provide two different climbing experiences, encouraging students to find and explore their own limits. Both sides allow fellow students to belay each other, learning teamwork and group support.

LUNCH

ZIP LINE
A rush in the air over our babbling brook and through the trees. Our zip line gives a thrilling descent through our ancient woodland, it also offers a great introduction into aerial experiences. Students are harnessed up and off they go, testing their limits and facing fears.

CRATE STACK
Students work together to build the tallest possible tower of crates, with two harnessed pupils balancing on top as it grows.
Students work together to build the tallest possible tower of crates, with two harnessed pupils balancing on top as it grows. A test of innovative thinking, construction, balance, courage, and above all, teamwork.

DINNER

WACKY RACES
Splitting down into teams, the group will build their own buggy before racing it around the course. Make sure it's built to a high standard, or you might have to make some hasty design changes.

Day 4

BREAKFAST

LEAP OF FAITH
The ultimate adrenaline challenge! Pupils climb a 20ft pole, stand on the platform, and make a leap of faith to catch the hanging trapeze bar. A test of endurance and perseverance, with a little support from friends below.

LUNCH

TARGET SPORTS
Unleash the inner marksman with our fantastic target activities line up. Whether honing precision in archery, testing aim with the rugged challenge of axe throwing, or diving into the action of archery tag, every moment promises excitement, comradery and friendly competition. Get ready to feel the rush of hitting the mark!

NIGHT LINE
Follow the rope and see what awaits you! Students will be blindfolded and sent off all together, relying on each other and their other senses to get them through the course. Communication and teamwork are vital for this activity.

DINNER

CAMPFIRE
Evenings can be spent chatting, sing some campfire songs or spend some down time in the company of your classmates. Toast a marshmallow and make some smores before retiring to bed.

Day 5

BREAKFAST

TARGET SPORTS
Unleash the inner marksman with our fantastic target activities line up. Whether honing precision in archery, testing aim with the rugged challenge of axe throwing, or diving into the heart pounding action of archery tag, every moment promises excitement, comradery and friendly competition. Get ready to feel the rush of hitting the mark!

LUNCH

FOREST BASED
In our beautiful woodlands, forest based activities allow students to get a taste of bushcraft and wilderness activities. They include learning basic survival techniques, such as fire lighting and shelters, and allows students to enjoy, explore and embrace the beautiful outdoors!

DEPARTURE
As part of the young peoples responsibility they are expected to return the equipment in good order which may involve cleaning items.

Please note this is an example itinerary and will be tailored to suit the specific needs of your school. Please check with your school regarding exact activities for your trip.



"A fabulous 3 days giving our pupils fun, challenging & life changing experiences which they will remember forever! Great staff, well organised sessions and timetables, delicious food & it is great to see a consistency of staff from year to year!"

St Matthew's CofE Primary School

Discover our delicious sample menus!

Breakfast

- Cereal bar & fruit juices
- Sausages, mini hash browns, baked beans, bread roll
- Yoghurts, fresh fruits & croissants
- Belgian waffles with Greek yoghurt & honey forest fruits
- Sausage & egg muffin with sliced cheese & tater tots

Lunch

- Freshly made baguettes & rolls
- Chicken fajita's, ham, cheese, tuna, sweetcorn or mayo
- Energy bar & potato chips
- BBQ chicken drumsticks & French fries
- Baked potato with cheese, beans, coleslaw, tuna or sweetcorn
- Selection of fresh salads & fresh fruit

Dinner

- Halal breaded chicken wrap or veggie bean wrap with couscous, potato wedges, sweetcorn, sauces & salad
- Beef bolognese, cheese alfredo or Penne vegetable, garlic bread, Tomatoes, olives & salad
- Beef or veggie burger with brioche bun, honey mustard potatoes & a selection of salads
- Woodfired pizza with pepperoni, halal chicken, sweetcorn, olives, peppers, coleslaw, salad & Pesto pasta
- Chicken & sweet potato curry with flame baked naan breads & onion bhajis

Desserts

- Smores around the campfire
- Chocolate fudge brownie
- All butter flapjack
- Vegetarian chocolate mousse
- Chocolate muffins
- Selection of fresh fruit

Snacks

- Custard creams
- Fresh fruit
- Cherry flapjack
- Tunnocks
- Popcorn
- Nutri-Grain Bars

Please note: this is an example list of the set menus we have that are dependent on which days you are at the centre. All dishes have an allergen free alternative. All dishes and items are subject to availability and we aim to cater for all dietary requirements.

FOOD HYGIENE RATING 0 1 2 3 4 5 VERY GOOD

Cuffley kit list

To help you pack for your child's upcoming adventure, we've put together a recommended kit list below based on a 3 day trip (please see below in brackets the quantities to bring for 4 and 5 day trips).

- [ ] A bag or suitcase to carry all of your kit (please no bin bags)
- [ ] 3-4 T-shirts/long sleeve tops (4-5 for 4 days / 5-6 for 5 days)
- [ ] 2-3 Warm jumpers/fleeces (2-3 for 4 days / 3-4 for 5 days)
- [ ] 4-6 Pairs of socks (inc. some suitable for wearing boots/wellies) (5-6 for 4 days / 6-8 for 5 days)
- [ ] Woolly hat and gloves (weather dependant)
- [ ] Waterproof jacket and trousers
- [ ] Reusable drink bottle (at least 1 litre)
- [ ] Wash bag with personal hygiene items (no aerosols please)
- [ ] 2 plastic carrier/bin bags for dirty clothes
- [ ] 1 small rucksack for daily use
- [ ] 2-4 Joggers/leggings/trousers (no jeans please) (3-5 for 4 days / 3-5 for 5 days)
- [ ] 4-5 Sets of underwear (5-6 for 4 days / 6-8 for 5 days)
- [ ] Nightwear - pyjamas etc.
- [ ] Shoes (inc. outdoor trainers, hiking boots), plus wellies is the weather is looking to be wet
- [ ] Towel
- [ ] Sun cream and hat (weather dependant)
- [ ] Any medication your child takes such as an inhaler (please make sure it has your name on it)

Optional items to pack

- [ ] Torch - useful for reading at bedtime
- [ ] Cameras - ensure waterproof and inexpensive (disposable cameras are best)
- [ ] A book



Top tips for packing

- Help your child pack their bags so they know what you have packed for them.
- Casual, warm clothes are best.
- Please avoid bringing aerosol and others sprays, roll-on deodorant is fine.
- Ensure everything is labelled so that it can be easily identified.
- During the warmer months please make sure you have packed sunscreen and a hat.
- Please do not bring food, expensive clothing or gadgets as they may get dirty or lost.

Cuffley Active Learning Centre cannot take responsibility for any items lost. We'll do our best to locate missing belongings, but we are not liable if they aren't found. Any items recovered after departure will be held on site for a short period of time, please contact our customer service team should any lost items arise.

Accommodation: Landpod Village

Our brand-new Landpod Village offers a fresh way to experience the outdoors in comfort. Each pod provides a cosy sleeping space, while the village layout keeps your group together and creates a brilliant base for evenings around the campfire. The Landpod Village sleeps up to 56 people and has a central yurt.

- Each Landpod has solar lights
- Bedding is provided in all Landpods
- Toilet and shower block nearby
- The Landpods accommodate 8 people per room



Toilets & showers



Twin pods



Bunk bed pods

Arrival via train

Information for teachers:

Arriving via train at Cuffley Train Station - Hertford North Line (Stevenage to Moorgate)

- Our Instructors will be at the station 10 minutes before you're due to arrive to greet you.
- If you have chosen to have your bags collected, one of our Instructors will be there with a vehicle to collect your bags (this may take a couple of trips, but don't worry, we will have someone at the station to keep your belongings safe). Please note: unfortunately, we do not have a passenger vehicle available
- To proceed to the centre, our Instructors will lead you to our Cuffley centre. When approaching centre, you will need to cross a main road. This will be coordinated with the Cuffley team to ensure a safe crossing. We will either stop traffic to let everyone cross in one group, or split your student into smaller groups. Please note: during this journey, our Instructors are not responsible for your groups' safety.
- Please make sure your students have the following in a rucksack for the walk to the centre; water bottle and sun cream/hat/raincoat (weather dependent).
- Depending on your students age and ability, the walk will be between 30-40 mins and most of this walk is on pavement adjacent to normal roads. We then walk through a small section of woods to ensure your crossing is done directly opposite centre to reduce how much time is spent near a main road.



Arrival via coach

Information for teachers:

- Please contact the Cuffley centre in advance with your expected arrival and collection times (contact information will be provided 1 week before your trip).
- On arrival, our staff will greet and direct your coach to a designated bay. To ensure the safety of all visitors, passengers must remain on board until parked.
- Your instructors will greet you once parked and advise on bags and group assembly.
- Please note: coaches cannot remain on site after drop-off. South Mimms services (15–20 mins away) is recommended for driver breaks.
- For collection, please arrive as close to your group's departure time as possible, as other coaches may need bay access first.

Frequently asked questions

Can food intolerances be catered for?

During the booking process the group leaders/teachers will ask for details about dietary requirements of everyone attending and then pass that information to our team, we will then ensure everyone is catered for. If you do have any particular concerns please get in touch.

How many people are there to a landpod?

We will work with your school during the booking process to allocate landpods before your child arrives. Group leader & teacher will have their own landpods.

How many students are in each group?

For day activities, students will be in groups of up to 15 students with each group having an instructor and a teacher from your child's school. The instructor will stay with their group for the duration of the activities.

Do you provide evening activities?

Yes, at Cuffley we have a range of indoor and outdoor evening activities, which are run by our staff.

What happens if weather is bad?

We carry on unless it is unsafe to do so then we will substitute the activity with a more appropriate one.

Can children bring electrical devices?

It is the choice of the group leaders/teachers whether children are allowed to bring mobile phones and any other devices. The centre is not responsible for the devices if lost or damaged and we kindly request that young people do not bring mobile phones out on activities, due to safety reasons and damage protection, but also for the benefits of time away from a screen and embracing the activities. All of our staff carry phones for safety reasons.

What equipment do you provide?

We have all the specialist equipment that your child will need for our courses, plus all equipment is inspected, cleaned and serviced regularly to maintain the highest standards of safety.

Do you provide insurance?

We have our own comprehensive public liability insurance to cover your child once they arrive at our centre, however please check with your school that they have trip insurance for the journey to and from our centres, and for cancellation cover.

What are your first aid procedures?

All of our instructors are first aid trained and in an emergency, the Centre Team will assist with transportation to the nearest A&E department.

Frequently asked questions

What are your health and safety procedures?

We set and adhere to detailed Health & Safety policies and complete extensive risk assessments on all aspects of our operations, which are monitored and regularly reviewed. All programmes comply with Local Authority safety guidelines and all activity equipment is regularly inspected and used for its intended purpose.

Food is procured from reputable sources and stored safely, plus our food hygiene is controlled by trained staff, and our kitchens are also inspected by The Food Standards Agency.

Comprehensive first aid kits are nearby on all courses and any incidents are managed through a detailed incident, emergency, and communication plan.

Who is responsible for my child on the school trip?

When at our centre, we ask all students to pay attention to our instructors and teachers, and follow all rules onsite to ensure everybody's safety. Active Learning Centres provide trained instructors to lead activities. While our instructors are responsible for safety during activities, they do not take on pastoral responsibilities. Whilst onsite, the lead Teacher will be given the contact details of the Duty Instructor who is on call overnight during your child's trip.

Teachers will remain in Loco Parentis and will be legally responsible for your child whilst on this trip at all times. Teachers must always be present during activities, meal times, free time, and overnight stays. Teachers' responsibilities include, but are not limited to; pastoral care and wellbeing of students whilst on-site. acting as a responsible guardian for the duration of the trip, supervision (ensuring students are safe, supported, and behaving appropriately etc.).

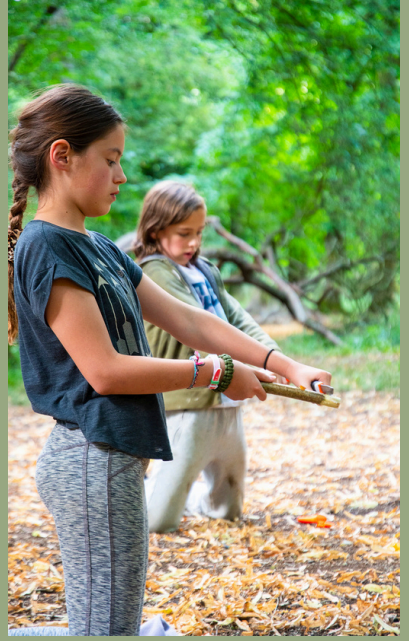


"CJ and Quinn were fantastic. They engaged well with the kids and staff and were incredibly knowledgeable about the routines and activities. The pods were clean and easy for the kids to access and the food was great. Campfire activities were brilliant!"

Alleyns Regents Park School




F-GBLJ



















Have more questions? We're here to help!

If you have any other questions about your childs upcoming trip, our team are always happy to help.

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