
Rock UK Adventure Centres Ltd

Frontier Centre



Our Adventure...

TRANSFORMING YOUNG LIVES



www.rockuk.org



— CELEBRATING —
100 YEARS
OF ADVENTURE
— 1922-2022 —

Frontier Centre

- Frontier Centre is a 122 acre site overlooking 600 acres of lakes along the Nene Valley
- Frontier Centre opened in 1984 and has welcomed over 250,000 guests since then
- Over 230 people can be accommodated
- Dining Hall can seat 140+ people. Self catering options also available in some accommodation blocks
- Indoor Sports Hall & Conference Suite
- Over 25 adventurous activities
- Spot-Light sessions e.g. *“above & beyond”*



We believe adventurous activities help to...



- Create an encouraging environment in which team work is promoted
- Facilitate personal achievement and assist in overcoming personal fears
- Build up self confidence, self esteem & a sense of belonging
- Promote communication and co-operation



Adventurous Activities

High Ropes



Bushcraft



TDTs



Rafting

At Rock UK we want to equip every person with a passion and appreciation for their environment. All our instructors have a genuine passion for the outdoors and it's more than just a job. They encourage high levels of resilience, confidence and independence when tackling challenging activities....

We create memories for life.

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Accommodation



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Safety and Security

- All groups are given a safety welcome talk on arrival.
- A member of staff is on duty 24/7 and 25+ staff live on site.
- All visitors are given a security wristband.
- All members of staff wear a uniform and have a name badge.
- All staff are DBS checked.



And finally...

We look forward to welcoming you to Frontier Centre...



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