



Cave Springs Camp & Retreat

School Field Trip Guide



**Lincoln
Ontario**



**CELEBRATING
YEARS
1951-2026**



Cave Springs Camp & Retreat

SCHOOL FIELD TRIPS

**FOR ELEMENTARY AND
SECONDARY STUDENTS**

Plan an Adventure

We are located in Lincoln, Ontario and offer fun outdoor experiences that emphasize outdoor exploration, team-building and leadership development.



Confirm the Date

Secure an available date for a day trip, extended day trip, or overnight (1 or 2 days). Trips are offered in the fall, winter and spring.

Select Activities

Select activities that match your curriculum, desired outcomes, and special interests.



Build your trip with us!

We custom design every field trip to meet the goals of each school. Contact us to start planning your adventure.

Finalize Your Plans

Complete a contract that confirms the details that will help your field trip run smoothly.



Our Program

We provide day and overnight field trips for elementary and high school students, focusing on outdoor exploration, team-building, and leadership development. All activities are led by our trained Cave Springs staff, who tailor the program to fit each grade level, group interests, and curriculum needs.



About Us



Located in Lincoln, Ontario, Cave Springs is beautifully nestled on the Niagara Escarpment with direct access to the Bruce Trail. Since 1951, we've been offering summer camps and, since the mid-1990s, school field trips. Our site includes a variety of outdoor activities such as forest exploration and hiking trails, natural springs, campfire areas, high and low ropes courses, archery, a swimming pool, an outdoor pavilion, six heated and air-conditioned cabins, a Dining Hall, and a year-round Conference Centre.



Day Trip

Arrival: 9:30am

Departure: 1:30pm

Cost (per student): \$32

Food: Students bring snack and bagged lunch.



Extended Day Trip



Arrival: 9:30am

Departure: 8:00pm

Cost (per student): \$72

Food: Students bring snack and bagged lunch, dinner is provided by Cave Springs.

Overnight Trip

Arrival: 9:30am

Departure: 1:30pm

Cost (per student): \$115 per night

Food: Meals and snacks are provided by Cave Springs Camp.



Activity Options

AMAZING RACE

In small groups, teams work together to accomplish a series of challenges. Teams travel to different areas of the site as they find special items and hunt for answers and unleash their creativity. Points are awarded for both speed and quality. Success comes from productive collaboration and team work.



ARCHERY

At our archery range, students learn how to safely use our bows and arrows. Students take turns using the archery equipment as they follow the structure, rules and processes provided by the staff archery leader.



Activity Options

CAMPFIRE BUILDING

At one of our designated campfire pits, Cave Springs staff guide students on how to build a campfire. Students help collect kindling, tinder, and logs and learn about different ways to build campfires. Students roast their own marshmallows for s'mores or cook hotdogs. Dietary requirements can be accommodated.



CAMP GAMES & CRAFTS

We offer a wide range of active and cooperative games, encouraging students to stay engaged and work together. In our Craft Hall, students can unleash their creativity through a variety of craft activities, using different materials and mediums. All necessary materials and equipment are provided by Cave Springs Camp.



Activity Options

FOREST STUDY

In the forest, students explore the plant life and creatures that inhabit the forest and our nearby natural springs. They begin by sharing their ideas about what they might find in the forest. Then, they embark on a search to discover interesting plants and animals. Afterward, students gather to share and discuss their findings in a show-and-tell format.



HIKING

Our site has beautiful hiking trails with natural scenery and intriguing destinations.. On hikes, students can explore historical landmarks and observe the forest ecosystem. All hikes are led by experienced staff who share history and legends of the trails. We are directly connected to the Bruce Trail and the Niagara Peninsula Conversation Area of Cave Springs.



Activity Options

TEAM-BUILDING & LEADERSHIP

We provide a diverse range of team-building activities designed to enhance communication, collaboration, and leadership. Each game presents a challenge with specific goals and unique rules. Teams determine how to achieve the goal through communication and various strategies.



LARGE GROUP GAMES

In open fields and throughout the property we organize large group games that involve running, chasing and searching. Popular games include Capture the Flag, Camouflage, Survival, and Smuggler and Spies.



Activity Options

SHELTER BUILDING

Small groups collaborate to build a shelter using available materials in an open forested area.

Students are encouraged to get creative and focus on achieving one or more of the following goals:

- Sufficient size to accommodate the entire team
- Durability to withstand various weather conditions
- Comfort for living



ORIENTEERING

Cave Springs staff introduce students to the basics of orienteering and map reading. Topics include identifying trail markers, using compasses, and navigating unfamiliar terrain. Students are then divided into small groups, working collaboratively to locate hidden items around the grounds using maps, compasses, and clues.



Activity Options

LOW ROPES

Groups walk through the forest surrounding Cave Springs and participate in a variety of low ropes course challenges. These challenges facilitate teamwork and collaboration to achieve success. Our site currently features a Whale Watch, with more exciting elements coming spring 2025.



HIGH ROPES

Cave Springs has a high ropes course that can be included with field trips. We follow all Ontario Camp Association (OCA) standards in ropes course operations. Students take turns climbing and we can host up to 20 students in a two hour period. All climbers must provide a completed health form.



Activity Options

SWIMMING

Students can relax and cool off in our 60'x30' pool, equipped with a deep end and diving board.. Certified lifeguards are on duty to ensure safety while swimming. The pool comfortably accommodates up to 45 swimmers at once, but is certified for up to 75 swimmers at a time.



WATER GAMES

Water Games are a Cave Springs favourite for school groups during hot weather. Cool down with games such as Art Attack, Drip-Drip-Drop and Fire Brigade. All water games use safe items such as sponges.



Sample Schedule

DAY TRIP

Group 1	Group 2	Group 3	Group 4
9:30 Arrival	9:30 Arrival	9:30 Arrival	9:30 Arrival
9:50 Forest Study	9:50 Scavenger Hunt	9:50 Hike	9:50 Archery
10:30 Archery	10:30 Forest Study	10:30 Scavenger Hunt	10:30 Hike
11:15 Hike	11:15 Archery	11:15 Forest Study	11:15 Scavenger Hunt
12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Scavenger Hunt	12:30 Hike	12:30 Archery	12:30 Forest Study
1:15 Pack Up	1:15 Pack Up	1:15 Pack Up	1:15 Pack Up
1:30 Departure	1:30 Departure	1:30 Departure	1:30 Departure



Additional Information

SUPERVISION

Cave Springs programming is designed to be age appropriate and targeted to the goals of the individual group. This custom design helps achieve teacher specific goals and encourage cooperative participation and excitement. Cave Springs staff will do everything they can to sustain positive engagement, we ask that behavioural issues are the responsibility of the school. We are happy to discuss and support any strategies that are already in place to make your trip successful.



CELL PHONES

Whether or not you allow students to bring cell phones on their trip is up to you. We do have some activities for older students where cell phones may come in handy, such as the Amazing Race. We recommend that they are always kept in student bags so that phone engagement does not interfere with activity engagement. We want students to be engaged and connected with the program, with each other, the earth, and their peers. If students want to have pictures during their trip, we encourage teachers to be designated “photographers”.



Additional Information

ACCESSIBILITY

A significant aspect of our site is its integration with the natural environment. Our 2 Halls have fully equipped kitchens and seating areas.

We provide wheelchair-accessible washrooms, and our buildings, including cabins, are designed to accommodate wheelchair users.

Staff and students should note that much of the outdoor area, where the majority of programming takes place, consists of grass, gravel paths, or trails.

It is advisable for students to dress appropriately for the terrain and weather conditions.

If accessibility poses a concern for any students or staff, please do not hesitate to contact us for further information.



ACCOMMODATIONS

We have 6 cabins, each with 7 bunk beds and sleeps a total of 14. One bunk is separated from the rest, designed for supervisors. In total, our cabins sleep 72 people. All cabins have electric heaters and air conditioning to ensure comfort no matter what time of year you are visiting.

When Overnight groups use the cabins, the teachers and chaperones are responsible for student supervision.

We also have 9 bedrooms in our Conference Centre that are available for teachers and chaperones. A total of 34 beds. These bedrooms are adjacent to bathrooms that host a single shower and toilet.



Additional Information

WEATHER

Here at Cave Springs we operate our program rain or shine! Be sure to dress appropriately for the weather and be prepared for changing weather conditions. In the event of inclement weather, we have a variety of indoor spaces that can be used for alternative programming. We encourage you to bring rain coats and umbrellas if the forecast is calling for rain.



EMERGENCIES

Emergency procedures are posted in all buildings, and there will always be a Cave Springs staff on site. Trained staff will give instructions should an emergency occur. If a medical emergency occurs, 911 will be called and students who are not involved will be removed from the area. Our site is easily accessible by emergency services such as EMS and fire, and we are located close to West Lincoln Memorial Hospital. We also have an AED onsite.



Additional Information

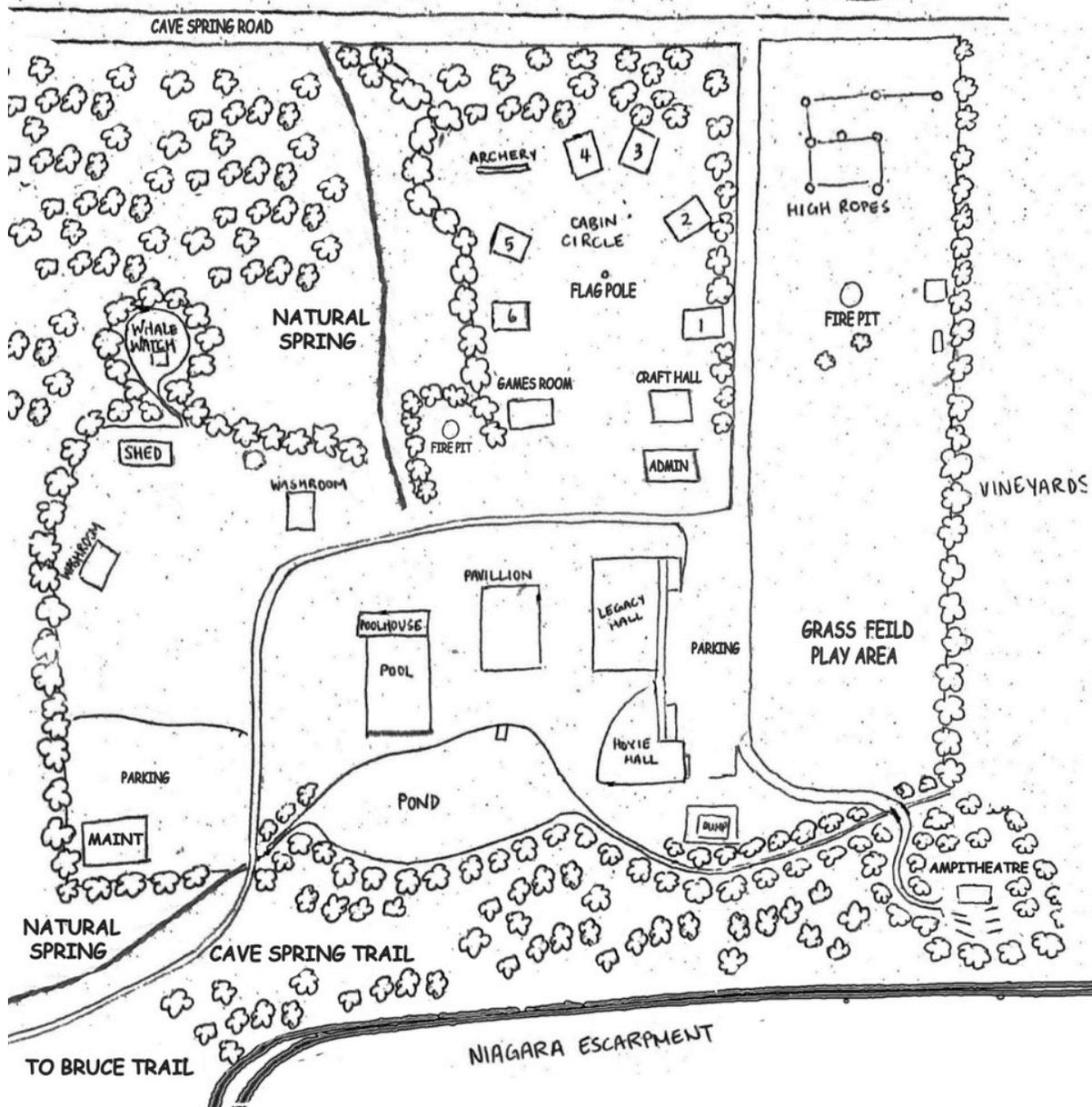
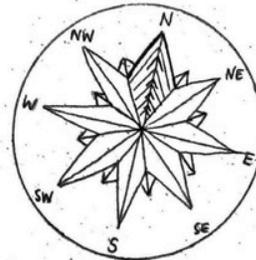
SITE MAP



**Cave
Springs
Camp & Retreat**

CaveSprings.ca

SITE MAP

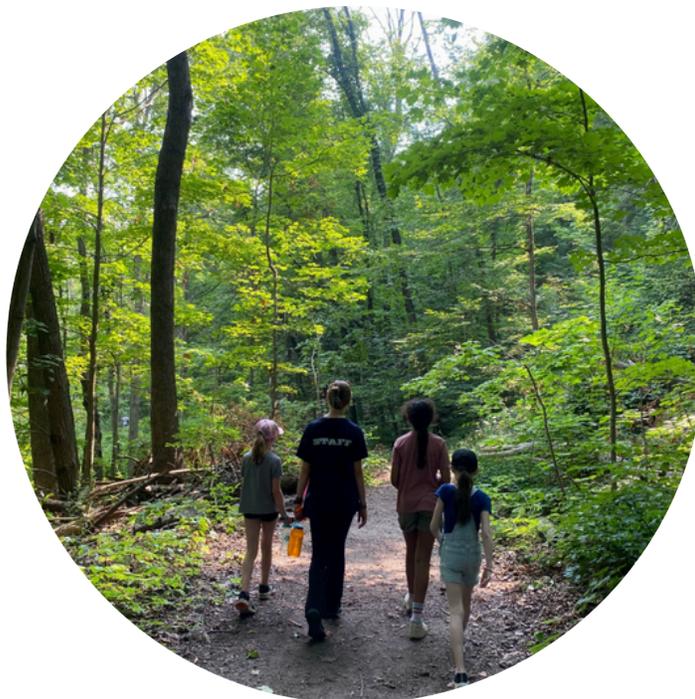


Contact us for further inquiries



CaveSprings.ca

Program Director
Taylor Hodgins
taylor@cavesprings.ca
Call/Text 289-501-3743



Cave Springs Camp and Retreat
4410 Cave Spring Road,
Lincoln ON, L3J 0W3

