

Real Adventure



Real Adventure is an outdoor adventure company based in the Lake District. It is registered and licensed by the Adventure Activities Licensing Authority.

Real Adventure have run our trip for the last four years and previously have led

some of our caving sessions.

All Real Adventure staff are highly trained outdoor instructors, hold first aid certificates and have been police checked.







Nigel

http:real-adventure.co.uk

Sunday Travel up by minibuses to the Lake District

Evening activity: Local Fell walk

Monday Caving

Evening activity: free time

Tuesday Mountain walk

Sleep overnight on the mountain





Wednesday Return from the mountain

Ghyll scrambling

Thursday Canoeing and kayaking

Evening activity: packing

Friday Return home (aim for 4.00pm)

Daily Routine

8.00 Breakfast

9.00 Activity

12.30 Lunch

2.00 Activity





7.00 Supper

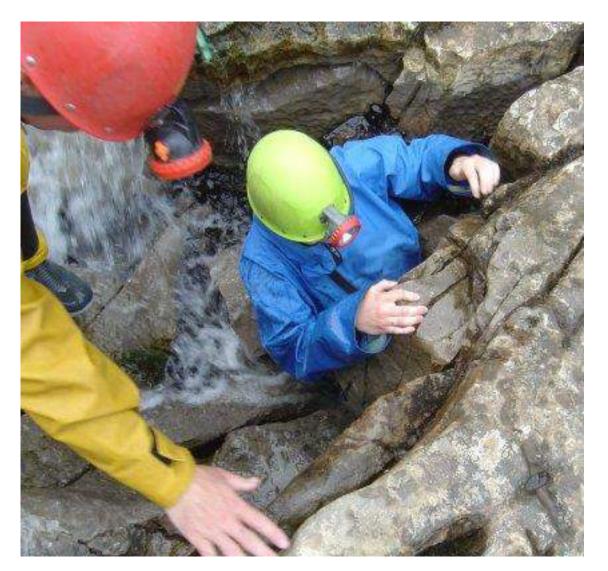
8.00 Activity / free time

9.30 Hot chocolate

10.30 Lights out!



Caving





























Ghyll scrambling











Catering

We will have our own chef,
Michael, throughout the week
who will prepare freshly cooked
food for the children using
locally sourced ingredients.
There is always a welcoming cup
of hot homemade soup with
bread ready every day when
returning from that day's activity.



Clothing list

T-shirts and long sleeved tops Jumpers and sweatshirts

Trousers and tracksuit bottoms (N.B. need something other than jeans for most activities) Shorts, underwear and socks (thick socks for walking activities)

Trainers, old trainers (for water activities) and walking boots





Swimwear

Towel

Wash bag (toothbrush, toothpaste, soap, shampoo)

Torch, insect repellent, sun cream

waterproofs

Hat and gloves
Water bottle with a screw top lid.

Additional items

Cameras (that you don't mind having damaged! Disposable are best.)

Pocket money maximum £25

Medicines – to be handed to Staff

Mobile phones – to be collected in at beginning of the week, and given back on Thursday evening. Electrical items – at your own risk.





Common Entrance results

We tell the children that they have passed once we know, this is usually on the Thursday. Children can call home, if all results are in, that evening, for individual results. Please allow us to manage this in case there are any individual difficulties.

Contact Details

Contact telephone numbers for teaching staff will be given prior to our departure and on the morning we leave for the Lake District.



Further information

Please do not hesitate to speak to myself or any of the teachers who are accompanying the children to the Lake District.



Payment

The cost of this year's trip is £599. A letter will be sent out over the next couple of days requesting a deposit.



