



Year 8

Lake District / Yorkshire Trip

Sunday 9th – Friday 14th June 2019



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.

Dan



David



Kat



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





Water activities

canoeing

Kayaking



Mountain walk





Overnight camp



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.



