

Dereham Church of England Junior Academy in the Lake District

Itinerary

Due to the pleasingly high numbers for this year's trip, on Wednesday and Thursday the group will be split into two so that we can get the most from the activity days.

Monday 11th June 2018

08.00 approx Leave Dereham Church of England Junior Academy
Lunch on the way at Sherwood Forest Visitors Centre

17.00 approx Arrive at Ambleside Youth Hostel

Tuesday 12th June 2018

10.00 Lake Windermere cruise and walk, including a visit to Wray Castle

Wednesday 13th June 2018

10.00 Group 1 - Activity day with Mere Mountains – ghyll scrambling and kayaking

09.30 Group 2 - Circular walk on higher ground with various viewpoints in the morning;
activities at Brockhole Visitor Centre in the afternoon

Thursday 14th June 2018

10.00 Group 2 - Activity day with Mere Mountains – ghyll scrambling and kayaking

09.30 Group 1 - Circular walk on higher ground with various viewpoints in the morning;
activities at Brockhole Visitor Centre in the afternoon

Friday 15th June 2018

09.30 Leave Ambleside YHA
Lunch en route

18.00 (approx.) Arrive back at School

We expect to be able to follow the programme in even the worst of weather conditions, with the exception of the kayaking if visibility is restricted by cloud.

EQUIPMENT LIST

The most important element of the week is footwear! Feet are vital - all children should have comfortable shoes or trainers with a good grip plus plenty of changes of socks. The visit may involve walking on rough ground. Those children who have walking boots should use them on walks.

We also ask that for this trip the children have a pair of trainers they can use **solely** for the Ghyll Scrambling and Kayaking Activities – they may not be able to be used again! This must be footwear that will stay on and are sturdy (and you don't mind getting wet and muddy) – not Crocs, flip-flops, sandals, etc

The Must Haves:

- Waterproofs (Coat at least)
- Sweatshirts/Jumpers/Hoodies
- Trousers/Jeans/Tracksuit bottoms and Shorts
- Shirts and T-shirts
- A polyester type top (football shirt, etc.) to wear for activity day
- Underwear – Plenty of socks, just in case
- 2/3 x Outdoor footwear – one pair solely for Activity Day (they will get wet!)
- Slippers or soft shoes for inside the hostel
- Washing Kit – towel x 2, flannel, toothbrush, toothpaste, soap, shower gel, etc
- Writing equipment – pen, pencil, etc.
- Small drinks bottle – sports cap or flask
- Small bag/rucksack
- Hat/Cap
- Sun Cream
- Insect repellent may be needed in the evening as we're near water
- Plastic bags for wet clothes

Optional (clearly labeled and brought at owner's own risk):

- Reading material for the coach and Hostel
- Small game for coach/hostel use – electronic acceptable
- Ipad or anything you can listen to music on
- Watch – it is very handy
- Camera
- Pocket Money - £15 in total maximum (handed in by 18/5/18)

Not permitted:

- Chewing gum or bubble gum
- Make-up.
- Mobile Phones

Please note that there is no secure storage for expensive items. These are taken at the owner's risk.

All medicines (including travel sickness tablets) should be handed to an adult before leaving on the day of the trip. These should be clearly labeled and well packaged.

The temperature can vary considerably. It will be essential to take a variety of clothing that will be suitable for wet, cold and hot weather. We would like to reiterate that clothes may get wet and/or dirty.