

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 4th July 2022

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 5th July 2022

10:00 Lake Windermere cruise and walk, including a visit to Wray Castle

Wednesday 6th July 2022

10:00 Group 1 - Activity day with Carnegie Great Outdoors – 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 7th July 2022

10:00 Group 2 - Activity day with Carnegie Great Outdoors – 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 8th July 2022

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 will involve walking on rough ground but walking boots are NOT a necessity.

We also ask that the children have a pair of trainers they can use **solely** for the Ghyll Scrambling and Kayaking Activities – they will 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 under wetsuit 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
- Small drinks bottle – sports cap or flask
- Small bag/rucksack to use during the day
- 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
- Ipod or anything you can listen to music on (not a phone)
- Watch – it is very handy
- Camera – Disposable is fine. Staff will take plenty of photographs though and make them available to all the children upon our return
- Pocket Money - £15 in maximum

Not permitted:

- Mobile phones, any recording device or devices that can access the internet
- Chewing gum or bubble gum
- Make-up.

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.