

Year 8 Residential Trip: July 2018

Ambleside - Lake District

Transport

- **Coach:** Hunt's coach
- Depart from school at 7.30am on morning of departure
- Arrive back at 6.30pm on day of return
- If there are any delays with transport we will use the 'SIMS In Touch' system to send you a message as to any revised timings– please ensure we have your latest mobile phone number and email contact details

NB Students will need a packed lunch and snacks for the first day, they will not be fed again until the evening meal

Staffing Overview

Mon 2nd-Weds 4th July

8H & 8W

- Mrs Bourn
- Mr Forster
- Mrs Wilkinson
- Ms Hobbs
- Mr Watkins
- Mrs Freeman
- Rev Parsons

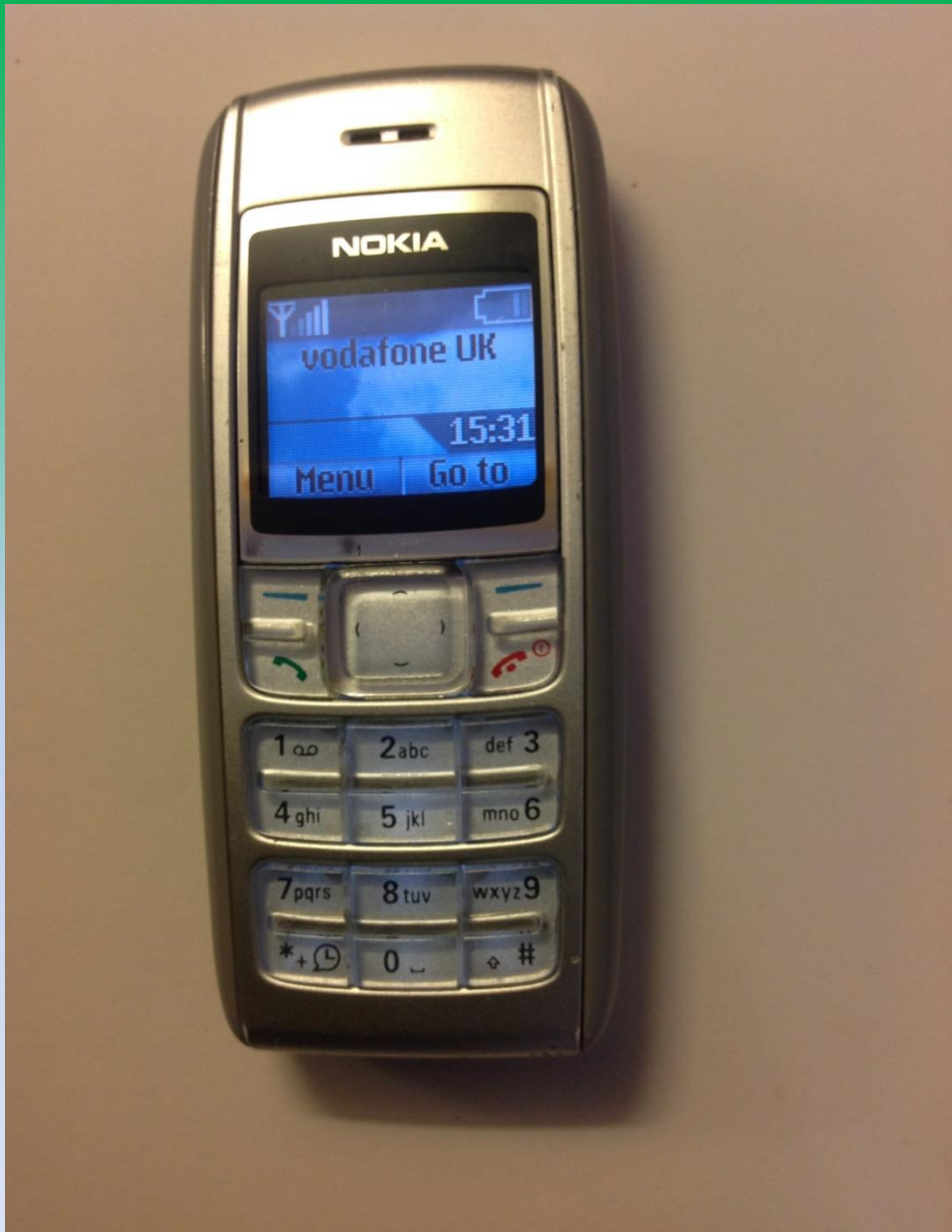
Weds 4th – Fri 6th July

8D & 8F

- Mrs Bourn
- Mr Forster
- Mrs Wilkinson
- Mr Dunn
- Mrs Frost
- Mr Scott
- Mrs Nathan
- Mrs Button

YHA facilities

- Buffet breakfast on both mornings
- Packed lunches will be provided on the 2nd and 3rd days
- Conference/Dining room for relaxation at the end of the day
- Park nearby for the more energetic!
- No gadgets for security, student privacy and safety reasons





Activities

- Hill walking
- Boat trip around Windermere
- Canoeing/Kayaking
- Gorge scrambling

Hill walking – High Sweden Bridge



WINDERMERE LAKE CRUISES

Boat Trip

A map of Windermere Lake Cruises routes and attractions. The map shows the lake with various points of interest marked by colored dots. Key locations include Hawkshead, Ambleside, Waterhead, Bowness, and Windermere. Attractions include Hilltop - Home of Beatrix Potter, The National Trust's Wray Castle, The World of Beatrix Potter Attraction, and Brockholes National Park Water Centre. The map also shows the A591 road, Ferry Landing, Lakeshore Walk, and Coach Drop-Off Pier Café/Bar. The Windermere Lake Cruises logo is prominently displayed.

Cruise & Attractions

Award-winning museums, heritage, nature and beautiful gardens, the heart of the Lakes has it all. Simply choose an attraction that would suit your group.

All-in-one Packages

We've over 30 hand-picked itineraries to suit any group size or interest, all in one great value price.

Organiser Information

Essential information for group leaders, couriers or teachers.



Canoeing/Kayaking

- Canoeing involves paddling through water using a paddle with one blade.
- Kayaking involves paddling through water in a closed deck boat, using a paddle with two blades (whereas canoeing uses a paddle with one blade).



Gorge Scrambling

<https://www.youtube.com/watch?v=GJdARiR6OVM>

Ghyll or gorge scrambling involves climbing up or down a mountain water course, with waterfalls gushing down next to you and water splashing up at you. It is an energising activity where you will move over boulders, rocks and plunge into pools and you can even slide with the rapids on the way down.



Sample Itinerary

- **Day 1**
 - Depart at 7.30am, arrive in Ambleside at lunchtime
 - Afternoon hill walk/Boat trip
 - Dinner
- **Day 2**
 - Breakfast
 - Canoeing/Kayaking
 - Pack lunch
 - Gorge scrambling
 - Dinner
- **Day 3**
 - Breakfast
 - Morning hill walk/Boat trip
 - Pack lunch
 - Depart for QEGS to arrive back at 6.30pm

Kit List

A Carnegie kit list was issued last week:

- Swim wear is required for under wet suits
- One pair of trainers WILL get wet
- Footwear suitable for walking is required
- Appropriate leisure clothing!

Your child will need to bring everything for the visit in a suitable holdall, and have a separate rucksack which can be used during the day whilst in the Lake District and can carry: any medication required for the trip, a pack lunch, other snacks, 30 pence, and other personal items for the journey.

Rooming and Evening Menu

- Students will be allocated a room (2 - 5 per room)
- Students will be asked to make a selection from the evening menu so that catering arrangements can be arranged beforehand
- Special dietary needs will be asked for and forwarded to the YHA

Monday

Tuesday Wednesday Thursday

MAINS
Meatballs in a tomato sauce
Linda McCartney vegeballs in a tomato sauce (v)
Jacket potato & filling (v)
Accompaniments:
Pasta (v)
Vegetables (v)
Salad bar (v)
DESSERTS
Jam sponge & custard (v)
Choc ice (v)
Fresh fruit salad (v)

MAINS
Chicken & mushroom pie
Broccoli & cauliflower bake (v)
Jacket potato & filling (v)
Accompaniments:
Mashed potato (v)
Vegetables (v)
Salad bar (v)
DESSERTS
Chocolate fudge cake (v)
Choc ice (v)
Fresh fruit salad (v)

MAINS
Beef lasagne
Mediterranean vegetable lasagne (v)
Jacket potato & filling (v)
Accompaniments:
Garlic bread (v)
Vegetables (v)
Salad bar (v)
DESSERTS
Orange sponge & custard (v)
Choc ice (v)
Fresh fruit salad (v)

MAINS
Cumberland sausage
Linda McCartney sausage (v)
Jacket potato & filling (v)
Accompaniments:
Mashed potato (v)
Gravy (v)
Vegetables (v)
Salad bar (v)
DESSERTS
Lemon meringue pie, ice cream or cream (v)
Choc ice (v)
Fresh fruit salad (v)

MEAL TIMES					
Breakfast					
7:30am – 8:00am		8:00am – 8:30am		8:30am – 9:00am	
Dinner					
5:00pm – 5:45pm		5:45pm – 6:30pm		6:30pm – 7:15pm	

Behaviour

- Students are only allowed in their own designated rooms
- Girls and boys areas will be separated with members of staff between. All doors have fob keys.
- Students are expected to follow all instructions of school staff, YHA staff and instructors without question
- Students will go to bed when instructed by school staff and make sure they adhere to Youth Hostel rules regarding showing respect for other residents
- Serious misbehaviour may require you to travel to the Youth Hostel to pick up your son/daughter

Youth Hostel Details

YHA Ambleside

- Waterhead, Ambleside, Cumbria, LA22 0EU
- Reminder – medical forms in please!