

Activities in the Lake District 2007 for Years 9 & 10

Nature of the Trip

An opportunity to develop further interest and skills in outdoor pursuits.

Activities:

This trip option offers a range of water based activities. These include rafting, sailing, canoeing and kayaking. The culmination of the week is a special regatta based on St Herbert's Island in the middle of Derwentwater!



Dates:

Sunday 29th June – Thursday 3rd July

Departure

The group will meet in school at 10.30 am on Sunday 1st July. A packed lunch will be required for the outward journey on the Sunday.

Return

Thursday 5th July (11pm)

Transport:

3 Minibuses

Typical day:

Wake up call & wash followed by packed lunch preparation. Breakfast. Collect wet / dry clothes and depart.

Water Activities: First Water based activity – dry off and change to 2nd set of wet clothes if cold - Lunch –

2nd water based activity – change to dry clothes. Return to Youth Hostel – sort out wet kit / social time.

Cooked Evening meal – Evening Activity. This may involve a meal cooked outside on the Mountain side, prior to some “night” navigation.

Kit List:

Inadequate kit may result in a surcharge for hiring or a student not being able to participate.

(in addition to clothes worn – all to be clearly labelled)



Wash kit and two large towels

Dry change of warm clothes: Tracksuit, waterproof jacket, warm “fleece” type coat + sufficient changes of underwear, socks and footwear (Trainers).

Sun Tan lotion. Insect repellent (optional)

Plastic container suitable for daily packed lunch and 1litre + Drinking bottle for squash. Hats and gloves + Sun hat.

Torch. Weather in the Lake District changes very quickly and is often different to the rest of the country so do not pack according to the weather at home but for all climates.

Water based Equipment List (From Platty+)

Waterproof top and bottoms to protect against wind chill



Fleece jackets/tops are ideal have 2 in case one gets wet

Towels (s = more than 1).

Wetsuit if you have one.

We will only issue wetsuits on activities were they are appropriate they are not suitable for all activities.

2 changes of clothing at least per day. Drying facilities

are not superb, allow 2 whole days to dry out => 4 sets of “on the water” clothes. (each set includes: Swimming trunks, old trainers – or footwear that can get wet [Wellington boots can be difficult to swim

in if they do not have tie tops. Walking boots are too clumsy and offer little grip in boats. Flip flops do not stay on], trousers). These should



not be of any value in case of loss on the water! Clothing should be light and not hold water but keep you warm. Tee shirt and shorts are only applicable in very hot dry windless weather; cotton fabrics hold a lot of water, so always have an alternative with you.

Pocket Money:

There will be limited opportunities to spend money notably at the motorway service stations to/from the Lakes, plus an hour around the



local shops for souvenirs and tuck!

Contact:

Mobile phone numbers of key staff will be made available prior to departure. The main King Edward's switchboard will also have these details. All pupils will need contact details of at least one parent on the day of return, a reply form will request these details in advance. Clearly mobile phones and water do not go together well, any mobiles brought on the trip will be entirely at the student's own risk! Mobile reception in rural mountain areas is poor or non existent (ie at the Youth Hostel in 2003)!

Watersports Centre:

Platty+ is an AALA (Adventure Activities Licensing Authority) licensed provider for canoeing, kayaking, sailing, dragonboating and improvised raft building.

Platty+ is also a RYA (Royal Yachting Association) recognised teaching establishment for dinghy sailing and power boating and a BCU (British Canoe Union) approved centre.



The Accommodation at Keswick YHA:

Facilities include:

Reception, lounge - T.V, pool table & internet machine - dining room, table tennis table, self-catering kitchen, showers, drying room, laundry and cycle store. Most bedrooms are being updated to 2-4 bedded rooms. The Evening meal is at 19.00 hrs.

Staff:

T Medhurst, A Vass, M Cunliffe

Cost per pupil. £285

Accommodation:

www.yha.org.uk

Activities:

www.plattyplus.co.uk

Look in Resources > Subjects > InfoTech > Activities Week

A DVD of last years trip may be borrowed from TGM!

