



# Outdoor activity break

**YHA Windermere**

**Key stage 1 – 4, A-level and SEN  
P.E and Outdoor Activity**

**From £66.00**

**1 day (1 night) full board**



**Visit: [www.yhaschooltrips.org.uk](http://www.yhaschooltrips.org.uk) or phone 0800 0195 465**

## Outdoor Activity Break at YHA Windermere

### Package description

An action-packed residential package!

Ideal for schools, youth groups, Scouts & Guides, or any group looking for new challenges whilst enjoying all the benefits of a residential experience.

Ideal for the start of the school year the breaks enable children and staff to get to know each other in a friendly and informal environment, whilst encouraging children to build confidence and develop team-building skills.

Run in conjunction with R&L Adventures (AALA licensed), the package offers a choice of two half-day sessions of activities, in spectacular locations. The Youth Hostel itself has a beautiful setting overlooking Lake Windermere with panoramic views of the Lakeland mountains.

Extra nights can be added to the package if you wish to extend your stay.

### Learning modules

Choose from :

- Session 1: Kayaking :
- Session 2: Rock Climbing
- Session 3: Ghyll Scrambling
- Session 4: Abseiling
- Session 5: Fell Walking
- Session 6: Caving (Yorkshire Dales)

### Price

Price from £66.00.

Price includes:

- Full board accommodation
- Activities and materials
- 1 free leader place for every 10 paying participants
- Free planning visit

Available

- YHA Group Membership on application

Please note that transport to the site is not included in the price

**Please see the following pages for details of the learning modules available.**

**Information on activities, fun & games, services, (including financial support), and booking information can be found on the pages at the back of the booklet.**

## Learning modules

Please select the options you wish to explore from the selection below (two sessions per day).

### Module 1

#### Kayaking

An ideal introduction to kayaking on the calm waters of Lake Windermere. Buoyancy aids are provided and kayaks have skegs as an aid to steering

### Module 2

#### Rock Climbing

In the spectacular setting of the Langdale Valley, where there are crags to suit all ages and abilities. Helmets and all equipment are provided. An abseil can also be included as part of this session

### Module 3

#### Ghyll Scrambling

Our most popular session, scrambling up a Lakeland ghyll, or waterfall! Get as wet as you want!

### Module 4

#### Abseiling

Ideal for older students looking for an adrenaline buzz. May include the famous Cathedral abseil in Little Langdale.

### Module 5

#### Fell Walking

An endless choice of high or low level routes in some of the most spectacular scenery in England. Learn the basic techniques of compass and map reading and of walking safely in the hills.

### Module 6

#### Caving

Caving is available but necessitates a 45-minute drive to the Yorkshire Dales. May be added as an additional final activity to break the drive home

## Useful information

### Action

These fun, motivational activities can enhance the educational aspect of our residential visit and provide enjoyable variety for your pupils.

- Try the simple orienteering course in our hostel grounds
- Younger groups can enjoy one of our Woodland Nature Trails, explore the hostel grounds with a Nature Detective sheet or try our popular Woodland Scavenger Hunt
- Try a spot of bird-watching in our own grounds – binoculars available
- Have a swim in the local indoor Swimming Pool, 1 ml
- Book an afternoon with the Lake District National Park Education Service, e.g. Shelter building in the hostel woodland, cooking on a camping stove, or Environmental Games.
- Older children can test their nerve on the Go Ape hire wire adventure course or hire mountain bikes in Grizedale Forest, 11ml from the hostel

### Fun & games

Use your evening to have fun and develop skills that can be transferred back into the school environment. For more information please contact the centre.

- Use our 'Outdoor Classroom' area for games or Story Telling
- Enjoy sketching the wonderful view from the hostels terrace
- Have a go at the hostel quiz or be baffled by the photo quiz
- Measure your environmental impact with our own Footprint Challenge
- Borrow the hostels play parachutes
- Try the Giant Connect 4 or a board game from Reception

### Explore

Make the most of your stay by exploring the local areas and maybe further afield.

- Don't miss a visit to the National Park Visitor Centre at Brockhole (1 hours walk from the YHA); exhibitions, large grounds with lake access, trails and adventure playground.
- Try our own Village quiz around Troutbeck
- Enjoy a scenic cruise on Windermere, England's largest natural lake
- Watch the sharks having their tea at the Aquarium of the Lakes (accessible by boat from Bowness)
- Visit the Grizedale Forest Centre (orienteering, sculpture trails, high wire course, mountain bike hire)

## Services

The following services are available:

- Free leader places
- Assistance with risk assessment
- All day access to centre
- All meals provided
- Free hot drinks for staff
- Small shop with gifts, soft drinks and chocolate
- Dining room can be used as a classroom
- Payphone
- Internet Access

## Facilities

The following facilities are available:

- Small bunk rooms
- Drying room with laundry facilities
- Excellent showers
- Small guest kitchen for making drinks/snacks
- Terrace area with picnic tables overlooking the lake
- Large grounds with Outdoor Classroom/Storytelling area
- Private Parking

## Meals

At YHA we have a great deal of experience in catering for young people and offer a range of freshly cooked local food, always including a vegetarian option, which is both healthy and appealing to young people. Our menus for young people are guided by the School Food Trust. With prior notice we can cater for special diets e.g. diabetic, and can offer flexible meal times to fit in with your itinerary.

## Funding assistance

With our range of seasonal discounts and with grants towards the cost of your trip such as the "Breaks 4 Kids" fund, your residential with YHA is sure to be unbeatable value for money. For more information visit [www.breaks4kids.co.uk](http://www.breaks4kids.co.uk).

For more details Tel: 01629 592 696.

## Booking information

**For booking and further information call:**

**0800 0195 465**

**[www.yhaschooltrips.co.uk](http://www.yhaschooltrips.co.uk)**

## Centre information

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