



Year 6 Visit

Manor Adventures

Norfolk Lakes

18th -20th September 2023

An aerial photograph of a large, irregularly shaped lake with a light blue-grey surface. The lake is surrounded by lush green grass and dense clusters of trees in various shades of green. In the upper right, a small building with a reddish-brown roof is visible. The overall scene is a natural, park-like setting.

Norfolk Lakes School Activity Centre
Quarry Ln,
Lyng, Norwich
NR9 5RS

Emergencies only

School mobile: 07388065469

Approximately 1 hour and 30 minutes.





River Wensum

Obstacle Course

Initiative Exercises

Survival

Sailing, Paddle Boarding

Blind Trail

Canoe & Kayak

Norfolk Lakes

Nature Reserve Studies

Bivouac Exercises

Camp Craft Skills

Low Ropes
& High Ropes

Raft Building

Crate Stacking

Archery

Climbing
& Caving

Fencing
& Rifles





DAY							
		8	9	10	11	12	13
MON	3	BROKE HALL					
	4	SUP	SUP	GCAN	GCAN	ARCH	OC
	5	CLIMB	CLIMB	CLIMB	FENCE	FENCE	AXE
TUE	1	GCAN	GCAN	RAFT	RAFT	AXE	ARCH
	2	RAFT	RAFT	SUP	SUP	GCAN	GCAN
	3	AXE	OC	ARCH	OC	RAFT	RAFT
	4	OC	AXE	OC	ARCH	SUP	SUP
	5	CF	CF	CF	CF	CF	CF
WED	1	ARCH	FENCE	AXE	CLIMB	OC	FENCE
	2	FENCE	ARCH	FENCE	AXE	CLIMB	CLIMB

Stand up paddle board, giant canoe, archery, obstacle course, rock climbing, fencing, raft building, axe throwing and a campfire.









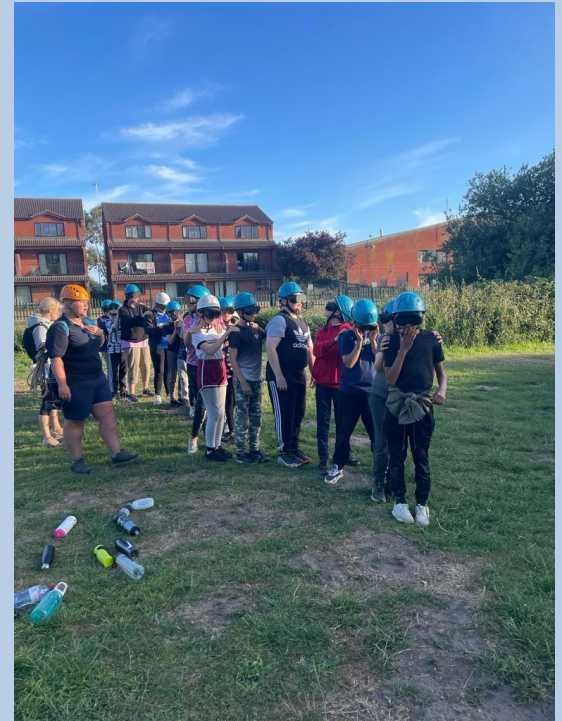














Timetable

7.30-8am Breakfast

9.10-10.30am Activity 1

10.30-10.45am Break

10.45-12.15 Activity 2

12.15-2pm Lunch and free time

2-3.30pm Activity 3

3.30-3.45pm break

3.45-5.15pm Activity 4

5.15-7pm Evening meal and free time

7-8.30pm Activity 5

8.30-9.30pm free time

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage.
- Sleeping bag, pillow and pillowcase
- A refillable drink bottle
- Toiletries, hand sanitiser if desired (deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – long-sleeved shirts/jumpers, trousers / jogging bottoms, long length shorts -this is important, the instructors did not allow children to take part in activities in short length shorts last year.. T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty. If you have any trainers that are past their best that they can get wet and throw away, this is ideal, alternatively swimming shoes are great.
- Clothes, shoes and underwear for other times. **NO DENIM JEANS.**
- Waterproof clothing (jacket / trousers)
- A pair of suitable clean footwear for wearing indoors in the main building
- Large plastic bag for dirty clothes
- Bath towels x 2
- Sun cream, lip salve, and hat (Sunglasses if needed but no expensive ones)
- Pyjamas and slippers

Depart:

Monday 18th September–

Leaving at 12.30pm

Children should come to school at the normal time (8.40am). Cases will be taken to the studio, any medication, please bring to the collection point in the hall.

Return:

Wednesday 20th September–

approximately 3pm.

Will keep you updated via twitter or email.

Depart:

Monday 18th September–

Leaving at 12.30pm

Children need to bring a packed lunch or order a
pick and mix.

There won't be a tuck shop at Manor Adventure, so
children do not need to bring any money.

They can have a small packet of sweets in their main
bag (no nuts).

No food and only water on the coach.

Forms and rooms:

- Please complete the medical/swimming/emergency contact form.



Keeping up with our adventures!

We will post on Twitter (signal and circumstances allowing) – this is the best way to find out what we are doing.

