


An aerial photograph of a large resort complex. The resort features several long, multi-story buildings with reddish-brown roofs and brick accents. A central courtyard with a paved area and some structures is visible. In the foreground, there is a large, calm lake surrounded by lush green trees and grass. The background shows a residential neighborhood with houses and more greenery under a clear sky.

Year 6 Visit

Manor Adventures

Norfolk Lakes

An aerial photograph of a school activity centre. A large, prominent red building is situated in the upper right quadrant, surrounded by green lawns and trees. The foreground and middle ground are dominated by a large, calm body of water, likely a lake or reservoir, which reflects the sky. The surrounding landscape is lush with green grass and scattered trees. The overall scene is peaceful and scenic.

Norfolk Lakes School Activity Centre

Quarry Ln,

Lyng, Norwich

NR9 5RS

Approximately 1 hour and 30 minutes.





River Wensum

Obstacle Course

Initiative Exercises

Survival

Sailing, Paddle Boarding

Canoe & Kayak

Blind Trail

Norfolk Lakes

Nature Reserve Studies

Bivouac Exercises

Camp Craft Skills

Low Ropes & High Ropes

Raft Building

Crate Stacking

Archery

Climbing & Caving

Fencing & Rifles











Facilities and accommodation



- <https://www.manoradventure.com/norfolk-lakes.php>

Timetable (the school will be allocated a timeslot for meals within the times given below.

7.30-9am 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

Activities have not yet been confirmed but below are some that are on offer.

Fencing

Climbing

Archery

Giant canoe

Stand up paddle boarding

Rifles

Blind Trail

Obstacle course

Bouldering

Raft building

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:

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

There won't be a tuck shop at Manor Adventures 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:

- *A form will be sent out regarding friendships and rooms. The children can choose four friends and they will be with at least one of the children on their list.*
- *There will also be a medical information form sent out for any medications that need to be taken.*