

Outline Programme of Events – ADoE Lake District 2010

Sunday 4th July 2009

- 11am Leave Adeyfield School
- 1 20 minute stop for comfort break at Motorway Services
- 4 40 minute stop for dinner (please ensure you have cash to buy food)
- 6 Arrive at Gillside Campsite and put up "Base Camp Tents"
- 8 1 hour classroom session.
- 11 Bed

Monday 5th July

- 8am Breakfast (cooked by Mr. Larman)
- 9am Ready to leave on morning navigation exercise in groups. (only "Day Packs" needed)
- 12.30 Lunch back at Gillside camp (prepared by groups from ingredients given)
- 1.30 Ready to leave on afternoon session covering emergency procedures. (only "Day Packs" needed)
- 5.30 Back at Gillside Camp preparing expedition kit ready to leave first thing in the morning.
- 7pm Dinner (cooked by Miss Elmes)
- 9pm 1 hour classroom session.
- 11 Bed

Tuesday 6th July – Expedition Day 1

- 7am Breakfast (cooked by Mr. Larman)
- 8am "Base Camp Tents" down, packed and everyone ready to leave.
Weather forecast. Discussion about how this affects plans.
Depart on Minibuses to "Expedition Start Point"
- 9am Arrive at Expedition start points (GOLD in Grasmere. BRONZE near Keswick)
Expedition Starts – (GOLD 4 days – 3 nights, BRONZE 2 days – 1 night + follow on adventure)
(all expedition food to be supplied and cooked by students)
Groups hike unaccompanied according to their approved routes.
Lunch stop
Arrive at Expedition Camp Night 1 – Stonethwaite Campsite.
Prepare dinner

Wednesday 7th July - Expedition Day 2 (GOLD & BRONZE)

- Breakfast
- Obtain weather forecast. (Discuss any necessary adjustments to plans)
- Set off
- Lunch
- 6pm BRONZE Expedition Ends,
(BRONZE Students who want to continue can join staff for follow on adventure to Mountains).
- Arrive at Expedition Camp Night 2 – Wild camp
- Prepare dinner

Thursday 8th July – Expedition Day 3

- Breakfast
- Obtain weather forecast. (Discuss any necessary adjustments to plans)
- Set off
- Lunch
- Arrive at Expedition Camp Night 3 – Stonethwaite Campsite.
- Prepare dinner

Friday 9th July – Expedition Day 4

- Breakfast
- Obtain weather forecast.
- Discuss any necessary adjustments to plans
- Set off
- Lunch
- 4-7pm Finish expedition at or be transported from pre-arranged point to Braithwaite Campsite.
Put up "Base Camp Tents"
- Relax have a hot shower
- 7pm Dinner (cooked by Miss Elmes)

Saturday 10th July

- 8am Breakfast (cooked by Mr. Larman)
- 10 "Base Camp Tents" down and packed ready to leave.
x2 comfort stops on return journey. (ensure you have cash to buy lunch on the way home)
- 5pm Arrive back at Adeyfield school.