



Designed for
Key Stage 2 and
Key Stage 3

Low season
all-inclusive
residential offer
Nov 2024 –
March 2025

All-inclusive Adventure Residential Package

Castle Head, Cumbria

Book Now

Call us on **0203 467 2002** or email
school.travel@firstbus.co.uk to
discuss your requirements.

All-inclusive packages

This all-inclusive **KS2 and KS3** residential visits are delivered in partnership with **FSC Castle Head** - we include all coach travel, accommodation and meals plus your 'off the shelf' **Adventure Activity Package**. This offer relates to trips taken between November 2024 and March 2025.

Who are we?

First Education and School Travel are one of the UK's leading providers of school trip packages, working in partnership with over 100 venues and activity providers.

Renowned school tour operator

We are a fully bonded school tour operator working to current UK Package Travel Regulations, meaning your payments are 100% safe with us.



The Venue

Castle Head is located in beautiful South Cumbria between the coast of Morecambe Bay and the Lake District National Park. With access to both the coastline of Morecambe Bay, the glaciated uplands of the southern Lake District and the lakes of Windermere and Coniston, Castle Head is ideally situated for a wide range of outdoor learning activities.



Accommodation: Comfortable accommodation for up to **160 guests** in a mix of dormitories and en-suite rooms.

Meals: Fully catered homemade healthy meals from evening meal on day 1 through to packed lunch on day 3, with all dietary concerns taken care of.

There are generous indoor spaces and common room areas. All bedding is provided but all participants should bring their own towels and toiletries. Participants can hire walking boots, wellingtons, small rucksacks, and waterproofs.

**Book Now - Call us on 0203 467 2002 or
email school.travel@firstbus.co.uk**

The Adventure Package

Delivered over 2 nights / 3 days - your coach collects you from school on day 1 aiming for a noon arrival on-site. Your package ends after lunch on day 3 with the coach collecting you at 13.00. Activities are led by experienced, qualified instructors and are fully risk assessed.

The adventure programme is designed to offer challenges suitable for both **Key Stage 2** and **Key Stage 3** students. The programme gets students involved and engaged with the outdoors, taking part in hands-on experiences and activities. This programme can be adapted to all abilities.

Programmes are designed to:

- Increase interaction with nature
- Build confidence and resilience through activities and challenges
- Develop communication and social skills
- Encourage independent thinking

Day 1: Arrival and Welcome to the Centre

AM	PM	EVENING
<p>Arrive on site at around 12:00</p> <p>Eat own packed lunches</p> <p>Welcome</p>	<p>Outdoor Team Challenges</p> <p>An exciting and challenging introduction to the concepts of working well together, using a wide variety of fun activities and puzzles designed to encourage problem solving and teamwork.</p>	<p>Nightwalk or Orienteering</p> <p>Exploring the natural surroundings and grounds to see what can be seen and heard. Or learn the basics of map work and navigation on the on-site orienteering course.</p>

Day 2

AM	PM	EVENING
<p>Crate Stack / Obstacle Course</p> <p>Tackle a series of problems and challenges on our fabulous obstacle course – watch out for the tight tunnels, balance beams and tricky cargo nets. Then build a tower of crates working in pairs. Who will get the highest?</p>	<p>Low Ropes</p> <p>These activities are the perfect setting for children to develop flexibility, strength, control and balance in an a great outdoor environment. Balance beams, rope bridges and scramble nets allow the whole group to keep active and challenge themselves.</p>	<p>Evening Campfire</p> <p>Join your instructors for an evening around the campfire – sharing reflections about the residential experience, while toasting marshmallows and drinking hot chocolate.</p>

Day 3

AM	PM	EVENING
<p>Wilderness Bushcraft</p> <p>Pupils discover what they would need to survive a night in the wild. They will work in teams to build their own shelters and have a go at lighting a fire using natural materials.</p>	<p>Eat packed lunch on site and say goodbye.</p> <p>13.00 Coach Departs Castle Head</p>	



Be more inclusive

We understand the current impact of cost-of-living increases on household budgets. We recognise how this will be affecting some student's opportunity to take part in a school trip.

You can help parents to include their child by moving your trip to a low season month, reducing the cost burden significantly and thus encouraging more opportunities for more pupils.

This low season all-inclusive package is delivered between **November and March** each year.

These special prices are only available when booked directly with us as an all-inclusive package.

How to book

Simply let us have some details of your proposed group and your requested dates between November and March and we will provide an all-inclusive quotation.

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