



WALES

**ACTIVITY COURSES FOR THE
DEVELOPMENT OF YOUNG PEOPLE**



Monday 16th – Friday 20th September 2024

Payments

- £50 non-refundable deposit due by 20th October
- £100 by 10th February 2024
- £100 by 28th April 2024
- £100 by 10th February 2024
- £160 by 30th June 2024





Manor Adventure has a capacity of 150 students:

- En suite bedrooms for up to 150 pupils
- 4 to 6 children per room
- Teachers rooms adjacent to students rooms
- Duty Instructor (24 hours)
- Individual stay together: eat, sleep and do activities



Abernant Bathrooms



Abernant Bedrooms



Abernant Dining Room

www.manoradventure.com/abernant-lake.php

The food is child friendly, plentiful
and nutritious:

- Full Welsh breakfast
- Substantial lunch
- Excellent cooked dinner
- Always plenty of choice
- Vegetarians, Vegans & special diets catered for including gluten free and halal

DINNER

SPAGHETTI BOLOGNAISE

DAIRY
FREE

TURKEY ESCALOPES

Chicken + HAM Pie

Vegetable Bolognaise

Tatws newydd
New potatoes

Mixed vegetables

Gluten free to
Speak to chef please.

Grefi llysiau rhad ac am ddim glwten
Gluten free & vegetable gravy

Pwdin reis
Rice pudding

VEGETARIAN

DAIRY
FREE



Canoeing and Kayaking



Some Activities available:

- Abseiling
- Archery
- **Bivouac Building**
- **Blind Trail**
- **Canoe**
- Climbing
- Disco
- Evening Walk
- Fencing
- Initiative Exercises
- **Kayaking**
- Lake Challenge
- **Low ropes**
- Manor Olympics
- **Obstacle Course**
- **Paddle boards**
- **Raft Building**
- Rifle Shooting
- Zip Wire

We select our options from longer list; these are some of the ones we try to opt for if available. Some years there are minor changes.

Green = muddy Blue = wet

9:00 – 10:30
Break
10:50 – 12:20
Lunch
1:40 – 3:10
3:30 – 5:00
Tea
6:30 – 8:00

Monday	3	-----Arrivals-----				
	4	ARCHERY	ZIP WIRE	SCAVENGER HUNT	BLIND TRAIL	LOW ROPES
	5	EVENING WALK	EVENING WALK	EVENING WALK	EVENING WALK	EVENING WALK
Tuesday	1	ZIP WIRE	RIFLE SHOOTING	ARCHERY	ARCHERY	BIVOUAC BUILDING
	2	FENCING	BLIND TRAIL	RIFLE SHOOTING	ZIP WIRE	ARCHERY
	3	CANOE / KAYAKING	CANOE / KAYAKING	CANOE / KAYAKING	STAND UP PADDLE BOARDING	RAFT BUILDING
	4				RAFT BUILDING	STAND UP PADDLE BOARDING
	5	OBSTACLE COURSE	ARCHERY	CLIMBING	LOW ROPES	INITIATIVE EXERCISES
Wednesday	1	RAFT BUILDING	STAND UP PADDLE BOARDING	BIVOUAC BUILDING	CLIMBING	OBSTACLE COURSE
	2	STAND UP PADDLE BOARDING	RAFT BUILDING	AEROBALL	BIVOUAC BUILDING	SCAVENGER HUNT
	3	BIVOUAC BUILDING	FENCING	STAND UP PADDLE BOARDING	CANOE / KAYAKING	CANOE / KAYAKING
	4	RIFLE SHOOTING	LOW ROPES	RAFT BUILDING		
	5	LOW ROPES	OBSTACLE COURSE	INITIATIVE EXERCISES	RIFLE SHOOTING	CLIMBING
Thursday	1	ABSEILING	ABSEILING	BLIND TRAIL	FENCING	RIFLE SHOOTING
	2	BLIND TRAIL	AEROBALL	ABSEILING	ABSEILING	BLIND TRAIL
	3	AEROBALL	SCAVENGER HUNT	OBSTACLE COURSE	INITIATIVE EXERCISES	ABSEILING
	4	INITIATIVE EXERCISES	BIVOUAC BUILDING	FENCING	SCAVENGER HUNT	AEROBALL
	5	CLIMBING	INITIATIVE EXERCISES	ZIP WIRE	OBSTACLE COURSE	FENCING
Friday	1	SCAVENGER HUNT	CLIMBING	LOW ROPES	AEROBALL	ZIP WIRE
	2	MANOR OLYMPICS	MANOR OLYMPICS	MANOR OLYMPICS	MANOR OLYMPICS	MANOR OLYMPICS
	3	-----Departures-----				

Bivouac building



Rifles



Raft building



CLOTHING – WHAT TO WEAR ON SESSIONS

Any medication you need **MUST** go with you to each session

For all other sessions please wear clothes that are casual, comfortable and appropriate to the weather

Jeans and jewellery are **NOT** to be worn for any session. Long hair **MUST** also be tied back.

CANOE, KAYAK AND RAFT BUILD

Must wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



Old Trainers **NO WELLIES, CROCS OR BOOTS**



Long Trousers – **No Jeans**



BRING SPARE CHANGE OF CLOTHES AND A TOWEL

OFF ROAD BIKING

You must wear a **LONG SLEEVED** top, **LONG TROUSERS** and **CLOSED FOOTWEAR**



Bring a **RUCKSACK** and **WATER**



ARCHERY and RIFLES

You must wear a **LONG SLEEVED** top and **CLOSED FOOTWEAR**



HILLWALK AND EVENING WALK

Warm/Sunny Weather

You can wear shorts and T-Shirt as long as you have sun cream on.



No matter what the weather **WEAR SENSIBLE FOOTWEAR** that supports your feet and take a **WATERPROOF JACKET** and **TROUSERS** with you

Cool/Cold Weather

Must wear at **least 2 WARM LAYERS**



BLIND TRAIL, OBSTACLE COURSE, LOW ROPES CLIMB and ABSEILING.

Old clothes that are ok getting **WET** and **DIRTY**

Long trousers and long sleeved top (even if it is sunny)



NO SHORTS, T-SHIRTS, WELLIES, CROCS or SANDALS

Please make sure you are on time to all sessions, they can not start without you!

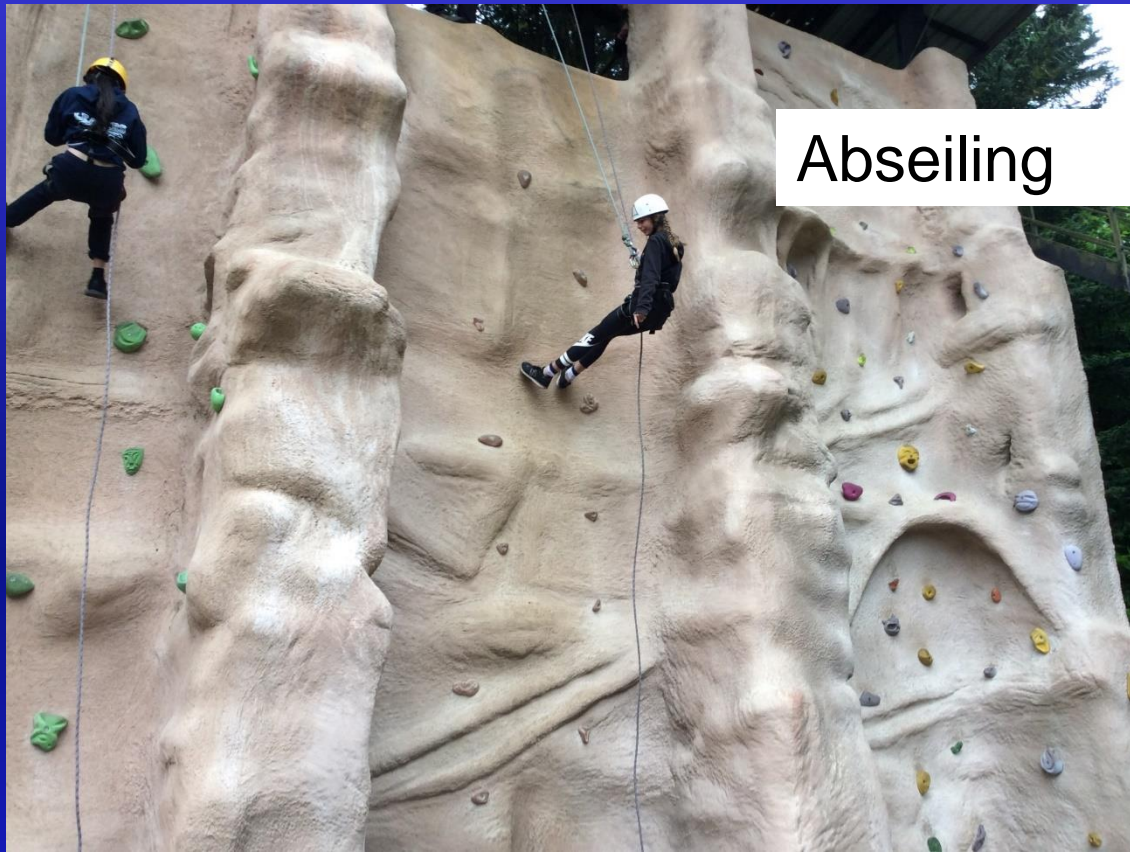
If you have any questions about this ask an instructor

Groupings:

- Activity groups – approximately 12 children.
- Room mates – 4 to 6

Children to indicate 5 children they would like to be with prior to trip.

We will endeavour to include at least one of these for room and group.



Abseiling



Climbing

Activity programme:

- Leave school mid-morning
- Stop enroute for lunch
- Arrive at 14.30
- Students shown to dormitories
- Fire drill
- 1st activity at 15.30
- Each activity lasts 1.5 hours
- 2nd activity at 19.00
- 5 Activities per day Tues - Thurs
- 2 activities Friday morning
- Depart after lunch at 13.30

Obstacle
course



Zip wire



Low
ropes



Rifles



Health & Safety :

- AALA Licence
- Regularly inspected by Health & Safety Executive
- Approved centre status
- Conform to all Governing Body Guidelines
- Each activity Risk Assessed
- 4X4 Rescue vehicle
- Radio linked activities
- Activities, equipment and instructors continually assessed and monitored

Team
Building



Blind
Trail



Stand up
paddle
boarding



Course benefits for each and every child:

- Education outside the classroom
- Develop an inner confidence
- Personal achievement
- Develop self esteem
- Develop social skills
- Develop team building skills
- Experience new / exciting activities
- Learn respect for others
- Independence, resilience and organisation

It's also great fun!



<https://www.manoradventure.com/abernant-lake.php>