



Monday 20th – Friday 24th September 2027

Year 6 residential



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





Manor Adventure Accommodation



- En suite bedrooms for up to 150 pupils
- 4 to 6 children per room
- Teachers' rooms adjacent to students' rooms
- Duty Instructor (24 hours)
- Stay together as a school: eat, sleep and down time
- Activities in groups of 10 -12



Abernant Bathrooms



Abernant Bedrooms



Abernant Dining Room

A photograph of a school canteen with children sitting at a long table covered with a red and white checkered tablecloth. They are eating from blue trays. In the background, there is a whiteboard with various notices and a 'NO NUTS' sign. The text 'The food is child friendly, plentiful and nutritious:' is overlaid on the right side of the image.

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

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.



Activity programme:

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

SOME ACTIVITIES AVAILABLE:

- Abseiling
- Archery
- Axe Throwing
- **Bivouac Building**
- **Blind Trail**
- **Canoe**
- Climbing
- 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
- 7:00 – 8:30

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-----				

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

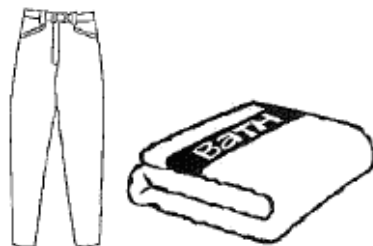
Must wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



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

HIGH ROPES, ZIP WIRE, CRATE STACKING and FENCING

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

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



Archery



Rifles



Stand up
paddle
boarding



Raft
building



Abseiling



Climbing



Team
Building



Blind
Trail



Den
building

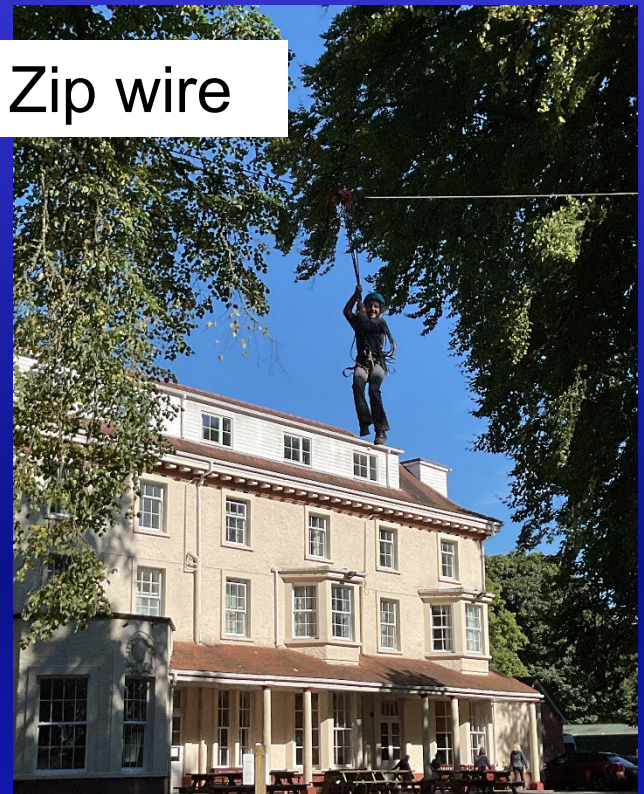
Canoeing and Kayaking



Obstacle
course



Zip wire



Low
ropes



Fencing

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>

Payments

