

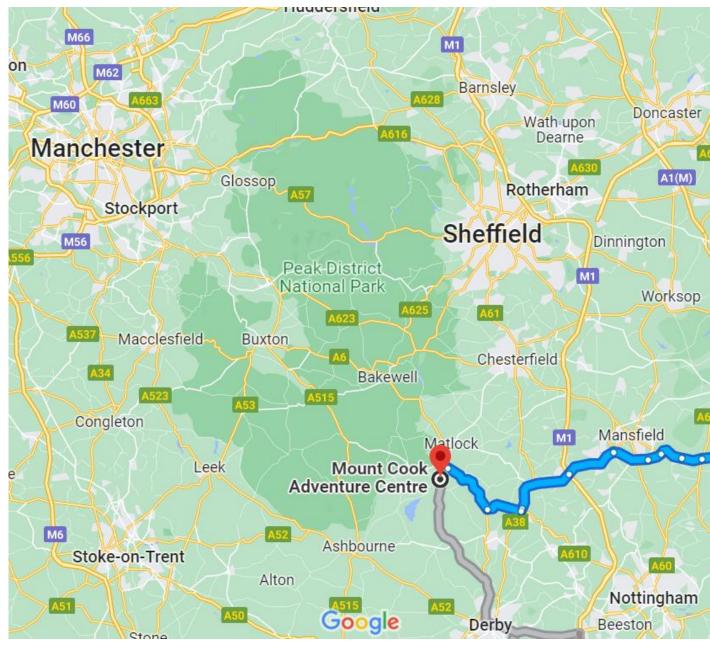


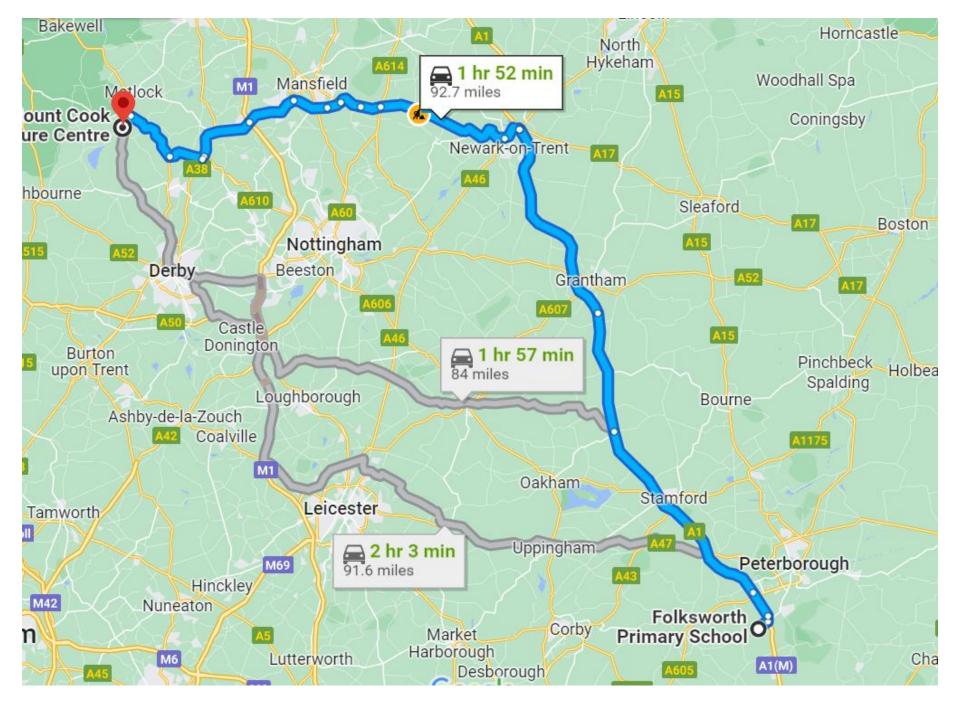


Where is it?

Mount Cook is situated just south of Matlock and right on the Peak District border.







We are travelling with our usual coach provider Nationwide.

We will plan a toilet break midway.

Wednesday 30th March

- Arrive at school for normal time in clothes ready for activities e.g. joggers, t-shirt, jumper.
- On arrival, please hand Mrs Wright any medication (labelled and medical form with it). This also includes travel tablets for the return journey.
- Please hand Mrs Sawyer £5 spending money in a named envelope.
- Please bring a packed lunch and refillable water bottle. No chocolate, fizzy drinks etc... We hope to have a picnic near Mount Cook just before we arrive weather depending.
- We will aim to leave by 10:15 am earlier if we can.

On arrival

 Once we arrive at Mount Cook, we will be greeted by one of the leaders who will show us round and explain expectations for our visit.
 Below is a link to their virtual tour.

https://map.apollo3d.co.uk/share/collection/7PLvt?fs=1&vr=1&sd=1&t

humbs=-1&chromeless=1&logo=1



Itinerary for the three days

Session	Time	Folksworth C of E Group 1 (10)	Folksworth C of E Group 2 (8)	Folksworth C of E Group 3 (8)
Wednesday 30 Mar				
Wed	13:00 - 13:45	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)
Wed	13:45 - 17:00	Onsite Orienteering & Land Karts	Onsite Orienteering & Land Karts	Archery & Archery Tag
Wed	17:00 - 17:30	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation
Wed	17:30 - 18:00	Dinner	Dinner	Dinner
Wed	19:00 - 20:30	Campfire & Bush Craft - Dell (Evening)	Campfire & Bush Craft - Dell (Evening)	Campfire & Bush Craft - Dell (Evening)
Session	Time	Folksworth C of E Group 1 (10)	Folksworth C of E Group 2 (8)	Folksworth C of E Group 3 (8)
Thursday 31 Mar				
Thu	07:45 - 08:15	Breakfast 1	Breakfast 1	Breakfast 1
Thu	09:00 - 12:15	Rock Climbing 1	Rock Climbing 2	Onsite Orienteering & Land Karts
Thu	12:15 - 12:45	Lunch	Lunch	Lunch
Thu	13:45 - 17:00	Archery & Archery Tag	Zip Wire & Initiative Exercises	Rock Climbing 1
Thu	17:30 - 18:00	Dinner	Dinner	Dinner
Thu	19:00 - 20:30	Film (Small Hall)	Film (Small Hall)	Film (Small Hall)
Session	Time	Folksworth C of E Group 1 (10)	Folksworth C of E Group 2 (8)	Folksworth C of E Group 3 (8)
Friday 01 Apr				
Fri	07:45 - 08:15	Breakfast	Breakfast	Breakfast
Fri	08:30 - 09:00	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception
Fri	09:00 - 12:15	Zip Wire & Initiative Exercises	Archery & Archery Tag	Zip Wire & Initiative Exercises
Fri	12:15 - 12:30	Collect Packed Lunches	Collect Packed Lunches	Collect Packed Lunches
Fri	12:30 - 12:45	Depart Centre	Depart Centre	Depart Centre













Kit List

The children will bring a copy of this home tomorrow.

Please note, we a **not** doing any water activities, **no** swimwear needed.



Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- · Trousers for walking (not jeans)
- 2 pairs of trainers or hiking boots
- Pyjamas
- Hat and gloves (weather dependant)
- Swimwear (if participating in water sports)

Toiletries

- Shampoo
- Soap
- Hair brush
- Tooth brush & paste
- Towel

Other

- Sun cream
- Insect repellent
- · Reusable water bottle
- · Prescribed medication
- · Money for souvenirs & vending machine
- Small backpack
- Padlock (for bedroom lockers, optional)

Mount Cook provides all specialist equipment for participation in our activities.

Example menu

CATERING



BREAKFAST

Cereal, Croissants, Toast & Preserves
Fruit & Yoghurts
Bacon/Sausage, Hash Browns, Beans & Egg
Apple & Orange Juice

LUNCH

A Sandwich with a selection of fillings,
Variety of crisps, Fruit,
A sweet treat such as Flapjack
Fruit Squash & Water
*During the winter months we offer a hot
lunch every other day.

We aim to cater for all dietary requirements. We request group information prior to your arrival.

DINNER

Monday

Chicken tikka masala or mushroom stroganoff served with rice & naan bread

Apple crumble & custard

Wednesday Margherita pizza or battered cod served with chips and mushy peas

Sticky toffee pudding & custard

Tuesday

Cumberland or vegetarian sausages, served with roast potatoes, vegetables & gravy

Ice cream & fruits of the forest

Thursday

Beef or vegetarian pasta bolognaise served with garlic bread

Chocolate fudge cake

A full salad bar & Jacket potatoes with a selection of fillings are available every evening.

Dining Room



ACCOMMODATION





FOUR PER GLAMPING POD, TOILET AND COLD WATER BASIN INSIDE, RADIATORS AND USB CHARGE POINTS INSIDE





Return home – Friday 1st April

- Leave after lunch approx. 12:30pm, aiming to be back by 3:00pm. We will keep you informed via Twitter if there are any delays.
- Children must come into school straight off the coach, to ensure they have all their belongings, and any medication can be returned.
- The children will be dismissed to their adult. Please notify school if there are any changes to the adult collecting.