

# Lakeland Discovery

Friday 1<sup>st</sup> – Tuesday 5<sup>th</sup> June 2012 and  
Monday 13<sup>th</sup> – 17<sup>th</sup> August 2012

## FSC Blencathra

Blencathra Field Centre  
Threlkeld  
Keswick  
CA12 4SG

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### **About the centre**

Operated in partnership with the Lake District National Park Authority, the Centre occupies a dramatic setting on the south west side of Blencathra near Keswick. The site offers a magnificent panorama of the Lake District with its rich tapestry of England's highest mountains, quiet pastures, wooded valleys, streams, lakes and settlements which provide a focus for the Centre's activities.

### **Overview of the course**

This course has been designed to meet the requirements of the Duke of Edinburgh Gold Award residential, but is open to anyone looking for adventure! Explore the Lake District National Park, challenge yourself with adventurous activities in a mountain environment, conserve a local habitat, have fun and make new friends.

*The Field Studies Council (FSC) is an environmental education charity committed to helping people explore, understand and be inspired by the natural world. Each year over 100,000 people experience the FSC through visits to our network of 17 Centres*



## Provisional programme

<b>Monday</b>	<b>Afternoon</b>	Welcome to the centre; team building activities and ice breakers ~ Get to know the other members of the group in an informal and fun atmosphere, and develop a sense of community essential for the week ahead.
	<b>Evening</b>	Low Ropes Course ~ Put the trust in your new friends to the test on the centre's Low Ropes Course.
<b>Tuesday</b>	<b>Morning</b>	Geocaching on High Rigg ~ Test your map and compass skills, and use GPS devices to follow a geocache trail and find hidden bases on a local hill
	<b>Afternoon</b>	Wilderness survival skills ~ Undertake an orienteering challenge to earn fire making materials. ~ Survival skills including fire making in small groups and building shelters.
	<b>Evening</b>	Film night and games
<b>Wednesday</b>	<b>All Day</b>	Adventure Day ~ Ghyll scrambling: scramble and climb up a Lakeland stream, with plenty of opportunities for jumping in and getting wet! * ~ Canoeing: learn the skills required and put your teamwork to the test on picturesque lake Derwent Water.* <small>*Activities provided by Blencathra Centre staff and external providers are weather dependant and subject to change.</small>
	<b>Evening</b>	Expedition planning ~ From the route, to shopping lists and to who's sharing tents: all will be decided!
<b>Thursday</b>	<b>Morning</b>	Last minute preparation for expedition ~ Time for last minute purchases in Keswick and expedition begins
	<b>Afternoon</b>	Expedition walk and set up camp
	<b>Evening</b>	Overnight camp
<b>Friday</b>	<b>Morning</b>	Return to base, sign Duke of Edinburgh books and depart after lunch 1.30pm

### Start and finish times

Please arrive on the first day at the office reception by 3.30pm. A train station pick up is offered at 2.30pm from Penrith. Dinner will be between 6pm and 7pm. Breakfast will be at 8.15am. The course will end at 1.30pm on the last day (station drop off 2pm).

### Course tutors

Blencathra Centre tutors are all outdoor-enthusiasts, who have studied at university before coming to work at the Blencathra Centre. At least one of your course leaders will have a Mountain Leader qualification and minibus licence, and all have extensive experience of working with groups outdoors.

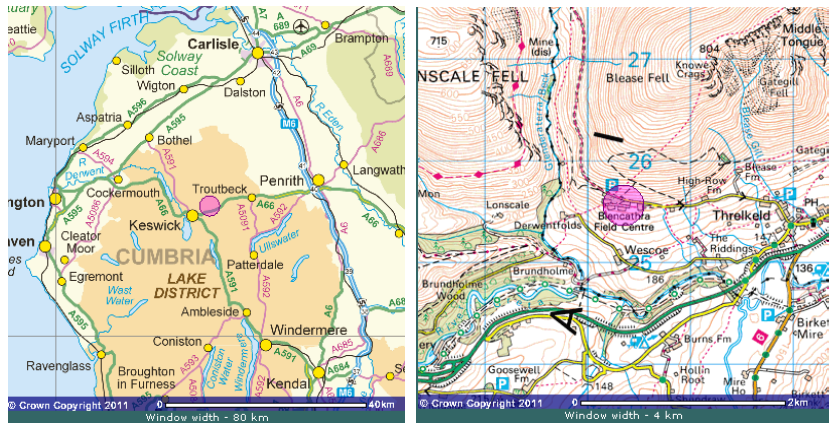


## Directions to the centre

We are located 16 miles from Penrith station, 15 miles from the M6 (Junction 40). Follow the A66 West towards Keswick.

Take the first turning for Threlkeld after 12 miles. Follow the road through the village and turn right onto Blease Road on a sharp left-hand bend. We are signposted at the end of Blease Road.

## Course Fee - £220



## What is included within the fee?

- Expert guidance by fully trained staff
- Rigorous health and safety procedures including 24 hour emergency cover
- Full board and accommodation including a cooked breakfast, picnic lunch, home made cakes and an evening meal. Vegetarian and other dietary options are available. You will need to buy a pasta sauce for
- Tea and coffee making facilities available throughout the day
- Use of resources including library, workrooms, studios and the Centre grounds
- Centre organised transport during the course

## What to bring...

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| - Walking boots with good tread and ankle support*  | - Waterproof jacket and waterproof over trousers*                      |
| - Personal medication   | - Game or film to share  |
| - Warm hat and gloves*  | - Wash kit and towel   |
| - Warm clothing, plenty of layers and changes of clothes (you may get wet every day). Jeans are not a good idea as they get cold when wet | - Small day rucksack and a large rucksack for the expedition*          |
| - Tent, sleeping bag and sleeping mat for the overnight expedition.   | - Sun cream, sun hat, water bottle, thermos flask and packed lunch box |
- \*These items can be borrowed from the centre**

## Booking procedure

Provisional bookings can be made by telephoning the centre or by completing the online form on the FSC website:

[www.field-studies-council.org](http://www.field-studies-council.org)



View over Derwentwater