



Working together to support outdoor learning

Both First and FSC recognise the benefits for learning outside the classroom. We provide a range of diverse opportunities that enable pupils to experience new places and to learn in exciting surroundings. We also recognise the difficulties some parents face finding the resources to enable their child to take part in a school trip. We are committed to providing a cost effective option to help reduce this burden. Together we use our expertise to manage all aspects of your trip.

Who are we?

First (Education & School Travel) is part of the FirstGroup of companies, the UK's largest surface passenger transport company carrying 2.7 million passengers every day.

The Field Studies Council is an environmental education charity committed to helping people understand and be inspired by the natural world. Thousands of students each year experience fieldwork and cross-curricular courses at 17 FSC centres across the UK.

Availability & How to Book

This offer has limited spaces and is available only for trips taken between 1st March – 31st October 2012 and for groups making a confirmed booking within 4 months of the trip taking place.

These programmes run lunchtime to lunchtime Mon-Weds, Weds-Fri or Fri-Sun (Minimum group size 24 pupils plus staff). The price per head depends on the size of your group and the travel distance from school to Castle Head.



Discovery & Adventure

for key stage 2 & 3
March – October
2 nights/3 days outdoor
adventure in The Lake District

Travel-inclusive
price from

£149
per pupil

(minimum group size 24
pupils plus staff)



FSC
BRINGING
ENVIRONMENTAL
UNDERSTANDING TO ALL

For more details call First
(Education & School Travel) on
0844 854 2561
or visit
www.firsttravelsolutions.com

Discovery & Adventure

at Castle Head – Key stage 2 and 3

Whether your aim is to develop teamwork, increase environmental understanding or to enhance your Geography Curriculum, Castle Head has a fantastic location, great activities and experienced staff that will help your group have a fun and fulfilling time.



Key stage 2

Adventure team challenge – A personal challenge helping pupils develop their skills of working with others. Activities include problem solving, rafting, high challenge and night walk.

Exploring localities – Includes a day's journey on foot from the Centre, across a limestone fell and on to the contrasting locality of Grange-Over-Sands. Other activities include orienteering, low ropes and problem solving team challenges.

John Muir Award – This award is all about wild places; discovering, exploring, looking after them and sharing experiences in them. Includes an adventurous activity, habitat day, night walk and support to complete the Award back at school.



Welcome to Castle Head Field Centre

Castle Head is an LOtC accredited Natural Environment Centre located in a secluded setting in the Cartmel peninsula, with the fells and valleys of the Lake District and beautiful Morecambe Bay close by. The Centre is situated within 12 hectares of woodland and meadows providing groups with space and privacy.

How does it work?

Contact First (Education & School Travel) to check availability. We will support you through the bookings process arranging accommodation, meals, course content and travel. You will also be provided with copies of relevant risk assessments, licensing and even advice on what to bring.



Key stage 3

Adventure team challenge – Adventurous activities encourage pupils to explore how they work with others to become effective team members. Includes a team building session, a night walk, a high challenge, a sea level traverse and bushcraft or orienteering.

Environmental challenge – Through exploring the outdoors pupils experience the environment first hand and consider our impact upon it. Includes a team building session, a night walk, woodland tracking, bushcraft and a climbing challenge.

Exploring the Geographical Environment – A mountain environment day exploring the interaction between people and their environment by examining features and human use in Lake District upland areas. Also includes a team building session, night orienteering plus another adventurous activity.



What's included?

- Return coach travel to and from Castle Head.
- 2 nights safe and secure accommodation.
- Nutritious meals with locally sourced ingredients.
- Support and resources will be given for staff to lead their own free session on the second night.
- Loan of equipment, waterproofs, boots and wellies.

