



**CULMINGTON MANOR**  
**OPENED 1991**

**Monday 7<sup>th</sup> November – Friday 11<sup>th</sup> November 2022**





## On Site Facilities at Culmington Manor

- 🌳 Heated swimming pool (May - September)
- 🌳 Confidence course
- 🌳 Crate Stacking
- 🌳 High ropes
- 🌳 Indoor rifle range
- 🌳 Indoor climbing wall
- 🌳 Indoor Bouldering
- 🌳 Artificial caving system
- 🌳 Beginner and intermediate climbing walls
- 🌳 Two obstacle courses
- 🌳 Abseil tower
- 🌳 Two archery ranges
- 🌳 Blind Trail
- 🌳 Zip Wire
- 🌳 Sports fields
- 🌳 Woodlands
- 🌳 Wet weather shelters





MEWS



THE MANOR



CHILDREN'S BEDROOM

## ACCOMMODATION FEATURES

- Duty Instructor per building (24 hours)
- Schools stay together: eat, sleep and do outdoor pursuits
- Atmosphere like a mini Olympic village

# OUTDOOR PURSUITS PROGRAMME

- Leave school to arrive at 14.30
- Students shown to dormitories
- Fire drill
- 1st outdoor pursuit at 15.30
- Each outdoor pursuit lasts 1.5 hours
- 2nd outdoor pursuit at 19.15
- 5 outdoor pursuits per day
- Depart after lunch at 13.30



# OUTDOOR PURSUITS AVAILABLE

Abseiling  
Archery  
Bivouac Building  
Canoeing Kayaking  
Caving  
Climbing  
Evening Walk  
Fencing  
Film Studies / Video  
Manor Olympics  
Nature Trail

Rifle Shooting  
Scavenger Hunt  
Volleyball  
Wide Games  
Zip Wire  
Blind Trail  
Camp Craft Skills  
Compass Work  
Hill Walk  
Initiative Exercises  
Low Ropes  
Obstacle Course

Orienteering  
Quiz  
Swimming  
Water Polo  
Survival Skills  
Team Games  
Indoor Bouldering  
Bike Skills



## 19 OUTDOOR PURSUIT SESSIONS MONDAY TO FRIDAY



| MENU PLANNER - WEEK 2 Monday - Friday   |   |  |   |   | Manor Adventure |               |
|---|---|--|---|---|-----------------|---------------|
| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY        | SUNDAY        |
| In the morning: Cereals & Milk; Sausage, Bacon, Scrambled Eggs, Beans, Tomatoes & Toast           |   |  |   |   |                 |               |
| <u>LUNCH</u>  | <u>LUNCH</u>  | <u>LUNCH</u>   | <u>LUNCH</u>  | <u>LUNCH</u>  | <u>LUNCH</u>    | <u>LUNCH</u>  |
| ARRIVE<br>CENTRE  | Jacket Potatoes<br>Chorizo Pasta Bake<br>Chicken Goujons<br>Steak Slice<br>BBQ Ribs<br><br>Ravioli<br><br>Salad<br>Cold Ham / Tuna<br><br>TBA | Soup<br><br>Assorted Rolls<br>Petit Pain<br><br>Salad<br>Cold Ham / Tuna<br><br>TBA                        | Jacket Potatoes<br>Carbonara<br>Chicken Burger<br>Mince Pie<br>Scotch Egg<br><br>Spaghetti Hoops<br><br>Salad<br>Cold Ham / Tuna<br><br>TBA | Fish Fingers<br>Fajitas<br>Homemade Pizza<br>Curry Sauce<br><br>Saute Potatoes<br>Mushy Peas<br><br>Salad<br>Cold Ham / Tuna<br><br>TBA |                 |               |
| <u>DINNER</u>   | <u>DINNER</u>   | <u>DINNER</u>  | <u>DINNER</u>   | <u>DINNER</u>   | <u>DINNER</u>   | <u>DINNER</u> |
| Steak Pie<br>Chicken Kiev<br>Minted Lamb Chop<br><br>Potatoes<br>Carrots<br>Courgettes<br><br>TBA | Breaded Haddock<br>Spaghetti Meat Balls<br>Roast Chicken<br><br>Chips<br>Peas<br>Sweetcorn<br><br>TBA   | Chicken Jalfrezi<br>Chinese Pork<br>Stir Fry Beef<br><br>Rice<br>Potatoes<br>Carrots<br>Cabbage<br><br>TBA | Sweet Chilli Chicken<br>Gammon & Pineapple<br>Lasagne<br><br>Rice<br>Potato Wedges<br>Green Beans<br>Cauliflower<br><br>TBA                 | DEPART<br>CENTRE  |                 |               |

# Packing List

- Luggage – please restrict this to one case plus one daysack
- Freshly laundered sleeping bag and pillowcase
- A drink bottle
- Torch
- Toiletries (please note deodorant must be roll-on, no aerosols)
- Old clothes for activity sessions – (long-sleeved tops, jumpers, trousers, jogging bottoms, t-shirts and trainers). Clothes, shoes and underwear for other times. No jeans.
- Waterproof jacket and trousers
- Large plastic bag for dirty clothes
- Bath towels x2
- Hat and gloves
- Pyjamas and slippers
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**To apply for a place for your child, an initial non-refundable deposit of £25.00 is requested via School Money, which must be before 15th July 2022 in order to secure the booking. There are 4 more instalments of £56 due at monthly intervals or whenever is convenient for parents.**

**Should our trip not go ahead due to insufficient numbers of pupils signing up, the school will refund all money which has been paid.**