

Your pupils can discover the natural awe inspiring beauty of the Lake District hills on a hike led by our staff. We'll organise activities and set tasks along the way to help your pupils get the most from the experience.

The aims of this activity are to...

The aim of this activity is to:

- Allow guests the experience of walking appropriate to their ability level and available routes.
- Increase fitness and appreciation of the surrounding landscape.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished
- Provide an opportunity for participants to evaluate and assess their experience.

Learning Outcomes...

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on safety instructions received.
- Understood how walking can improve their health and physical fitness.
- Effectively worked as a team supporting their peers throughout the activity.
- Contributed to a post-activity review led by the instructor, identifying their experiences and recognising their achievements.

Progression...

Some participants may also:

- Participants can be given more responsibility for leading and navigating as the session progresses.
- Changing ground conditions and terrain may provide more physical challenges.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Outdoor confidence
- Some fitness advantages