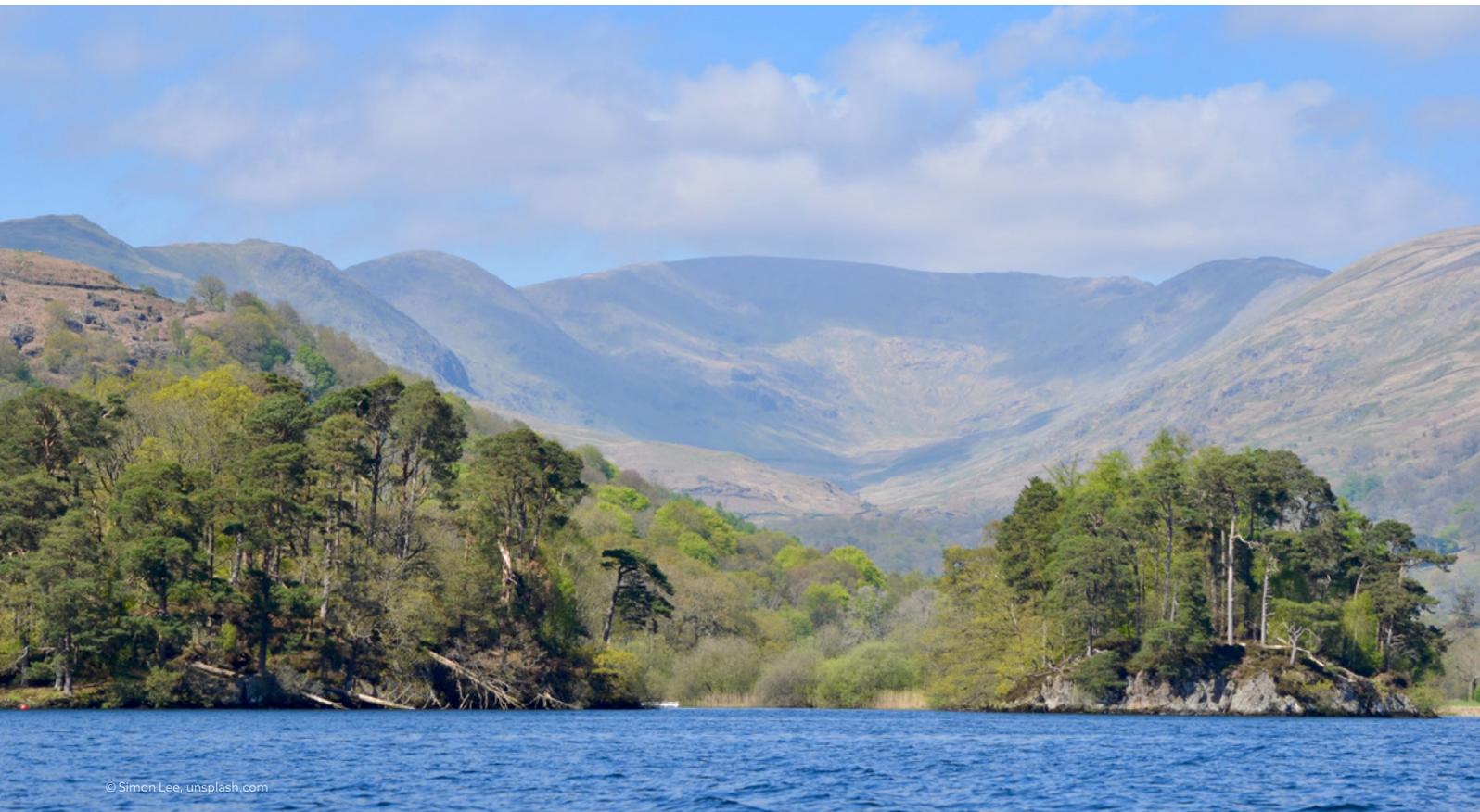


## DISCOVERY PROGRAMMES FOR SCHOOLS

### SUSTAINABLE LAKES



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Discover the Lake District as the birthplace of the National Trust and landscape conservationism through some of the visionary figures who made their home here and learn about the National Park's vision for a zero-carbon future.

Nab Cottage, Rydal in the very heart of the Lake District is just one of our accommodation options and provides a perfect base for students as they discover more about this wonderful World Heritage Site.

## SUSTAINABLE LAKES

Our Sustainable Lakes Discovery Programme is of special interest to students learning about Sustainable Development Goals, conservation, rural development and geography, and can be tailored to meet the school curriculum or designed to suit specifics of course work and academic projects.

Students ideally arrive by Tuesday or Friday evening for a two-day activity programme blending education, discovery and leisure time.



### TYPICAL ITINERARY

#### Friday

- Students arrive by 5pm, and settle in.
- Welcome dinner.
- After dinner activity to welcome students to the Lake District and prepare them for the next day's programme.

*Dinner and accommodation provided.*

#### Saturday

Full day of activities including site visits and talks. Schools choose from one of the following programmes:

- Discover William Wordsworth's conservation legacy through his homes and gardens at Dove Cottage, Allan Bank and Rydal Mount on an UNESCO World Heritage walk along the Coffin Trail and Loughrigg Terrace;
- Journey from Wray Castle to Tarn Hows via Claife Viewing Station, Hill Top Farm and the grammar school at Hawkshead and discover how the Lake District came to be "for everyone, forever";
- Explore the Low-carbon Lakes Discovery Trail on a Langdale fell walk starting from Allan Bank in Grasmere, going via Easedale Tarn and Harrison Stickle to Sticklebarn.

*Breakfast, lunch and dinner provided.*

#### Sunday – Optional activities

Schools choose from a half-day programme of activities including:

- More walks and talks relating to the above programmes;
- Practical communication workshops to develop presentation and language skills;
- Sightseeing bus tours of the Lake District;
- Site visits to talk to specialists, craftsmen, farmers or policy makers;
- Outdoor activities in the UK's Adventure Capital including but not limited to hiking, canoeing, cycling, sailing and ghyll scrambling.

Opportunities to engage in local voluntary conservation projects may also be arranged on request.

Students depart the Lake District in the afternoon.

*Breakfast and packed lunch provided.*



### FOR MORE INFORMATION

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