

# Suffolk, England



Scotland

Glasgow  
Edinburgh

4 Suffolk

Manchester

England

Birmingham

Wales

4

Harwich

London Stansted

Bristol

London Heathrow

London Gatwick

Dover

Portsmouth







# Suffolk, England

## Highlights

- Within easy reach of London and Cambridge
- Beautiful Grade II listed coastal manor house
- 144 acres of stunning grounds to explore
- Situated in an area of outstanding natural beauty with views across the North Sea



## Location

Suffolk

## Capacity

470

## Age Range

7-17

## Airport Transfer Times

- ✈ Stansted – 1hr 45mins
- ✈ Luton – 2hrs 30mins
- ✈ Gatwick – 2hrs 30mins
- ✈ Heathrow – 2hrs 45mins







## Accommodation

Purpose-built modern accommodation blocks.

**Students** En suite rooms sleep 2-6

**Party Leaders** En suite twin rooms

## Facilities

- Classrooms ■ Leaders' lounges ■ Student lounges ■ Gym
- Playing fields ■ Beach ■ Shop



## Evening Entertainment Programme

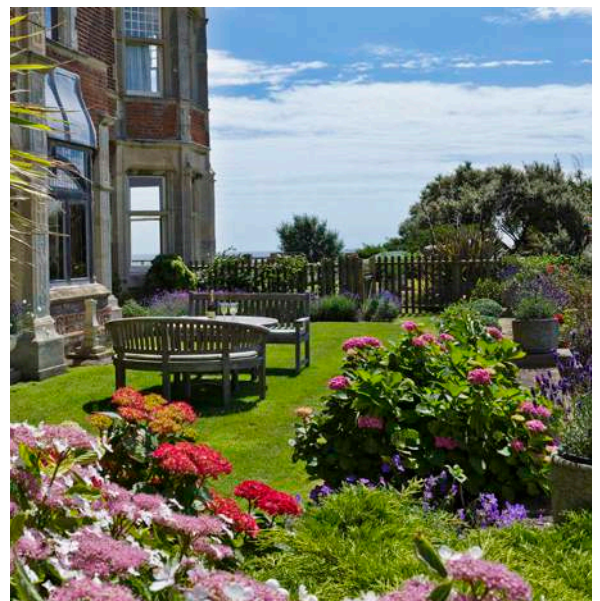
- Ambush ■ Campfire ■ Capture the Flag ■ Cluedo ■ Disco
- Passport to the World ■ Sports Night ■ Photo Challenge
- Quiz Show ■ Robot Wars ■ Snapshot ■ Splash ■ Wacky Races

## Excursion Options

London  
Cambridge  
Ipswich  
Colchester

## Activities

**Aeroball** **Archery** **Beach/Coastal Walk** **Buggy Build** **Fencing**  
**Orienteering** **Problem Solving** **Quad Biking** **Rifle Shooting**  
**Sensory Trail** **Slacklining** **Sports and Team Games** **Survivor**







## Sample Menu

### Breakfast

- Choice of breakfast cereals
- Assorted yoghurts
- White & brown toast with preserves
- Fresh fruit
- Porridge oats with cinnamon & brown sugar
- Grilled sausages
- Scrambled eggs
- Baked beans
- Vegetable sausages (V)

### Lunch

- Tomato soup served with a choice of breads
- Baguettes & wraps with various fillings e.g. chicken strips
- Tuna & sweetcorn
- Roasted vegetables & cheese (V)
- Tortilla chips
- Salad bar

### Dinner

- Chef's special soup
- Beef lasagne
- Fish fingers
- Vegetable stir fry with noodles (V)
- Fresh carrots
- Sautéed green beans
- Chips
- Salad bar
- Ice cream

## Important Information

### Lost Property

All personal items should be clearly named. We strongly recommend that all valuables are left at home.

### Laundry

A weekly laundry service for clothes is available. Bed linen is provided for all guests and is changed weekly. Guests will need to bring their own towels. We recommend one towel for showering and another towel for wet/dirty activities.

### Cleaning

Bins are emptied everyday and rooms are cleaned thoroughly once a week.

### Guest Behaviour

Please refer to our online Code of Practice document for our Code of Conduct for visiting groups.

### First Aid

All our Activity Staff hold an eight hour Emergency First Aid Certificate and a number of Senior Staff hold a First Aid at Work Certificate. This allows the immediate application of any first aid treatment required. Cold storage for any medication can be arranged if required.

### Insurance

We are able to arrange insurance cover for visiting groups through our existing provider. Please contact us for details.

### Safety

We are proud of our excellent safety record which is due to the diligence and care of our staff. For your peace of mind, a summary of our safety management systems is available in our online Code of Practice document. Where required, our activities are inspected and approved by the Adventure Activities Licensing Authority (AALA). Annually updated risk assessments are also available for all our activity centres and we comply with the latest government guidelines on the health and safety of pupils on educational visits.

## Kit List

### Clothing

**We recommend old clothing for taking part in activities. As well as clothes for excursions/evening, please bring the following:**

- Fleece/sweatshirts for cold weather (most activities are outside)
- Long-sleeved T-shirt (to cover arms for some activities)
- Trousers/leggings (not jeans) for activities
- Trainers/shoes for activities and old trainers/shoes for wet activities
- Socks covering ankle for some activities
- Waterproof jacket
- Baseball cap/hat for hot weather

### Other essentials

- Wash bag (including soap/shampoo etc.)
- 2 large towels
- Plastic bottle for drinks
- Sunscreen (summer)
- Pen and paper
- Small bag/rucksack for day trip
- Plastic bags/bin liners (for wet items) labelled with your name