

Norfolk Lakes 2026



Norfolk Lakes
Our new watersports centre
in East Anglia!

Wednesday 22nd April to Friday 24th April

Where ?



Thank you for your payments and
medical forms so far.

If you haven't returned them, please
can you do so at the end of the
meeting?

Norfolk Lakes 2026

Arrive at school **normal time** with suitcase, sleeping bag and pillow.
(If you are able to donate some biscuits for our evening snack that would be greatly appreciated. Please hand to Mrs Cox).

Medicals to be handed to us on the Wednesday morning (please name them)

A **rucksack** with a packed lunch and water bottle.
No travel sweets!

Depart around **10:30 am**

Stop off **12.00pm** for lunch at Brandon Country Park

Depart **1.30pm** for the centre

Arrive at centre around **2.30pm**

Into rooms, fire drill, ready for 1st activity.



Norfolk Lakes 2026

Wednesday continued

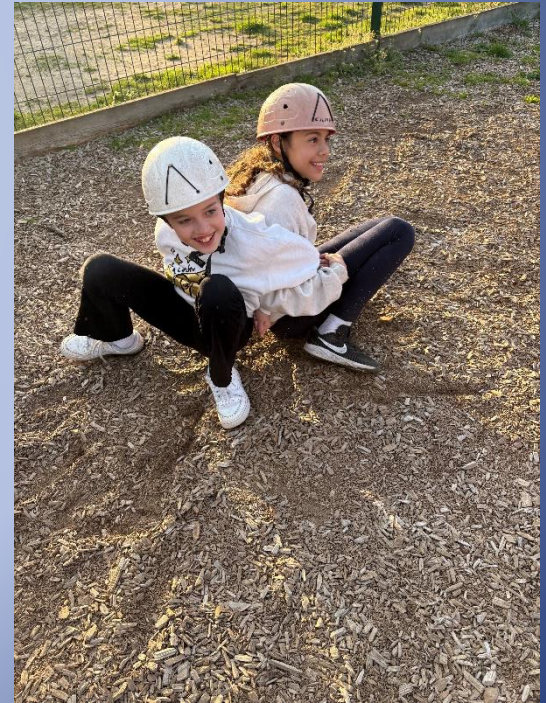
Activity 1 3.30pm

Dinner

Activity 2 7.00pm

Evening games

Bedtime 9.30pm



Norfolk Lakes 2026

Thursday

7.30am Rise and Shine

5.15pm Evening meal

8.00am Breakfast

7.00pm Activity 7

9.00am Activity 3

Evening games

10.30 Break time

9.30pm Bedtime

10.50 Activity 4

12.20 lunchtime

1.40pm Activity 5

3.10pm Break time

3.30pm Activity 6



Norfolk Lakes 2026

Friday

7.30am Rise and Shine

8.00am Breakfast

9.00am Activity 8

10.30 Break time

10.50 Activity 9

12.20 lunchtime

1.30pm Depart centre

3.30 Arrive back at school – a text will go out to confirm our arrival time



Norfolk Lakes 2026

There are lots of activities on offer
and we will be doing:

Kayaking

Low Ropes

Archery

Caving

Climbing

Canoeing

GSUP

Team Games

Paddleboarding



Example of activity timetable

There are 4 groups

Group 1's first session on Weds is caving,
 Group 2: Orienteering
 Group 3: Orienteering;
 Group 4: Archery



Norfolk Lakes					
DAY	SES				
		1	2	3	4
WED	3	INGATESTONE FRYERNING			
	4	GSUP	GSUP	GSUP	GSUP
	5	LR	CLIMB	CAVE	ARCH
THU	1	CANOE	CANOE	ORIENT	ORIENT
	2	KAYAK	KAYAK	SUP	SUP
	3	ORIENT	ORIENT	CANOE	CANOE
	4	SUP	SUP	KAYAK	KAYAK
	5	CAVE	LR	ARCH	CLIMB
FRI	1	CLIMB	ARCH	LR	CAVE
	2	ARCH	CAVE	CLIMB	LR

Norfolk Lakes 2026

- Luggage – please restrict this to one case plus one piece of hand luggage.
(Metal framed rucksacks should be avoided as they are difficult to fit into the coach)
- Sleeping bag and pillowcase
- A drink bottle (essential in the summer)
- Torch
- Rucksack
- Toiletries etc (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – (long-sleeved shirts/jumpers, trousers / jogging bottoms (Not denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty). Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat and gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and slippers

Must also bring a pillow. Clean footwear for indoor.

Separate footwear for water- either old trainers or water shoes.

Optional wetsuit.

PLEASE NAME EVERYTHING!

Norfolk Lakes 2026

CANOE, KAYAK & RAFT BUILD

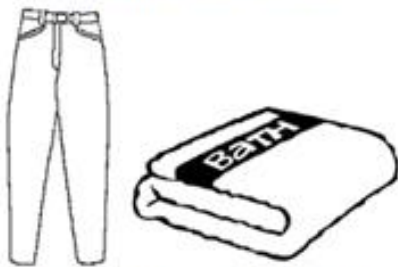
Must wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



Old Trainers **NO WELLIES, CROCS OR BOOTS**



Long Trousers – **No Jeans**



BRING SPARE CHANGE OF CLOTHES & A TOWEL

CYCLING

You must wear a **LONG SLEEVED top, LONG TROUSERS** and **CLOSED FOOTWEAR**



Bring a **RUCKSACK** and **WATER**



ARCHERY and RIFLES

You must wear a **LONG SLEEVED top** and **CLOSED FOOTWEAR**



NATURE TRAIL, NATURE RESERVE STUDIES & LAKE WALK

Warm/Sunny Weather

You can wear shorts and T-Shirt as long as you have sun cream on.



No matter what the weather **WEAR SENSIBLE FOOTWEAR** that supports your feet and take a **WATERPROOF JACKET** and **TROUSERS** with you

Cool/Cold Weather

Must wear at least **2 WARM LAYERS**



BLIND TRAIL, OBSTACLE COURSE and CLIMBING

Old clothes that are ok getting **WET** and **DIRTY**

Long trousers and long sleeved top (even if it is sunny)



NO: SHORTS, T-SHIRTS, WELLIES, CROCS or SANDALS

FENCING

Norfolk Lakes 2026

Useful items

Books, playing cards, notepads and other quiet activities

Useful notes

Please name all clothing

No wellies

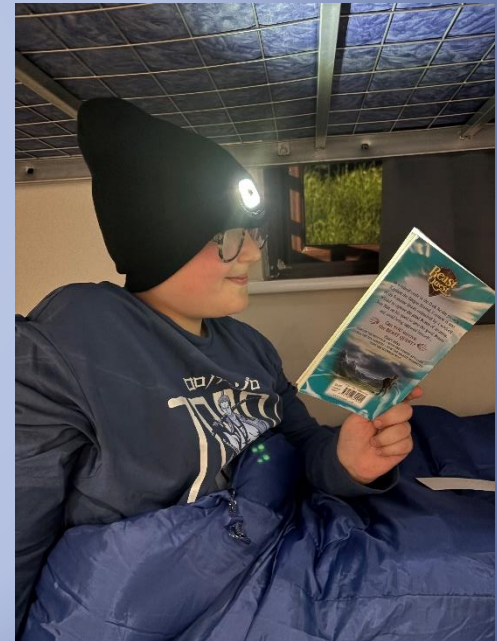
No denim jeans

Keep a check on weather forecast

No electronic devices

Cameras but only for the rooms

NO MOBILE PHONES or Wifi able devices





Rooms of boys or girls

Usually 4 or 6 children in each room.

The children will write down three children they would like to share with – we guarantee at least one of them.

There are 4 activity day groups.



Norfolk Lakes 2026

- Food

- The food is very substantial and tasty.
- Breakfast: cooked breakfast/toast/fruit
- Lunch and dinner: Buffet style – choose from a range of choices on the menu.
- Always a dessert – fruit, cookie, doughnut etc
- We eat in a large dining hall on long tables, all together.

Norfolk Lakes 2026

- Please pack a teddy of some sorts.
Not too big!
- Cards/ small games for the room.
- No money required.
- This trip is solely for the children to have a good time and hopefully they will feel very proud of themselves on their return.



Staff

They will be 5 adults from the school – the children will know them well:

Mrs Johnson, Mrs Coulson

Mrs Cox, Mrs Donnell

And Mrs Moss

Please follow us to keep updated
with photos and updates whilst we
are away.

Search- LakesNorfolk26

The group will be a closed group
once the trip begins.

Any questions/ things on your mind?
Please feel free to email:
office@ifjs.co.uk
or see Mrs Coulson

