

A group of nineteen children and two adults from years five and six visited the Lake District for a residential trip. We set off early from Westfield Park and enjoyed the drive across the country - we were amazed at how much the landscaped changed.

When we arrived, we settled into our accommodation and met our instructors. There wasn't even time to unpack, we had a quick lunch before beginning our challenges. The first of these was to make our own beds! Putting a duvet cover on is quite tricky, and those of us on the top bunk struggled to get the sheets to stay on.

Over the three days we did four different activities in our groups. Our accommodation was next to the lake and it was a quick walk down to take part in canoe rafting and kayaking. Although the sun shone for us, it was very windy, so we had to work very hard to stay away from the edge of the lake. Some of us jumped into the lake off the wooden pier - the water was very cold though. By Friday, the wind had dropped and one of the groups was able to take the canoes out to one of the islands in the middle of the lake and play some games.

We took a short ride on a minibus to complete our other activities. Ghyll scrambling involves wading through a riverbed, scrambling over boulders, climbing up waterfalls and swimming across freezing pools of water. We even crawled through a tunnel underneath the road. Many of us found this activity challenging but it was one of our favourites and we all made it to the end.

The last activity was outdoor rock climbing. Some of us found this difficult and a bit scary, but everyone had a try and a few made it to the top.

Every one of us tried every activity and we really pushed ourselves to achieve. The staff were very proud of us, and shocked at how brave we were. All of the instructors were impressed with our attitude and behaviour and the way we worked together. We were all very tired when we got home but had all thoroughly enjoyed ourselves.

