

# a not so typical day at camp...



**7.30am...**

...the day begins with a visit to the food garden to tend to the plants and harvest some fresh fruit for **breakfast** which we'll prepare in the field kitchen. We'll feast on 'make your own museli', fresh pancakes, yoghurt, eggy bread, fruit juice, bacon rolls or waffles hot off the press! We'll also rustle up a healthy snack to enjoy for morning break.

**9am...**

activity session: **Technical Tree Climbing**

Climb up into the canopy of a tree and see the woods and beyond from a whole new perspective! Children will be taught a technical tree climbing technique using a rope and harness to safely ascend the tree 'David Attenborough style' before being belayed back down again .



**12pm...**

**Lunchtime!** We'll tuck into some doorstep sandwiches to keep us going with a range of fillings, followed by fruit and a sweet treat.

**12.30pm...**

activity session: **Animal Tracking**

Whilst many animals are elusive and difficult to see when walking through a wood, wildlife tracking can bring the woodland to life, telling you stories of which animals have walked the path before you. We will look at the different tracks and signs of wildlife, learning simple methods of identification for different species, before following a trail of tracks to determine an animals behaviour and its interaction with the environment.

**14.30pm...**

...we'll pause for a snack and a chance to reapply suncream (if applicable!)

**14.50pm...**

activity session: **Archery**

Take part in the ancient sport of archery - a skill used by our ancestors to source their meat pre-supermarket! Children will learn the skills and technique required to hit the target every time, before taking part in a tournament to decide who takes the 'Head Archer' title.



**16.30pm...**

We'll make pizza dough from scratch in the field kitchen and prepare a base onto which we'll add homemade tomato sauce and toppings harvested from the food garden (and fridge!), ready to cook in the cob oven for dinner. We'll also make a sweet treat to go in the oven for afters!

**17.30pm...**

Some free time before dinner. A chance to relax or take part in group games.

**18.00pm...**

Delicious home-made, wood fired pizza cooked in the cob oven.

**19.30pm...**

Evening activity: **Wild Wood Walk**

On an evening walk the children 'bump into' the Woodsman who has lived among the trees and animals of the ancient Forest of Moresk for the past 300 years. He's always eager to pass on his knowledge and will share with them many secrets of the woods, opening their eyes to the plants, insects and animals which thrive here.

**21.30pm...**

Time for some hot chocolate round the campfire and a spot of star-gazing before bed.

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