



## From Sea Level to Summit

### Additional Trip Information for Students and Parents:

<b>Trip Leader</b>	Mr Dowty
<b>Activity</b>	<p>We head up the Laxey valley and through the village and then proceed along Ham and Egg Terrace and past the amazing Laxey Wheel. We then follow the minor road to the tiny hamlet of Agneash and continue along the track to the historic Snaefell mines.</p> <p>Following a snack break, we head steeply uphill to reach The Bungalow in time to have lunch. After climbing to the summit, we return triumphantly to The Bungalow by 2.30pm in order to meet our transport back to school.</p>
<b>Date</b>	<b>One full day – per allocation letter</b>
<b>Meet at:</b>	Upper School at 8.40am
<b>Finish:</b>	3:25pm at Upper School
<b>Transport</b>	Will be provided from school to Laxey Beach and from the Bungalow back to school at the end of the walk.
<b>Equipment to bring</b>	<p><b>Please see the attached equipment list.</b></p> <p>Do not bring anything valuable that could be lost or damaged as the school will not be held liable. You are required to take responsibility for all your own equipment and property.</p>
<b>Meal Arrangements</b>	Bring a packed lunch, snacks and plenty of water. You will have to carry your own lunch, snacks and water so a small backpack is advised.
<b>PLEASE NOTE:</b>	<b>Acceptance and participation on this trip is subject to adherence to the School's Code of Conduct on behaviour. Any student who has shown, or does show a persistent reluctance to adhere to it, may be removed from the trip without reimbursement.</b>
<p><b>Please advise the Trip Leader in advance of the trip if you have any concerns of a medical, physical or dietary nature, which may impact or limit your child's capacity to participate in any aspect of this activity.</b></p>	



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## Equipment Checklist

*The walk will be exhilarating, healthy and fun. However, having the right clothing and equipment will ensure that this is the case.*

### Clothing

As you know, Manx weather is fairly unpredictable and, although the long-term forecast looks reasonable, it is best to be prepared for all weathers.

- Light cotton trousers – wet jeans can be heavy and very uncomfortable. If nearer the time the forecast looks good, shorts may be appropriate.
- Upper body layers – a t-shirt and/or a long sleeve top.
- A fleece / pullover – it will be cooler and windier on the summit than it is in Laxey.
- A warm hat.
- A waterproof top layer – ideally a lightweight cagoule.
- Thick socks and walking boots (ideally) or robust trainers. It will be wet and boggy underfoot in places. Whatever your footwear, it is essential that it is **comfortable**.

### Other items

- A rucksack – comfortable and ideally waterproof.
- Packed lunch and mid-morning snack.
- Water (at least one litre) or another drink if you prefer.
- Sun cream – check the forecast.
- Staff will be carrying first aid kits, but you may wish to bring your own plasters, Blisteze etc. in case of blisters or chaffing.

**Please do not hesitate in contacting Mr Dowty if you have any questions or concerns about any aspect of the walk.**

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