

Lancaster Royal Grammar School

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Dear parents and pupils,

Lake District Bike trip: Sunday 29 June – Tuesday 1 July 2025

We are organising a 3 day off road cycling expedition through the Lake District, between tarns and lakes on gravel bridleways, flowing singletrack and quiet backroads. This will be in the summer of 2025, from Sunday 29 June – Tuesday 1 July after the GCSE and A-level external exams have finished, and the trip is aimed at pupils who will be in Year 11 and the Upper Sixth next academic year.

The trip is being led by Kirk Wadsworth from Lakota Expeditions. Kirk is a level 3 Mountain Bike Leader and has considerable experience and accomplishments in the outdoors. More information about him and the expeditions offered can be found on the Lakota Expeditions website <https://www.lakota-expeditions.com/>

The provisional itinerary for the expedition is:

- Day 1 (Sunday 29 June): Meet in Staveley at 10:00; cycle on bridleways and quiet lanes to Rydal Hall, Ambleside.
- Day 2 (Monday 30 June): Cycle on bridleways and quiet lanes to Hoathwaite campsite, Coniston.
- Day 3 (Tuesday 1 July): Cycle on bridleways and quiet lanes to Ambleside.

Pupils will cycle as a small group (6-7 pupils) with a support vehicle, which will carry tents/food and will meet the group at various points. Kirk and two members of LRGS staff will accompany the group; a Lakota Expeditions staff member will be in the support vehicle, meeting the group at pre-arranged locations throughout the trip. Pupils will need to be dropped off at 10:00 in Staveley on Sunday 28 June 2025 and be collected from Ambleside late afternoon of Tuesday 1 July. Exact times will be confirmed.

There will be an information evening before the trip, probably during the Lent term.

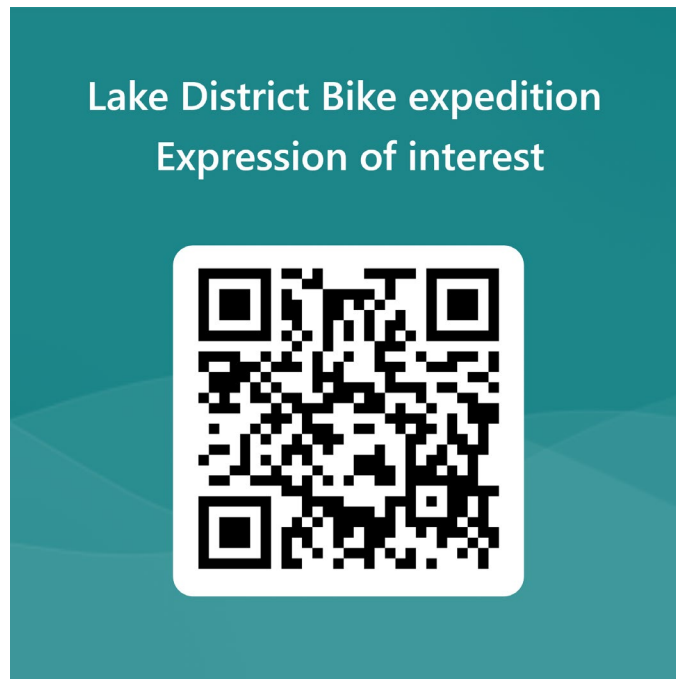
Our route will need a bike that can cope with off road riding; a hard tail mountain bike is recommended. Bike hire can be arranged but this will add to the cost of the trip for any pupils who require hire. More information to follow at the information evening before the trip but please do get in touch if you have any questions about your intended bike.

The approximate cost of the trip will be £320; the exact cost will depend on numbers. This cost will include all food and accommodation costs, although pupils may wish to bring extra cash for ice creams!

More information about payments will follow next term but, broadly, we will require a deposit of approximately £150 by the October 2024 half term, then the remainder by the February 2025 half term. If you have any concerns regarding paying for the trip, there may be assistance available from our Opportunities Fund. Please visit the LRGS website <https://www.lrgs.org.uk/financial-assistance> for details regarding the fund and how to apply, or contact Lorna Lightfoot on llightfoot@lrgs.org.uk.

There will be further information about how to sign up for the trip at the start of next term. For now, if you are interested in joining us, please complete this form:

<https://forms.office.com/e/w24R7Ez0Be>



The answers you give will not impact whether or not you are chosen for the trip; the questions are there simply to gauge interest and current cycling level.

Please do not hesitate to contact me via email if you have any further questions.

Yours faithfully,

Mrs Claire Rushton