



## **INFORMATION FOR EVENT PARTICIPANTS**

Brathay is situated in the very heart of the Lake District at the head of Lake Windermere, set in 360 acres of pasture and woodland extending to the lake shore and surrounded by mountains. It is one mile from the village of Ambleside, and five miles from the nearest railway station at Windermere.

### **AIMS**

Every Brathay event has a set of specific aims. In addition, your event will provide opportunities for you to:

- develop self-confidence and awareness
- take responsibility for yourself and others
- experience working in a team
- enjoy a new experience.

### **SAFETY**

All activities are supervised by staff who are fully qualified and receive regular training in safety procedures. Equipment is maintained to high standards.

Brathay has been inspected by the Adventure Activities Licensing Authority and is registered as licensed to provide specified activities under the headings of Climbing, Caving, Trekking and Watersports. Licence details can be confirmed by calling the Licensing Authority on 029 20 755715. The Adventure Activities Licensing Authority website is [www.aala.org](http://www.aala.org). Brathay staff are fully trained and qualified in the activities they lead. You also have a responsibility for your own safety and that of others. You should inform Brathay staff if you:

- are not clear about instruction or safety procedures
- have any concerns about a particular activity
- have any physical disability or difficulty.

### **ACCOMMODATION**

Accommodation will be in shared rooms for two to six people. There are separate bathroom and washing facilities. Accommodation is made available from 5pm at the latest on the day of arrival. Where possible, groups will be given access earlier. On the final day, bedrooms are expected to be vacated by 10am. For groups arriving or departing outside these times provision will be made for storing bags and valuables.



## MEALS

Here at Brathay we are keen to ensure that we cater for the dietary needs in your group.

There will be a small amount of vegetarian food offered at lunch and dinner (enough for 5-6 people).

Please discuss any dietary requirements with your Accompanying Members of Staff.

## FACILITIES

Facilities include:

- all specialist clothing and equipment for activities
- an excellent boathouse with large rowing boats, canoes and safety boats
- an extensive ropes course
- a drying room
- a screenprinting workshop
- a theatre workshop.

## TRAVEL ARRANGEMENTS

~~If you are travelling by public transport, a Brathay minibus can meet you at Windermere Station, or at the bus stop in Ambleside. Please make arrangements with us in advance if you wish to be collected.~~ <sup>N/A</sup>

## WHAT TO BRING WITH YOU

Enough clothing to last the event, not forgetting:

- personal toiletries (please do not bring aerosols – they set off smoke detectors)
- towel
- trainers you don't mind getting wet
- warm jumpers
- clothes you don't mind getting dirty
- two or more pairs of comfortable trousers or leggings (jeans are not suitable for activities)
- thick socks
- gloves
- woolly hat
- suncream



For a number of reasons, it is always better to have a number of layers of less bulky clothing rather than one or two thick layers.

Other items you may wish to bring:

- an alarm clock
- a thermos flask
- a torch
- a book
- a camera
- board games, etc.

Brathay can provide free on loan:

- waterproof jacket and trousers
- walking boots
- specialist equipment for activities.

#### **GETTING IN TOUCH**

Our address is: Brathay Trust, Ambleside, Cumbria, LA22 0HP

Telephone: 015394 33041 (office hours)  
015394 32531 (24 hour contact in emergencies)  
Pay phones are available for event participants.

Fax: 015394 34424

E-mail: [brathay@brathay.org.uk](mailto:brathay@brathay.org.uk)

Website: [www.brathay.org.uk](http://www.brathay.org.uk)

We are looking forward to meeting you for what should be a very enjoyable event. In the meantime if you have any further questions please do not hesitate to contact us.

