

Ullswater, Howton Residential 2026

2nd March – 6th March



Why?

Limitations on young people, whether real or perceived, come in all shapes and sizes. **But we use the power of learning and adventures in the wild to defeat them all.**

Outward bound aim to teach young people the most important lesson they could ever learn: ***to believe in themselves.***

It's the superpower that transforms their behaviour throughout school, work and beyond.

Learning about yourself happens best out in the wild. They take young people away from the everyday life into our world, to give them life-changing experiences they won't get from home or inside the classroom.



Where we stay...



Where we eat...





Bedrooms, they don't stay this tidy!

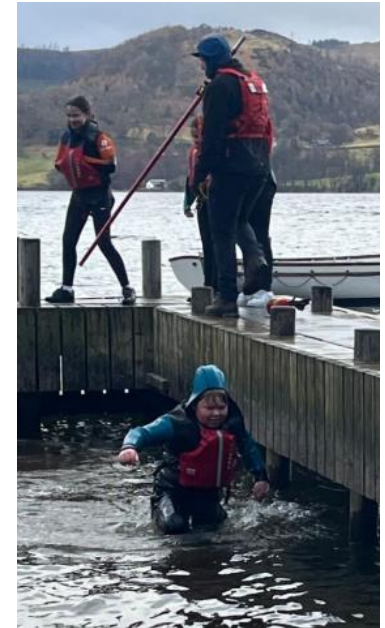
Drying room...



Special equipment...



Jog and dip...can be a bit chilly!



Raft building



From this

To this.....



Maybe this.....



Rock climbing...



Gorge walking...



Teamwork activities:



Welcome to all Hobbits



Maybe not Everest..



But it was big enough....



and what a
view!



Peaceful moments...



Core Memories...



Friday night GUARANTEED!!!



This is what a week at Outward Bound might look like.

MONDAY

DAY 1

ARRIVE: Setting the scene. Course introductions and aims.

ADVENTURES: *Immersion into the natural environment with jog and dip followed by group work.*

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: *High challenge activity and stargazing.*



**THE
OUTWARD
BOUND TRUST**

DAY: Goals for the day: self-confidence, giving and receiving support. Behavioural values introduced through the day's activity and facilitated review and discussion. Planning and problem solving.

ADVENTURES: *A full day of authentic adventure in the natural environment, such as gorge scrambling, rock climbing or abseiling.*

EVENING: Collaborating with others and relationships skills.

ACTIVITIES: *Orienteering and challenging group composition.*



**THE
OUTWARD
BOUND TRUST**

WEDNESDAY

DAY 3

DAY: Organisational skills. Being a role model. Link with school values. Concern and awareness for the natural environment.

ADVENTURES: *A linked all-day journey over land, water or both. Ascent of a mountain peak with environmental awareness tasks.*

EVENING: Support and effective communication.

ACTIVITIES: *Exploration of tunnels or nightline.*



**THE
OUTWARD
BOUND TRUST**

THURSDAY

DAY 4

DAY: Goal setting. Self-confidence. Contributing to working collaboratively. Taking responsibility. Overcoming problems.

ADVENTURES: *Local exploration and project through a water journey with challenging activities such as raft building, canoeing, kayaking, cutter sailing or rowing.*

EVENING: Completing and finishing. Personal awareness. Transfer of learning back to school.

ACTIVITIES: *Facilitated discussion at campfire.*



**THE
OUTWARD
BOUND TRUST**

FRIDAY

DAY 5

DAY: Working and collaborating with others. Recognition of achievement. Celebration.

ACTIVITIES: Final jog and dip. Team challenges in new groups, course review and presentations of learning.

DEPART: 1pm.



**THE
OUTWARD
BOUND TRUST**

Weekly Menu

Mains

Fish Fingers

Contains Gluten & Fish

5 Bean Chilli

Contains: Soya Bean

Vegetable Soup & a Hot Crusty Roll

Contains: Soya Bean & Celery

Chicken Curry & Rice

Contains: Milk, Soya Bean & Celery

Singapore Noodles

Contains: Gluten & Soya Bean

Veggie Lasagne

Contains: Gluten, Milk & Soya Bean

Sides

Peas

Contains: N/A

Sweetcorn:

Contains: N/A

Potato Wedges

Contains: Gluten

Mashed Potato

Contains: N/A

Chips

Contains: Soya Bean

Roasted Veg

Contains: Soya Bean

Paprika & Onion

Potatoes

Contains: Gluten & Soya Bean

Carrots

Contains: N/A

Desserts

Doughnut

Contains: Soya Bean, Gluten & Egg

Yoghurt &

Cheesecake

Contains: Milk, Gluten & Soya Bean

Strawberry Jelly

Not Halaal. Contains: N/A

Sponge & Custard

Contains: Egg, Gluten, Milk & Soya Bean

Yoghurt &

Cheesecake

Contains: Milk,

Strawberry Jelly

Not Halaal. Contains: N/A

Monday

Tuesday

Wednesday

Chicken Tandoori in Pitta

Contains: Soya Bean, Celery, Mustard & Milk

Macaroni Cheese

Contains: Gluten, Milk & Soya Bean

Nasi Goreng (Fried Rice)

Contains: Mustard, Celery, Gluten & Soya Bean

Sauté Potatoes

Contains: Soya Bean

Garlic Potatoes

Contains: Soya Bean

Carrots

Contains: N/A

Peas

Contains: N/A

Waffles

Contains: Gluten, Milk and Soya Bean

Yoghurt & Cheesecake

Contains: Milk,

Strawberry Jelly

Not Halal. Contains: N/A

Thursday

Beef Burrito (Not Halal)

Contains: Gluten & Celery

Cheese & Tomato Pizza

Contains: Gluten, Milk & Soya

Tomato Pasta

Contains: Gluten & Soya Bean

Potato Wedges

Contains: Gluten

New Potatoes

Contains: Soya Bean

Baked Beans

Contains: N/A

Sweetcorn

Apple Crumble & Custard

Contains: Milk, Gluten & Soya Bean

Yoghurt & Cheesecake

Contains: Milk,

Strawberry Jelly

Not Halal. Contains: N/A

Tomato Pasta or Jacket Potatoes are
available daily on request.



**THE
OUTWARD
BOUND TRUST**

What do you get?

5 days-24-hour care

Transportation

All meals

All specialist equipment

Fully qualified instructors

New skills

A lifelong memory



**THE
OUTWARD
BOUND TRUST**

This is the list of clothing required:

- **Casual t-shirts/long sleeved**
- **Sweatshirts, fleeces, jumpers**
 - **Thermal tops**
 - **Thick & thin socks**
 - **Trousers (not jeans)**
 - **Underwear**
 - **Nightwear/PJ**
- **Trainers X2 (essential)**
 - **Shorts**
- **Warm hat/gloves**
- **Towel/Swimwear**
 - **Notepad/pen**
- **Sunglasses/suncream**
 - **Toiletries**
 - **Book/magazine**