

Merchiston Senior School Outdoor Education Programme **2008-2009**

Autumn Term

Saturday/Sunday 13-14 September 2008

Mountaineering: Lake District

Departing Saturday Tea time, we will camp in Patterdale that evening and aim to ascend Helvellyn by scrambling the classic Striding Edge/Swirral Edge on the Sunday.

Places available: 8
Open to: Shell and above

Sunday 12 October 2008

Rock Climbing: Dunkeld

The trip will depart before lunch and head North to Perthshire. The aim of the session is to climb on the real rock of Polney Crag.

Places available: 8
Open to: Shell and above

Sunday 9 November 2008

Kayaking Session: Learn to Eskimo Roll

This will be an afternoon session in the school pool with the focus being on coaching the skills necessary for the performance of a roll.

Places available: 10
Open to: Fourth Form and above

Sunday 7 December 2008

Rock Climbing: Ratho

An indoor morning session at the Edinburgh International Climbing Arena.

Places available: 8
Open to: Fourth Form and above

Lent Term

Saturday/Sunday 17-18 January 2009

Winter Mountaineering:
Cairngorms

Departing Saturday tea time, we will drive up to our accommodation in Kingussie. The evening will be spent fitting crampons and boots and planning the following days activity. An early start will see us in the Northern Corries looking at the skills necessary for safe travel in the Winter Mountains.

Places available: 8
Open to: Fifth form and above

Saturday/Sunday 20-21 February 2009

Winter Mountaineering: Glencoe

Departing Saturday tea time, driving up to our accommodation in Bridge of Orchy, the format will be similar to the Cairngorm's trip. We aim to develop skills from the previous trip, if possible, and weather permitting make a Winter ascent of Bidean nam Bian.

Places available: 8
Open to: Fifth form and above

Sunday 1 March 2009

Rock Climbing: Ratho

An indoor afternoon session at the Edinburgh International Climbing Arena.

Places available: 8
Open to: Fourth Form and above
Cost: £10

Friday to Sunday 6-8 March 2009

Lower Sixth Leadership Development Weekend. Outward Bound, Loch Eil

The entire Lower Sixth are expected to attend. The course will include a programme of team challenges, leadership exercises and adventurous outdoor activities. Potential prefects are often identified.

