



ENGLISH + OUTDOOR ADVENTURE (8 TO 16 YEARS) 05 JULY - 02 AUGUST 2025

ENGLISH + OUTDOOR ADVENTURE

SEDBERGH CAMPUS - WEEKS 2 & 3
CASTERTON CAMPUS - WEEKS 4 & 5

Our exciting outdoor adventure programme challenges both body and mind, taking full advantage of the stunning natural landscape that surrounds us.

Whether you're navigating rugged hills, paddling across serene lakes or abseiling down a waterfall, pupils engage in a variety of thrilling activities including abseiling, caving, climbing, kayaking and ghyll scrambling.



WHY CHOOSE SEDBERGH?

- Multicultural learning experience over 7 weeks
- Owned and operated by Sedbergh School
- Extensive outdoor activities programme, led by a team of experts
- Outstanding evening social programme
- 3 excursions per week
- 24/7 pastoral care in a safe environment
- Transfers available from major airports



WWW.INTERNATIONALSUMMERCOURSES.ORG

Sedbergh School, Sedbergh, Cumbria, LA10 5HG