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Junior School Headmistress: Mrs. J.Jenner B.Ed Hons. B.A.
Deputy Head: Mr J.Jenner Jnr. B.Ed. Hons. Adv. Dip. (I.T.) F.I.S.T.C

Plym Valley Cycle Trip

Friday 23rd March 2007

I'm proposing to run a cycling trip on the Plym Valley Cycle Trail, which is almost entirely traffic free, using an old railway line along the picturesque & sheltered South & Westerly edge of Dartmoor.

Who can go?: Priority to Upper

Cost: £5

Distance: 15k (10 miles), easy, traffic free, mostly gently down hill cycling.

Time: Depart 9:15am, return 4pm approx

It will take me 30 minutes to load the bikes, so please be in school by 8:45 to facilitate this.

What do they need?

- Road or Mountain Bicycle in good order, with working brakes, (no BMX's).
They will be transported by open trailer & roof rack.
If you want to limit the damage to paintwork from the bikes knocking each other, buy some foam pipe insulation to cover the main bars, as they will be knocked about in transit.
- Waterproof jacket, even if the sun is shining.
- Rucksack
- Packed lunch + drink
- Pocket money for ice cream/tea, the café may be open!
We will stop at the garage if not.
- Warm clothing
- Trainers or other suitable footwear for cycling
- If you have a cycle repair kit & some simple cycle tools, then do bring them, if not don't worry.

Numbers limited to: 15

Pupils who turn up at school with inappropriate clothing, lack of waterproofs or in my opinion unroadworthy bikes, will be left in school for a normal school day. No refunds will be made.

Magdalen Court School is a Family Trust promoting children's education.

Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU
Tel: (01392) 494919 Fax: 0844-0404 101 International: 44-1392-494919 (24hrs)
E-Mail: Enquires@mcs-exeter.co.uk Internet: www.mcs-exeter.co.uk

----- Return ASAP -----

I would like my son/daughter to take part in the Plym Valley Cycle Trip.

I enclose a cheque for £5.

*Would you please pay these payments by cheque, marked with the **child's name** & the **'Plym Valley Cycle Trip'** written on the back.*

Also it is of great help to us if they are not amalgamated with other moneys paid to the school, i.e. a separate cheque.

If you are not aware of the risks involved or the procedures we put in place to manage these, please ask myself, & I will be most happy to describe the activity in greater detail, explaining the potential risks your child will be exposed to.

Name of Child: Parent's signature:

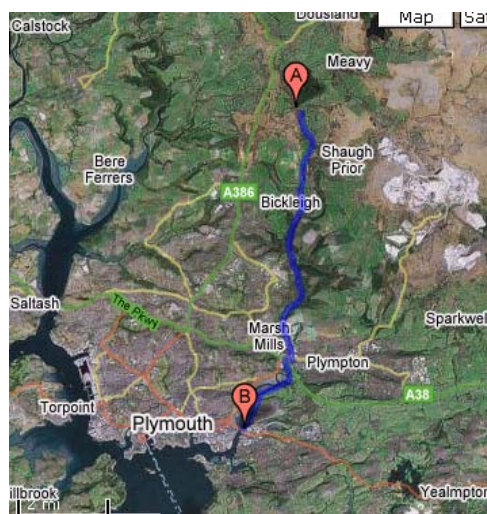
Parents

I need your help. To help supervise the trip, this person can be someone who joins us on the ride or just provides car support. So if Mum or Dad would like to join us for free for the day & help things run smoothly, especially the shuttle run. Your help would be much appreciated.

I do need to run a CRB (Criminal Record Bureau) check on you before the trip, nothing to worry about it just checks with a number of government organisations to see if they have records that would suggest you are unsuitable to work with children.

The Plym Valley trail is a superb off-road cycle route for families or beginners who don't want to exert too much energy. The trail takes you along a gentle incline that follows the route of an old disused railway line. The route takes you from Clearbrook on Dartmoor, largely down hill, through the scary 'Shaugh Tunnel'. Designed and constructed by Isambard Kingdom Brunel, the curved tunnel was cut through solid rock. Then over the dizzyly high Meldon Viaduct, with its magnificent views across the valley to Great Shaugh Wood, through The National Trust woodland at Plym Bridge, then as you approach Plymouth you will pass an 18th Century folly on the banks of the estuary. Finally finishing our journey near Saltram House (National Trust) - one of Devon's grandest mansions Located on the banks of Plym Estuary, Saltram was built in the reign of George II for the Parker family. The house featured in the film of Jane Austen's Sense and Sensibility.

The views can be stunning and the remains from rails heyday, overrun by nature offer fantastic photographic opportunities for those taking their GCSE photography course.



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