



# Magdalen Court School



Senior School Headmaster: Mr J.Bushrod B.Sc. Hons. PGCE  
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

## Camel Trail Cycle Trip Thursday 15<sup>th</sup> October

I'm proposing to run a cycling trip on the Camel Trail, Virtually all traffic free, just a few v.short road sections. 18k (11miles) the first ½ is all gently downhill, through a lovely wooded valley then almost flat, but downhill again to Wadbridge. Time allowing we will grab an ice-cream at Polzeath on the beach. It should take us about 3½ hrs inc. stops to ride the trail + 1½hrs each way travelling

**Who can go:** UIV & MV

**Cost:** £10

Includes transport to & from MCS

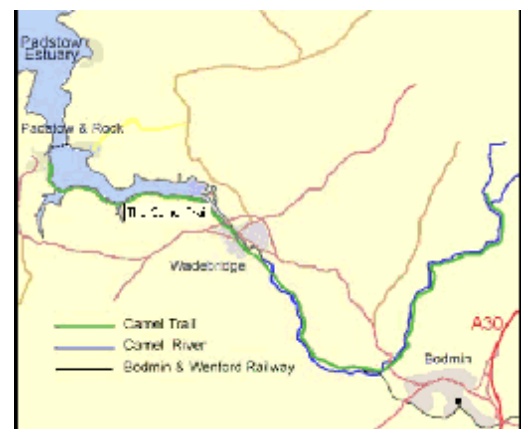
Cycle Hire if required is an additional £10

**Depart:** 8:30am Friday 25<sup>th</sup> April (This Friday)

**Return:** 4:30pm Same day

**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:** 16

Cycle Helmets: I would prefer all pupils to wear a cycle helmet

**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](mailto:Enquires@mcs-exeter.co.uk) Internet: [www.mcs-exeter.co.uk](http://www.mcs-exeter.co.uk)

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

I would like my son/daughter to take part in the Camel Trail Cycle Trip.

I enclose a cheque for £10 or £20 if you wish to hire a bike.

*Would you please pay these payments by cheque, marked with the **child's name** & the 'Camel Trail 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: .....

**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](mailto:Enquires@mcs-exeter.co.uk) Internet: [www.mcs-exeter.co.uk](http://www.mcs-exeter.co.uk)