

08 February 2023

Dear Parent / Guardian

**Years 8 & 9 SCOTLAND EXPEDITION – KNOYDART PENINSULA  
16-22 July 2023**



We are thrilled to offer students the opportunity to travel to Scotland to the Knoydart Peninsula, known as the UK's 'last true wilderness', for a 7-day adventure exploring the remote wilds of this incredible landscape.

The adventure starts with a memorable journey into the wilds of the Scottish Highlands via the Caledonia Sleeper train followed by a ferry across to the peninsula. You will be based at Inverie Long Beach Campsite for the first night, and then for the following four nights, you will be alternating between basecamp and wild camping under the stars. The expedition will see you trekking through the wilderness, learning to forage, taking part in wild swimming and learning new skills such as breathwork, mindfulness and yoga. For more details, please do read through the attached brochure and view this video which gives a great taster of what to expect from Knoydart:

<https://www.youtube.com/watch?v=-O1GQBbLWUw>



We are working alongside [The Living Project](#), who hold accreditation from the Adventure Activities Licensing Authority. The Living Project is led by Josh, Cormac and Emily, three incredible humans who hold qualifications in outdoor leadership, coaching, and mindfulness. Josh and Cormac have led more than 50 personal development expeditions in the UK and overseas and as a result have created a unique approach to facilitating meaningful learning experiences through adventure.

The expedition will cost £830, which includes travel to Scotland, the 2 experienced and qualified leaders, group camping kit and fees, and all food, drinks and snacks.

Due to the nature of this programme we have limited spaces in each team. In order for us to gauge interest we are look for expressions of interest regarding the expedition (this is not a commitment to sign up). If this is something you may want to participate in, please complete this [form](#) by **Monday 20<sup>th</sup> February**. We will then be in touch to confirm the date and time for an information evening where you will be able to find out more about this exciting opportunity.

I will be happy to answer any questions you may have by email (address below).

Yours sincerely,

Jen Turney  
Co-Curricular Coordinator  
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