

ISCA Peace of Mind Programme – Cambridge

7.15 Rise and Shine

7.45 Breakfast

8.30 Assemble at coaches

8.45 Depart for Cambridge

11.00 Arrive in Cambridge, Chesterton Road Drop Off

Cambridge Points of Interest

Winchester was England's ancient capital during the reign of the Anglo-Saxon King Alfred the Great of Wessex.

- Fitzwilliam Museum
- Botanic Garden
- Colleges
- River Cam
- King's College Chapel

Coach 1 11.15 Tour of Colleges – Free Time – 2.00 Town Trail

Coach 2 11.15 Town Trail – 1.30 Tour of Colleges – Free Time

Coach 3 Free Time – 12.30 Tour of Colleges – 2.00 Town Trail

Coach 4 11.15 Town Trail – Free Time – 2.30 Tour of Colleges

3.30 Assemble at coaches, Chesterton Road

5.45 Arrive at campus

7.00 Dinner

7.45 Evening Activities

8.15 Voluntary Swim

9.00 House Meetings

9.30 Students to rooms.

10.00 Peace & Quiet!

ISCA Peace of Mind Programme – Warwick Castle

7.15 Rise and Shine

7.45 Breakfast

8.30 Assemble at coaches

8.45 Depart for Warwick

10.45 Arrive at Warwick Castle

10.45 Explore Warwick Castle, Grounds, Attractions and The Castle Dungeon!

Warwick Castle Points of Interest

- History Maze
- The Mighty Trebuchet
- Kingmaker
- Towers & Ramparts
- Gardens
- Falconry Display

3.30 Assemble at coaches

5.30 Arrive at campus

7.00 Dinner

7.45 Evening Activities

9.00 House Meetings

9.30 Students to rooms

10.00 Peace & Quiet!

Did you know?

Warwick Castle was built as a motte-and-bailey castle by William the Conqueror in 1068. This original wooden structure was rebuilt in stone in the 12th Century. The current façade of the castle dates to the 14th Century when it was redone during the 100 Years' War. In 1604 King James I gifted the castle to the Earls of Warwick who kept it in the family for over 400 years, until it was sold to the Tussauds Entertainment group in 1978. The castle is now a fully interactive medieval castle!

ISCA Peace of Mind Programme – The New Forest

7.15 Rise and Shine

7.45 Breakfast

8.30 Assemble at coaches

8.45 Depart for The New Forest

10.15 **Coaches 1 & 2** arrive in The New Forest,

10.30 Orienteering Competition and Walk in Heart of British
Countryside

12.15 Picnic Lunch

12.45 **Coach 1** departs to Lyndhurst, **Coach 2** departs to Brockenhurst

1.30 Explore quintessentially English New Forest Towns

3.30 **Coach 1** departs Lyndhurst, **Coach 2** departs Brockenhurst

10.15 **Coach 3** arrive in Lyndhurst

10.30 Explore quintessentially English New Forest Town

12.15 Picnic Lunch

12.45 Arrive in The New Forest

1.00 Orienteering Competition and Walk in Heart of British
Countryside

3.30 Assemble at coach

10.15 **Coach 4** arrive in Brockenhurst

10.30 Explore quintessentially English New Forest Town

12.15 Picnic Lunch

12.45 Arrive in The New Forest

1.00 Orienteering Competition and Walk in Heart of British
Countryside

3.30 Assemble at coach

5.00 Arrive at campus

7.00 Dinner

7.45 Evening Activities

9.00 House Meetings

9.30 Students to rooms

10.00 Peace & Quiet!