

OUR PGL
ADVENTURE
STARTS RIGHT
HERE...



OUR PGL ADVENTURE STARTS AT WINMARLEIGH HALL



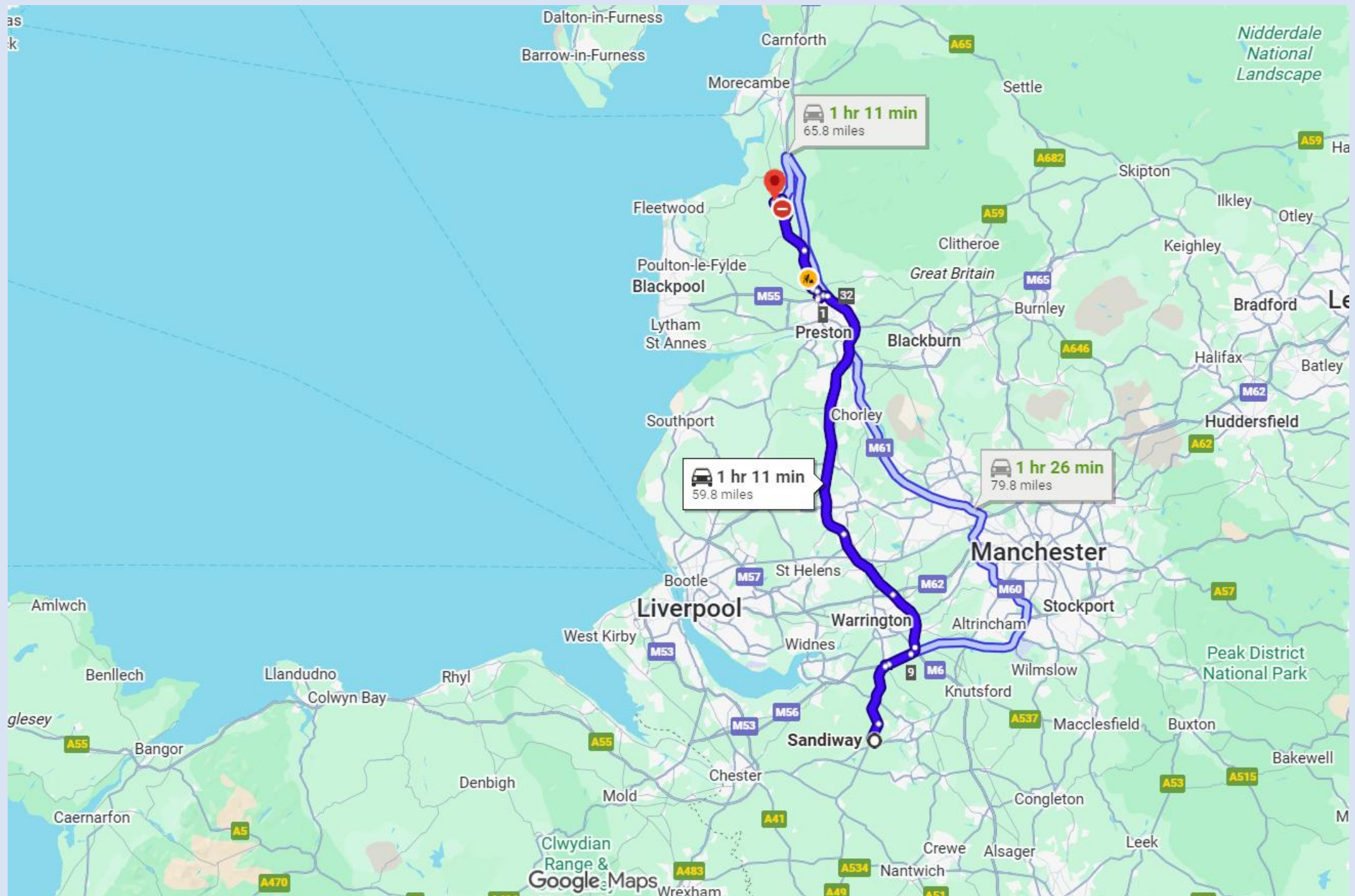
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Winmarleigh Hall

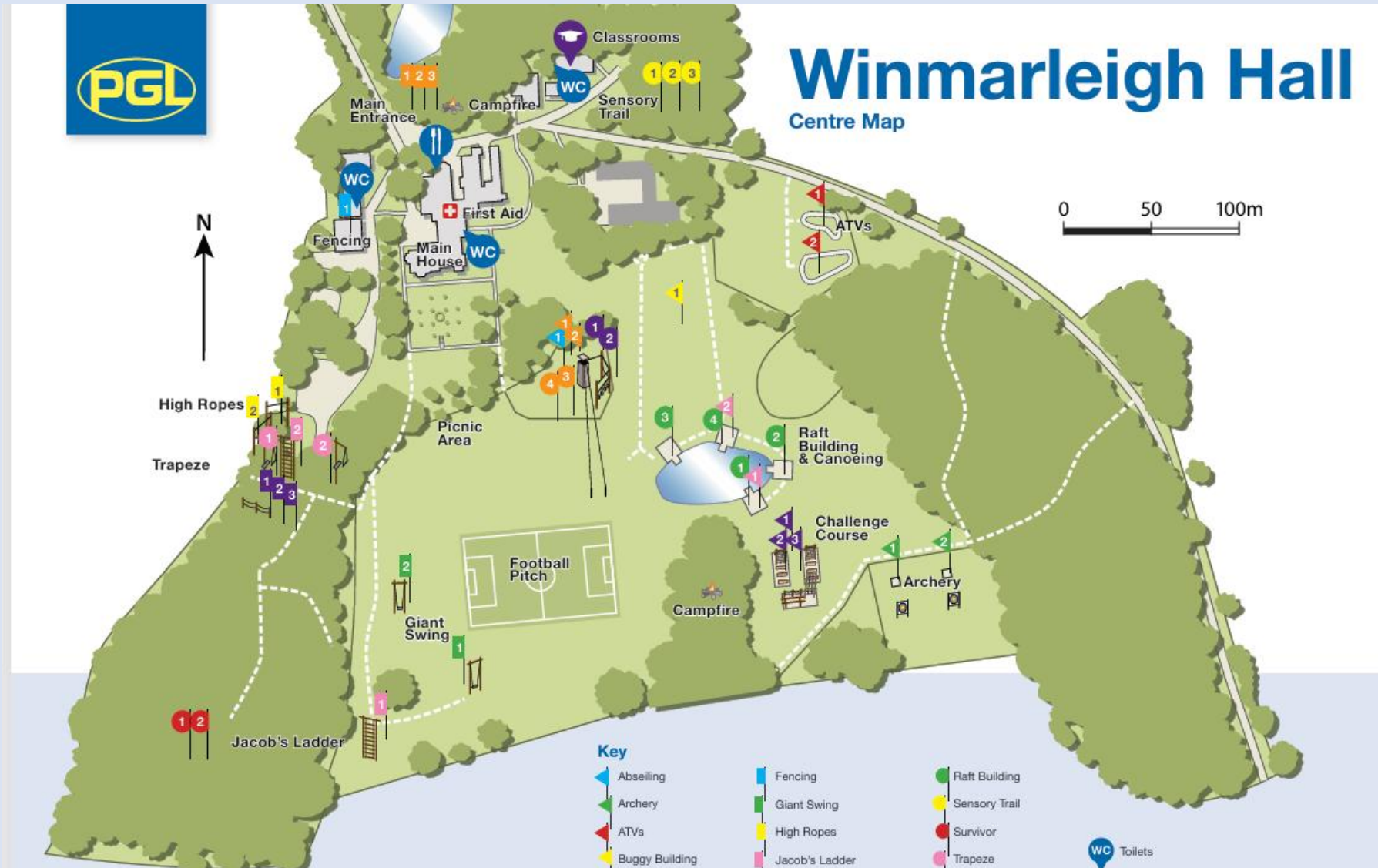
Lancashire





Winmarleigh Hall – Preston, Lancashire

- Depart Monday 23rd February – Friday 27th February 2026 (5 days/4 nights)





Explore Winmarleigh Hall

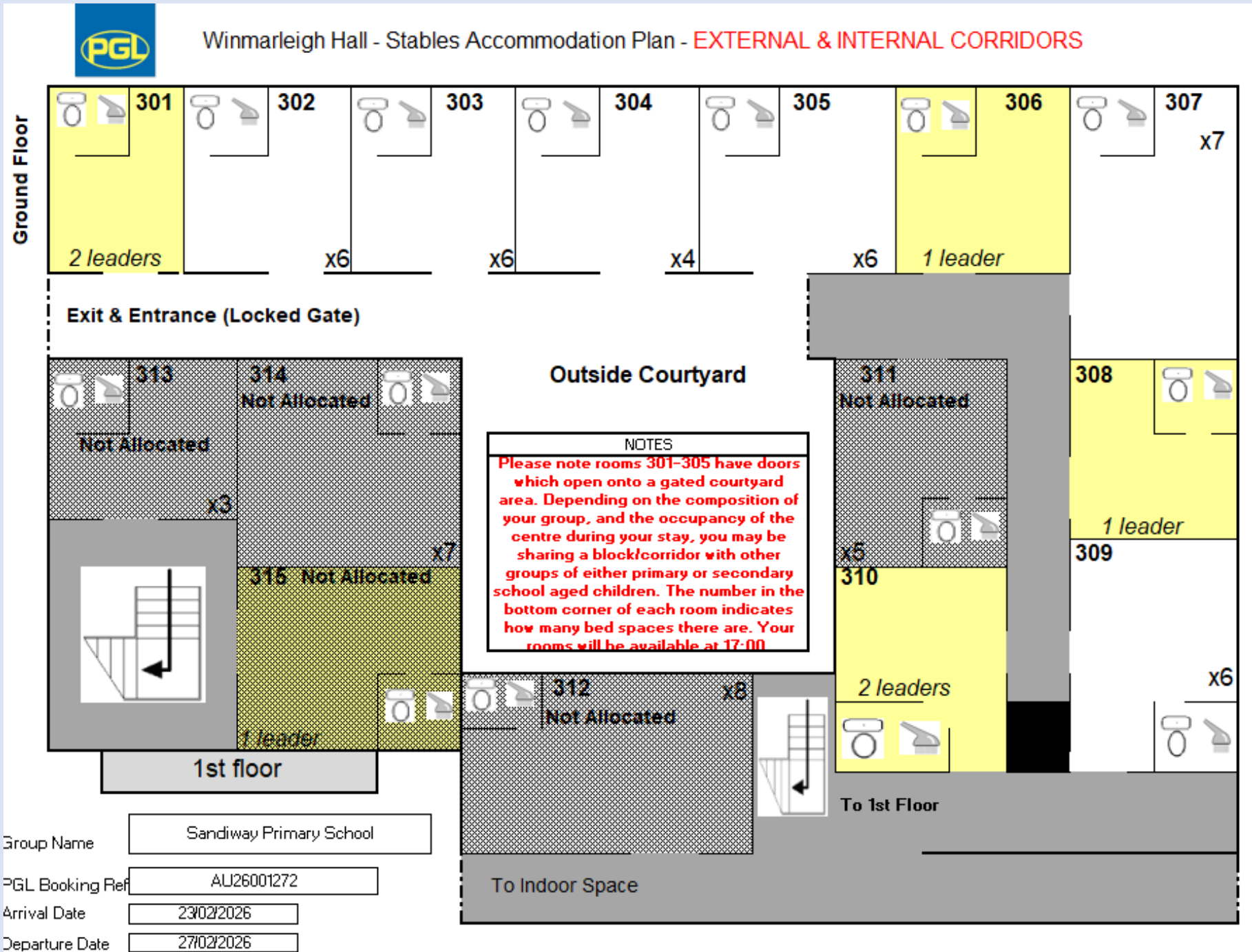


will help you get the most from your visit.

stay please speak to a member of staff.

<https://www.pgl.co.uk/en-gb/visitor-information/winmarleigh-hall>

Rooms:



Converted stables accommodation at Winmarleigh Hall

The rooms in our stable accommodation sleep 2-6 children in bunk beds, with en suite bathrooms.

Facilities:

- En suite rooms
- Bunk beds



Staffing

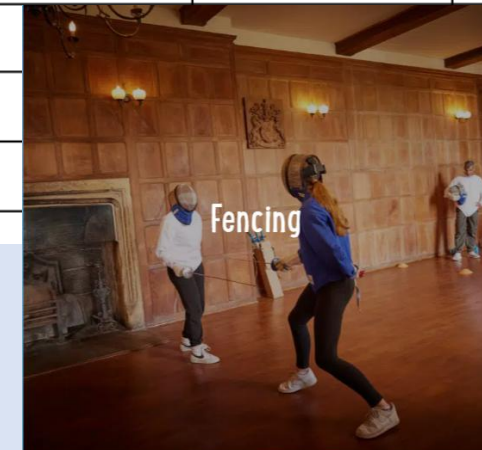
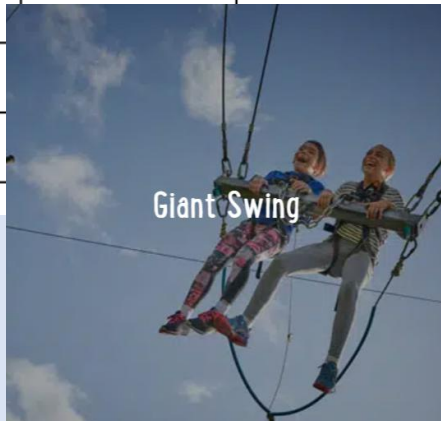
Mrs Sparks
Mrs Bertram/Mrs Harvey
Mrs Tucker
Miss Lomas



This may change!

Activity Itinerary:

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:00 - 15:30	Session 4 15:40 - 17:10	Evening 19:30 - 20:30	
Monday	1				Arrive on Centre	Abseiling (AB1)	Archery (A1)		Ambush (AMB1)
	2				Arrive on Centre	Archery (A1)	Abseiling (AB1)		Ambush (AMB1)
	3				Arrive on Centre	Vertical Challenge (VC1)	Sensory Trail (ST1)		Ambush (AMB1)
Tuesday	1			Survivor (SU1)	Zip Wire (ZG1)	Aeroball (AE1)	Climbing (CL1)		Campfire (CF2)
	2			Zip Wire (ZG1)	Survivor (SU1)	Climbing (CL1)	Aeroball (AE1)		Campfire (CF2)
	3			Survivor (SU2)	Climbing (CL1)	Fencing (F1)	Giant Swing (GS1)		Campfire (CF2)
Wednesday	1			Orienteering (OR1)	Canoeing (OC1)	Giant Swing (GS2)	Sensory Trail (ST1)		Balloon Splash (BSP1)
	2			Canoeing (OC1)	Orienteering (OR1)	Sensory Trail (ST1)	Giant Swing (GS2)		Balloon Splash (BSP1)
	3			Archery (A1)	Canoeing (OC2)	Abseiling (AB1)	Challenge Course (CC1)		Balloon Splash (BSP1)
Thursday	1			Fencing (F1)	Vertical Challenge (VC1)	Problem Solving (PS2)	Jacob's Ladder (JL1)		Silent Disco (SD1)
	2			Vertical Challenge (VC1)	Fencing (F1)	Jacob's Ladder (JL1)	Problem Solving (PS2)		Silent Disco (SD1)
	3			Orienteering (OR2)	Trapeze (TR2)	Aeroball (AE1)	Zip Wire (ZG1)		Silent Disco (SD1)
Friday	1			Challenge Course (CC1)	Trapeze (TR2)	Depart			
	2			Trapeze (TR2)	Challenge Course (CC1)	Depart			
	3			Problem Solving (PS2)	Jacob's Ladder (JL1)	Depart			





Abseiling



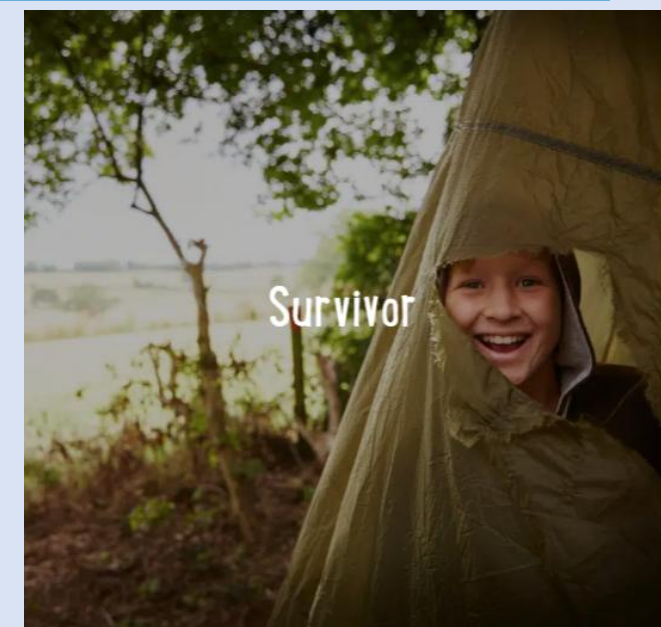
Archery



Aeroball / Airball



Climbing



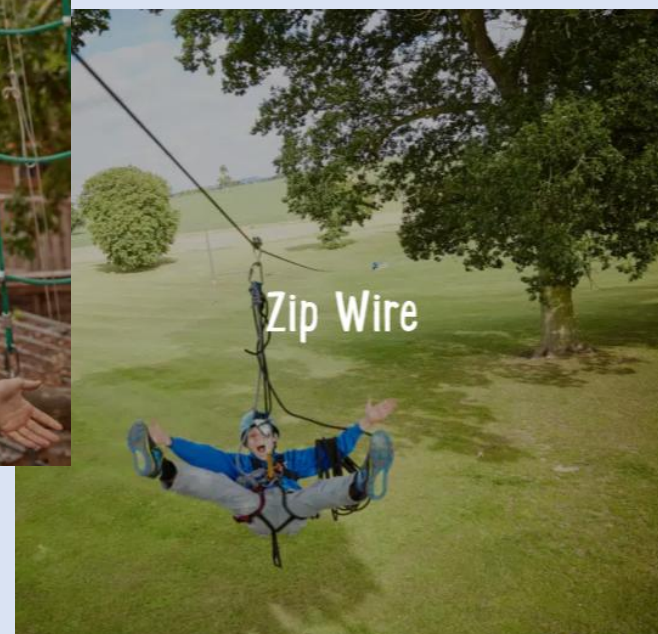
Survivor



Sensory Trail



Vertical Challenge



Zip Wire

<https://schoolsandgroups.pgl.co.uk/centres/winmarleigh-hall/>

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>



If you have specific requirements, please let me know as soon as possible.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Sausages (300kcal)

Bacon (82kcal)

Sausages (300kcal)

Bacon (82kcal)

Bacon (82kcal)

Sausages (300kcal)

Bacon (82kcal)

or

or

or

or

or

or

or

Quorn™ Vegan

Quorn™ Vegan

Quorn™ Vegan

Quorn™ Vegan

Quorn™ Vegan

Quorn™ Vegan

Quorn™ Vegan

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Available every day: Porridge with toppers* (445kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (576kcal)

Beef Burger (399kcal)

Battered Chicken
Chunks (207kcal)Homemade Beef
Bolognese (453kcal)

Battered Fish (214kcal)

Jacket Potato (ve) (204kcal)
Served with your choice of: Grated
Mild Cheddar (v) (245kcal), Baked
Beans (ve) (51kcal) or Tuna Mayo
(108kcal)

Roast Beef (199kcal)

Margherita Pizza (v) (575kcal)

Meatless Farm™ Plant
Based Burger (267kcal)Vegetable Nuggets (ve)
(292kcal)Homemade Vegetable
Ratatouille (ve) (105kcal)

Jumbo Sausage (603kcal)

Meatless farm™ Plant-
based Chicken Breast
(ve) (293kcal)Plant-based Margherita
Pizza (ve) (576kcal)

Served with: Ziggy Fries (ve) (414kcal)

Served with: Potato Wedges (ve)
(256kcal), Garden Peas (ve) (79kcal),
Sweetcorn (ve) (55kcal), Sweet Chilli
Sauce (ve) (77kcal)Served with: Penne Pasta (ve)
(308kcal), Garlic Bread (v) (62kcal),
Grated mild cheddar (v) (245kcal)Quorn™ Fishless Fingers
(ve) (372kcal)Served with: Skinny Fries (ve)
(354kcal), Garden Peas (ve) (77kcal)Homemade Chilli
Non Carne (ve) (344kcal)

Served with: White Rice (ve) (242kcal)

Served with: Roast Potatoes (ve)
(208kcal), Yorkshire Pudding (v)
(166kcal), Fresh Broccoli (ve) (63kcal),
Baby Carrots (ve) (28kcal), Gravy (ve)
(14kcal)Served with: Skinny Fries (ve)
(354kcal)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (275kcal)

Fish Fingers (276kcal)

Chicken Curry (434kcal)

PGL's Sausage Pasta
Bake (488kcal)

Beef Burger (402kcal)

Battered Chicken
Chunks (207kcal)

Fish Fingers (276kcal)

Homemade Beef
Lasagne (322kcal)

Hunters Chicken (434kcal)

Baked Cheesy Meatballs
(354kcal)

Chicken Kiev** (275kcal)

Homemade Mac 'n'
Cheese (v) (651kcal)Homemade Beef
Lasagne (322kcal)PGL's Sausage Pasta
Bake (488kcal)Vegetable Lasagne (ve)
(217kcal)Shepherdless Pie (ve)
(484kcal)

Vegetable Curry (ve) (329kcal)

Homemade Sausage &
Bean Casserole (ve) (348kcal)Meatless Farm™ Plant
Based Burger (ve) (380kcal)

Vegetable Lasagne (ve) (217kcal)

Shepherdless Pie (ve) (484kcal)

Sides: Garlic Bread (v) (62kcal), Rice
(ve) (242kcal), Garden Peas (ve) (79kcal),
Fresh Broccoli (ve) (43kcal)Sides: Baby Potato (ve) (54kcal),
Baby Carrots (ve) (28kcal), Whole
Green Beans (ve) (22kcal)Sides: Rice (ve) (242kcal), Penne Pasta
(ve) (308kcal), Mixed Vegetables (ve)
(45kcal)Sides: Mashed Potato (v) (274kcal),
Fresh Broccoli (ve) (43kcal), Baby
Carrots (ve) (28kcal)Sides: Ziggy Fries (ve) (414kcal),
Sweetcorn (ve) (55kcal), Whole Green
Beans (ve) (22kcal)Sides: Garlic Bread (v) (62kcal), BBQ
Sauce (ve) (84kcal), Skinny fries (v)
(354kcal), Mixed Vegetables (ve) (45kcal)Sides: Cheesy Garlic Potato (v)
(234kcal), Baby Potato (ve) (264kcal),
Sweetcorn (ve) (55kcal), Whole Green
Beans (ve) (22kcal)Homebaked Iced Sponge
Cake (v) (206kcal)

Chocolate Muffin (v) (290kcal)

Jam Doughnuts (v) (228kcal)

Homebaked Chocolate
Sponge (v) & Chocolate
Custard (v) (204kcal)Homemade Apple
Crumble (ve) & Vanilla
Custard (v) (283kcal)Chocolate Muffin (ve)
(290kcal)Chocolate Cookies (v)
(379kcal)

Kit list

See separate document

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- ☐ Tops & jackets
 - ☐ T-shirts
 - ☐ Long sleeved shirt/T-shirts
 - ☐ Waterproof jacket
 - ☐ Fleece/jumpers
- ☐ Trousers or leggings but not jeans as they get heavy and cold when wet
- ☐ Underwear & socks
- ☐ Swimming costume/trunks for water activities
- ☐ 1 or 2 sets of clothes for the evening
- ☐ Suitable nightwear



Your arms will need to be covered to do some activities.



Your socks will need to cover your ankles to do some activities.



TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

FOOTWEAR

- ☐ 2 pairs of trainers → 1 for activities, 1 old pair for watersports
- ☐ 1 pair of dry shoes for evening activities



We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas

OTHER ITEMS

- ☐ 2 towels → 1 for showering, 1 old one for activities
- ☐ Reusable drinks bottle
- ☐ Small rucksack/bag
- ☐ Labelled bin bag for wet and dirty clothing
- ☐ Sleeping bag or duvet and pillow (unless otherwise advised)
- ☐ Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- ☐ Hair ties for long hair
- ☐ Torch
- ☐ Pocket money £10-20 Recommended



PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

If you bring your mobile phone, please note, it is not covered by our insurance.

Code of Conduct Behaviour

- Must show consideration to all staff.
- Respect all property.
- Keep noise to a minimum at night.
- Anti-social behaviour, offensive/insulting language, bullying not tolerated.
- Must not leave the centre.
- PGL reserves the right to send home any part member.



Code of Conduct Centre Rules

As one of our booking conditions, party leaders agree to maintain the discipline and supervision of their party. The following points further amplify our requirements, and we would be grateful if you could ensure your party members comply:

- Party members must show consideration for other parties, PGL staff, coach drivers, and neighbouring local residents.
- Respect for all property is essential — including coaches, centre facilities, equipment, and others' belongings. Costs for intentional damage will be passed on to the responsible party.
- All party members must observe centre curfews and keep noise to a minimum during these hours.
- Anti-social behaviour, including offensive or insulting language, threatening behaviour, bullying, or harassment of any kind, will not be tolerated.
- Theft and other illegal activities will be reported to the police.
- Guests must not leave the centre unless accompanied by a supervising adult.
- All party members must follow the Country Code.
- PGL reserves the right to send home any party member(s) involved in illegal activities, consistent or gross misconduct. All associated costs will be borne by the individual or party.

Medication

All medication must be handed to a member of staff going on the trip by a parent.

Complete medication form in addition to form C prior to the trip.

Let us know of anything that may be relevant.



Spending Money

- Please only bring £15 to spend if you wish in the gift shop on site.
- We will not be visiting any other shops.



PGL

GIFT SHOP PRICE LIST

TOYS

- Teddy Bears.....from £5.00
- Football.....£6.00
- Basketball.....£6.00
- Bouncy Ball.....£1.00

STATIONERY

- Notebook & Pen.....£3.50
- Colouring Pencils.....£2.50
- Pencils.....£1.00
- Pen.....£1.00
- Rubbers.....from 40p

ACCESSORIES

- Water Bottle.....£4.50
- PGL Medal.....£3.00
- LED Torch.....£3.00
- Badges.....from £1.00
- Wristbands.....£1.00
- Coaster.....£2.50

CLOTHES

- Caps.....£5.50
- T-shirts.....£7.50

GIFTS

- Keyrings.....£3.00
- Magnets.....from £2.50
- Mugs.....£4.50
- Postcards.....£0.50

ZIP CANOE CLIMB ABSEIL RAFT SWING

NEWBY WISKE

LIDDINGTON

Payment

- Please ensure all payments are made promptly and up to date.
- Ideally we would like all parents to pay **before** the trip by the 23rd Feb 2026.
- If you need to any support or help please get in touch with myself or Mrs Foy in the office.



Please fill in form C and hand to me (not office) asap.

Please do let us know if you have any worries or concerns around the residential. If we know about worries, we can work through them.

Any questions?

