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# ST LAURENCE SCHOOL

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## Residential visits to Hill House: 6th - 9th June 2016 10th - 13th June 2016

Black Rock Outdoors Ltd specialises in Outdoor Activity courses for schools, family and adult groups. Some of these are residential and will be based at Hill House, near Bridgwater. Activity days will be away from Hill House, either at our Outdoor Centre at Cobbs Cross or on the Mendip or the Quantock Hills. Please look at the website for further information.

### Hill House:

Set in 15 acres of grounds, the House and grounds are spacious. The school will be based in the Main House in bedrooms with two to ten beds. Breakfast and evening meals will be here and a packed lunch will be prepared by all before we leave at 9.00am. Please ensure that we are made aware of any alternative diet requirements well in advance. There is a swimming pool and games room available as well as plenty of outdoor games space.

### Cobbs Cross:

Our Activity Centre. Most days will be spent here. **Please look at the website for further information.**

### Programme outline:

#### Day one

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|---------|---|
| 11.00am | Arrive at Cobbs Cross.<br>Team Building day in the activity groups. |
| 4.30pm  | Transfer all to Hill House to settle in and for an evening meal.    |

#### Days two, three and four

Rotating between Caving, Rock Climbing, Archery, High Ropes Course, Kayaking and Off Road Biking. Transport by coach and school minibus.

#### Day four

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|--------|--|
| 4.30pm | All groups return to Cobbs Cross and then coach to Bradford on Avon. |
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## Outdoor Activities:

### Caving:

This will be in Goatchurch Cavern. Helmets with electric lights will be supplied, as will over suits. **Wellies are essential.**

### Climbing:

This will be on a crag near to the cave. Trainers are suitable.

### Archery:

At Cobbs Cross.

### Kayaking, and Canoeing:

We have our own sheltered lake at Cobbs Cross. All essential equipment is provided but a change of clothing and a towel would be required.

### Ropes Courses:

In the trees at Cobbs Cross. A mixture of elements. Some high and some low challenges and the emphasis is on team work.

### Off Road Biking:

On the Quantock Hills. Can be muddy. A waterproof needs to be available. Avoid baggy trousers which can get caught in the chain. Helmets supplied. **Gloves required.**

**Please look at the website for further information.**

## General requirements:

Sleeping bag	pillow case	2 towels
washing kit	indoor footwear	bin liners (for dirty clothes)
wellie boots	trainers	waterproof top
warm tops	sun hat	sun cream
warm hat	drink bottle	sandwich box
packed lunch for Tuesday	socks	underwear
biking gloves	tracksuit bottoms or similar for caving	

The luggage will be transported by coach and then by box trailer and may need to be carried up stairs. Suitcases should not be bigger than the student, or heavier than they can carry. Pack what is needed but leave behind what is not.

## Contact details:

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