



ST LAURENCE SCHOOL

Residential visits to Hill House: 4th-7th June 2018 8th-11th June 2018

Black Rock Outdoors Ltd specialises in Outdoor Activity courses for schools, family and adult groups. Residential courses are 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 twelve beds. Breakfast and evening meals will be here and a packed lunch will be prepared by all before we leave at 9.15am. 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. Three of the four days will be spent here and all activity sessions will be within five minute walk. We have a safe lake, both High and Low Ropes Courses and an Archery range. Various other activities are run here. **Please look at the website for further information.**

Programme outline:

Monday & Friday

11.00am	Arrive at Cobbs Cross. Team Building day in the nine activity groups.
4.30pm	Transfer all to Hill House by coach and minibus to settle in and for an evening meal.

Remaining days but not in this order

A Cobbs Cross day

9.15am Leave Hill House
A day of Kayaking and on the High Ropes Course.

Caving and Climbing Day

9.15am Leave Hill House for Burrington Combe.
Caving will be in Goatchurch Cavern. The climbing will be on an old quarry close to the car park. If weather is considered to be too wet to climb, we will run a Gorge Walk as an alternative.

Cobbs Cross and Quantock Hills Day

Biking on the Quantocks, Archery and Low Ropes Course at Cobbs Cross.

Outdoor Activities

We will run a full programme in all weathers as long as it is safe to do so. However, if conditions are considered unsafe we will adapt and submit suitable alternatives.

Caving:

Helmets with electric lights will be supplied, as will oversuits. Ideal clothing would be tracksuit bottoms or similar and a thickish sweatshirt. **Wellies or a walking type of boot would be essential.** Not trainers

Kayaking & Canoeing:

Getting wet is possible. It is not an intended requirement during the session and students are there to learn to kayak and not to swim. However, there is often one..... A complete change of clothing would be required with a towel.

Rock Climbing:

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

Mountain biking:

On tracks and trails on the Quantock Hills. Being able to ride a bike is essential! Any doubts on this please let us know in advance. Waterproof and drinks bottle in a small rucksack. Trainers are OK. Baggy trousers are not. Gloves should be worn. This is not for warmth, so don't wear thick ones, but is to give hand protection in case the rider falls off.

Archery:

Long sleeves are better than short sleeved tops.

High Ropes Course and the Team Building sessions:

Both High and Low elements of the Ropes Course are in the trees at Cobbs Cross. Trainers are suitable. Long sleeved tops and long trousers are preferable.

Please look at the website for further information.

General requirements:

Do consider the weather forecast and ensure that the student has sun cream, a sun hat, warm clothing, a drinks bottle and a waterproof top. Sandals and flip flops are completely unsuitable other than indoors at Hill House.

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

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, nor heavier than they can carry upstairs or lift into a coach. Pack what is needed but leave behind what is not. It is only three nights after all. Please avoid tying items in carrier bags to the handles of cases. It makes loading more difficult and available luggage space is quite limited.

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