



ST LAURENCE SCHOOL

Residential visits to Hill House: 3rd-6th June 2019 7th-10th June 2019

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 Hills. Please look at the website for further information.

Hill House:

Set in 15 acres of grounds. The school will be based in both the Main House, in rooms with two to twelve beds, and the Annexe with two and three beds in each room. 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.

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.

The other days will be at Cobbs Cross.

Again by coach to Cobbs Cross. The programme will include Kayaking, Canoeing, Archery, The High Ropes Course, Raft Building and Mountain Boarding.

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. **Wellingtons or a walking type of boot would be essential.** Not trainers

Kayaking, Raft Building & 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 in a group who just cannot stay upright. 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 boarding:

Also at Cobbs Cross. Trainers are OK.

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)
wellington boots	trainers	waterproof top
sun hat	drink bottle	sandwich box
packed lunch for first day	swimming costume, maybe	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 and carrier bags to the handles of cases. They will need to be removed before they can be loaded. Available luggage space is quite limited.

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