



HAMWORTHY PARK JUNIOR SCHOOL

Residential visit to Hill House: 9th - 12th July 2019

Black Rock Outdoors Ltd specialises in Outdoor Activity courses for schools, family and adult groups. Some of the 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 Mendip. **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.

Programme outline:

<u>Tuesday</u>	12.30	Arrive at Hill House. Team Building day in the activity groups.
<u>Wednesday</u>	Group 1 Group 2	High Ropes Course / Kayak / Canoe/ Low Ropes Caving and Climbing Day
<u>Thursday</u>	Group 1 Group 2	Caving and Climbing Day High Ropes Course / Kayak/Canoe / Low Ropes
<u>Friday</u>	10.00am	Depart for Hamworthy

Caving:

This will be in Goatchurch Cavern. Helmets with electric lights will be supplied, as will over suits. Wellie boots are the standard requirement but a walking type boot is acceptable if it is above the height of the ankle and is laced securely.

Climbing:

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

Archery:

At Cobbs Cross.

Kayaking

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. If you have your own water shoes, it could be worth bringing them.

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.

General requirements:

Sleeping bag	pillow case	2 towels
washing kit	indoor footwear	bin liner(for dirty clothes)
wellie boots (for Caving)	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 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. Keep lunch & change of clothes for the first day separate from the main suitcase.

Contact details:

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Postal address during the week: % Black Rock Outdoors
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We may be able to run a blog on the website during the week. Please keep checking.

www.blackrockoutdoors.co.uk