



---

# ST LAURENCE SCHOOL

---

**Residential visit to Hill House: 3rd - 6th June 2024  
10th - 13th June**

**Black Rock Outdoors Ltd specialises in Outdoor Activity courses for schools, family and adult groups. Some of these are residential and 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 Mendip. **Please look at the website for further information.**

## **Hill House:**

Set in 15 acres of grounds, the House and grounds are spacious. Students will be 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 by coach 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 for evening activities.

## **Programme outline:**

<u>Monday</u>	11.00	Arrive at Cobbs Cross. Team Building day in the activity groups.
	17.00	Transfer to Hill House

Tuesday, Wednesday, Thursday

Day 1	High Ropes Course / Raft Building
Day 2	Caving and Climbing Day
Day 3	Archery, Kayaking and Bushcraft

This is not the order that will be followed by each group.

On Thursday, the coaches will depart from Cobbs Cross for Bradford on Avon at approximately 5.30pm.

## An outline of the activities involved.

### 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 only 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 and Raft Building

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 would 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.

### Bushcraft:

Also at Cobbs Cross. Well secured trainers are suitable.

## 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 Monday	socks	underwear
tracksuit bottoms or similar for caving		swimming costume

The luggage will be transported to Cobbs Cross by coach and then in a trailer to Hill House and then may need to be carried up stairs. Please avoid loose items and tying items to the handle of a suitcase. Suitcases should not be bigger than the student, nor heavier than they can carry. Pack what is needed but leave behind what is not. It is just three nights after all. Keep lunch & change of clothes for the first day separate from the main suitcase.

## Contact details:

Gof	07860 586655	<a href="mailto:gof@blackrockoutdoors.co.uk">gof@blackrockoutdoors.co.uk</a>
Sophie	07780 929537	<a href="mailto:sophie@blackrockoutdoors.co.uk">sophie@blackrockoutdoors.co.uk</a>

## Visit the website

[www.blackrockoutdoors.co.uk](http://www.blackrockoutdoors.co.uk)

