

# Sherburn High School's Descent of l'Ardèche Gorge



July 2019







# SHS Adventure Holiday to l'Ardèche, July 2019



Dates: Saturday 20<sup>th</sup> July 2019 – Sunday 28<sup>th</sup> July 2019

A 9-day, river-based adventure holiday in the South of France.

Cost includes: return transport, 3 meals a day (on site), all activities,  
safety equipment, insurance





# SHS Adventure Holiday to l'Ardèche, July 2019



Fully accredited adventure specialists for school trips.



Professional qualified and assessed instructors.

Over 30 years experience based in the Ardèche.

All staff DBS checked and first aid qualified.







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## **Accommodation:**

Private campsite surrounded by two rivers

On-site swimming pool

Games/café area

Football/basketball/volleyball pitches

Short walk to local town (Ruoms)





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## Travel Details:

Leave Saturday 20<sup>th</sup> July, approx. 3pm (subject to change) – Dover (11.15pm)

Dover-Calais ferry crossing, 00.45am

Arrive at La Savane approx. 3pm on Sunday 21<sup>st</sup> July

Leave La Savane on Saturday 27<sup>th</sup> July approx. 6pm – Calais (6.10am)

Calais-Dover ferry crossing, 7.40am

Arrive at SHS Sunday 28<sup>th</sup> July approx. 3pm





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## **Itinerary:**

Arrival: tour of the site, get settled in, head to local village for ice cream and visit the local shops, swimming in the evening (either river or pool)

Rest of the week: a variety of activities (2x 3hr sessions a day), to include: kayaking, rock climbing, rafting, archery, abseiling, river trekking and others...

Evenings: variety of activities arranged by Acorn staff

One day: excursion to Pont d'Arc and Vallon for river swimming, sunbathing on beach, rock jumping

Highlight: two-day descent of l'Ardèche river in canoes, navigation through rapids, number of rock jumps, overnight stay in bivouac under the stars!





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## **Kit List (on the bus):**

Some cash for food/drink at services and on the ferry (Max £20)

Pillow/sleeping bag

Warm clothing (hoody/jumper)

Comfortable clothing (22 hour journey)

Toiletries (no aerosol deodorants)

Personal entertainment (books, cards, DVDs, music)

No fizzy or energy drinks

No chewing gum





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## **Kit List (larger bag, no access until France):**

Some spending money for ice cream, gifts, supermarket (max 100€)

Clothing for a week (things you don't mind getting wet and dirty)

2x pairs of trainers (must have toes covered)

Water shoes optional

2x towels

Toiletries/insect repellent (roll-on deodorant – no aerosols allowed)

Swimwear

Suncream/aftersun – factor 30min. Temps over 35° C

Water bottle

Sunglasses (not expensive)

Medication/inhalers – given to staff





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## **Dos and Don'ts**

- No fizzy/energy drinks and chewing gum on the coach
- Do bring some sweets, food and drink for the journey (and for us!)
- Do bring some entertainment for the journey
- Quiet on site after 10.30 (early wake ups)
- Enjoy yourself!





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## **Required Items/Details**

Completed medical consent form including passport/EHIC details tonight

Passport

EHIC

Money - 100€ in sealed, named envelope before departure

£20 – you keep in hand luggage for journey





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**Questions or Other Information**

Please email:

[ben.featherstone@sherburnhigh.co.uk](mailto:ben.featherstone@sherburnhigh.co.uk)

Twitter:

@SHSArdeche16

#SHSDeche19