



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



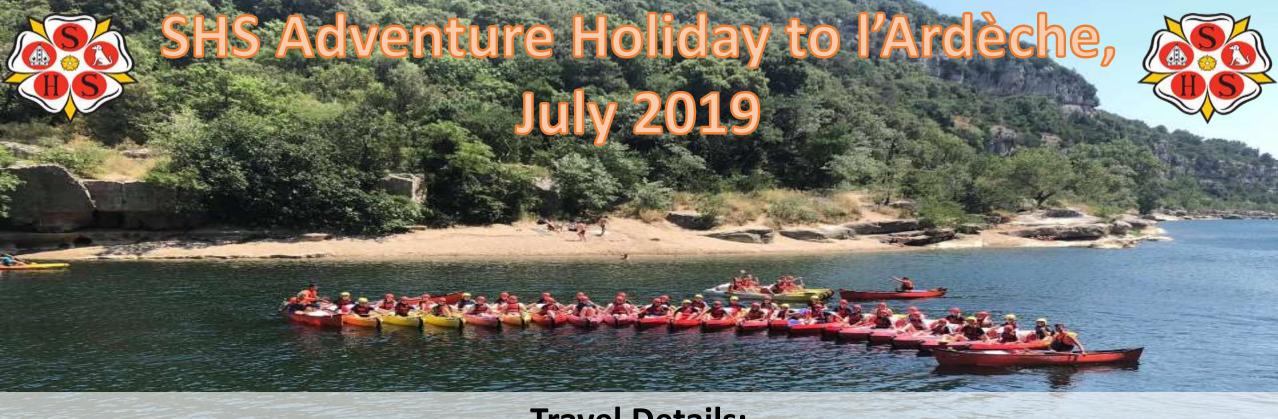
Fully accredited adventure specialists for school trips.

Professional qualified and assessed instructors. CCOrn Adventive Over 30 years experience based in the Ardèche.

All staff DBS checked and first aid qualified.



Football/basketball/volleyball pitches Short walk to local town (Ruoms)



Travel Details:

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

Dover-Calais ferry crossing, 00.45am

Arrive at La Savane approx. 3pm on Sunday 21st July

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

Calais-Dover ferry crossing, 7.40am

Arrive at SHS Sunday 28th July approx. 3pm



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!



SHS Adventure Holiday to l'Ardèche, July 2019



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)

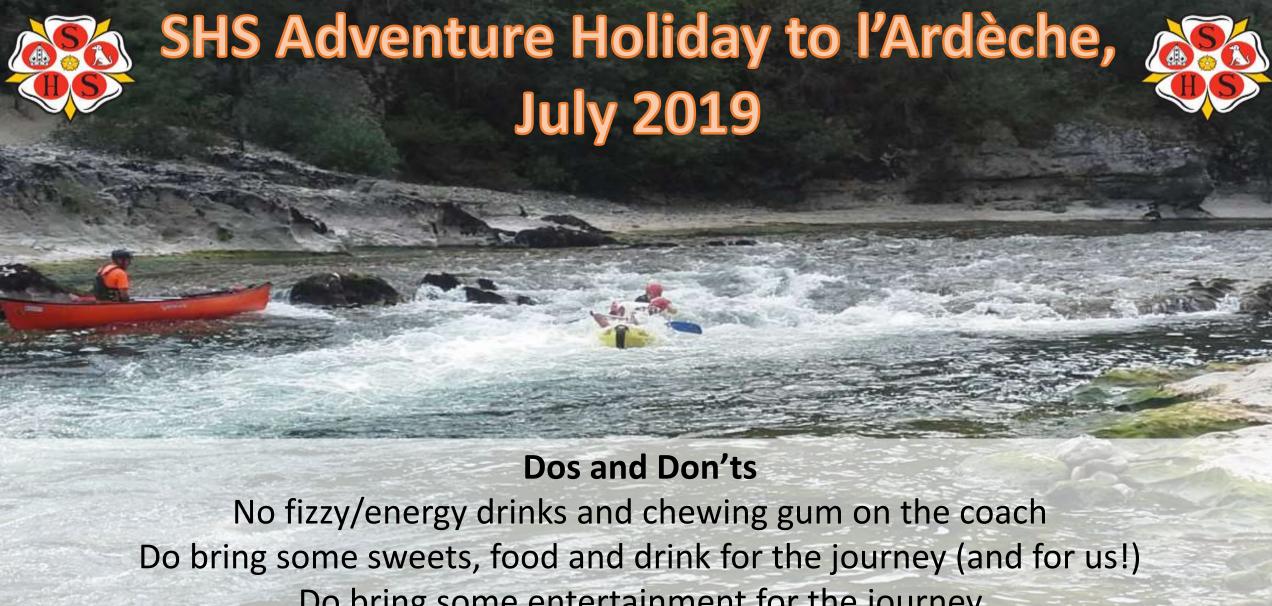
Swimwear

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

Water bottle

Sunglasses (not expensive)

Medication/inhalers – given to staff



No fizzy/energy drinks and chewing gum on the coach

Do bring some sweets, food and drink for the journey (and for u

Do bring some entertainment for the journey

Quiet on site after 10.30 (early wake ups)

Enjoy yourself!



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



Questions or Other Information

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