



Ardeche Adventure Trip

25th May – 1st June 2024





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Adventure

WELCOME TO ACORN ADVENTURE

- Well established adventure specialist
- Over 40 years' experience
- Privately owned by a former teacher
- Envious camp locations, primed for school adventure
- Excellent reputation for activities, `camp life` and staff
- A personal service from friendly, helpful, adventure enthusiasts



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Pre-departure



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Students to hand Passport and EHIC/GHIC to the below staff member between **6th-10th May**

Mr Imbush - Pastoral Hub			Mr Hill - Science staff room			Miss Sandford - N4			Mr Sainsbury - H3		
Ansell	Oliver	9EA1	Azam	Shahmeer	8ST1	Adams	George	8EA3	Hamilton	Thomas	9ST1
Brook	William	9ST1	Chowdhury	Aman	8ST1	Alexander	Ezra	8EA2	How	Vincent	8EA2
Conby	Dylan	9EA1	Dunn	Larry	8ST1	Bambrook	James	8ST3	Palazinas	Herkus	8EA2
Evesham	William	9EA2	Durrent	Alexander	8ST1	Barcham-Lay	Adam	8ST3	Pawlowski	Jack	8EA3
Kathiresan	Rison Sanjul	9ST1	Grimwade	James	8ST1	Yathunanthaa	Brijesh	8EA2	Pearce	Thomas	8EA2
Luke	Connor	9EA1	Harrell	Niall	8ST1	Croud	Jake	8EA3	Pithia	Syun	8EA2
Mendoza	Daniel	9ST2	Kirby-Duboux	max	8ST1	West	Joshua	8ST3	Ruston	Jamie	9EA2
Mendoza	Jackson	9ST3	Lawrence	Joshua	8ST1	Jayawardana	Kulan	8ST2	Sparrow-cole	Jude	8EA1
Pimblett	Harry	9EA1	Welling	Joshua	8ST1	Kamath	Aditya	8EA3	Stovell	Jack	9ST2
Search	Oliver	9ST3	White	George	8ST1	Houghton	Gabriel	9EA3	Whitehead	Lucas	8EA2
Watkinson	Lee	9EA2	Wilkin	Luke	8ST1	Watson	Thomas	9EA3	Warren	Lewis	9ST3

Kit List

Sleeping bag, Pillow & Single bedsheet	Passport & EHIC Card
Toiletries	Towel x2
Swimwear	Underwear and socks (at least two pairs per day)
Change of clothes for evenings	Nightclothes
Trousers/tracksuits/long shorts	Fleece/warm jumper in case of cold weather
T-shirts (covers shoulders)	Light waterproof jacket for warmer wet weather
Wallet/purse (spending money local currency euro)	Small day rucksack or bag
High factor sun cream (50+) & insect repellent	Water bottle (Each group member must carry a minimum of 2l of water during the Ardèche Descent. (2 x 1lt bottles are recommended)
Torch & spare batteries	Sun hat/cap
At least 2 pairs of trainers: You will need one for keeping dry, and at least one for wet activities. Crocs, wellies, and sandals are not appropriate for activities.	

Wet Activities

T-shirt (must cover past shoulder - no vests)	Shorts (Knee-Length) – Recommend leggings or running tights for river descent to protect from sun
Full toe protection - old trainers/water shoes you can tighten and have a hard sole . (Crocs, wellies or sandals are not appropriate for wet activities)	
Change of Clothes for the Ardèche Descent	

Dry Activities

T-shirt (must cover past elbow-no vests)	Trousers or long shorts
Full toe protection trainers (plimsolls are ideal)	

Optional

1 x large black bin liner (for river descent barrel)	Disposable camera
Sunglasses with UV protection	Plug adapter
Plastic bags for wet/dirty clothes	Pen and notepad

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Departure

Saturday 25th May Arrive at SHSB at 16:00. Departing at 16:30 Park on the front playground

- Please bring a medium-sized suitcase for the hold of the coach and then a backpack for hand luggage
- Any pocket money must be placed in an envelope with the student's name. This will be kept for safe-keeping for the excursion day. Recommended not more than €100!
- Students will be given £10 for Saturday dinner and €10 for Sunday breakfast



Journey

Arrival at the centre at around 13:00 on Sunday. Lunchtime!

Any students that suffer from travel sickness should take their medication prior to departure.

Important Information

School phone contact number: +44 7981770404

Staff will have medical first aid kits, but students should bring their personal medication with them and give it to their staff group leader prior to departure.

Thank you all for providing your son's medical and dietary information. If anything has changed since you completed the form, please could you let us know by emailing enquiries@shsb.org.uk



ARDÈCHE ADVENTURE

- Picturesque setting in the heart of the Ardèche Region
- Two-day canoe descent of the Ardèche River, with overnight bivouac - a real highlight of this trip!
- Within walking distance of two rivers
- On-site swimming pool, café/bar, table tennis and beach
- Experienced River Team (outsourced)
- Close to the picturesque towns of Ruoms and Vallon for an authentic French experience



ADVENTURE ACTIVITIES

- Two-day canoe descent of Ardèche River
- Climbing Wall
- Nightline
- Kayaking
- River Games
- Swimming (on site pool)
- Local Market
- Town Trail
- Mission Impossible
- High Ropes Course (off site)
- Excursion day
- Caving Activity



Excursion day - Wednesday

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Aven d'ornac caves



Vallon Pont d'Arc





EVENING ACTIVITIES

- River Descent Preparations!
- Generation Game
- Acorn's got Talent
- Dragon's Den egg drop
- Disco





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Bienvenue
au
Ruoms

ACCOMMODATION AND FACILITIES

- Your own private pre-erected `tented village`, with central private marquee for dining/socialising
- Each UPVC pupil tent sleeps 4 & has four raised sprung beds, with mattresses
- Volleyball, basketball court & games equipment
- On-site shop, café/bar & swimming pool
- Student toilet and shower blocks and separate teacher facilities



CATERING AND DIETARY NEEDS

- 3 meals per day
- Freshly prepared food
- Fruit & water/juice is served with every meal
- Special dietary requirements catered for by prior arrangement



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Sample menu



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Croissants</p> <p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>	<p>Pain Au Chocolat</p> <p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>	<p>Brioche Sucrée</p> <p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>	<p>Pain Au Raisan</p> <p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>	<p>Baguette Slices</p> <p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>	<p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>	<p><i>Fruit, Yoghurts, Butter, Spreads, Cereals & Milk</i></p>
Lunch	<p>Excursion/Descent</p>	<p>Excursion/Descent</p>	<p>Excursion/Descent</p>	<p>Oven Baked Jacket Potatoes Served with a Selection of filling</p> <p><i>Salad</i></p>	<p>Oven Baked Jacket Potatoes Served with a Selection of fillings</p> <p><i>Salad</i></p>	<p>Baguettes or Wraps Served with a selection of fillings</p> <p><i>Salad</i></p>	<p>Baguettes or Wraps Served with a selection of fillings</p> <p><i>Salad</i></p>
Dinner	<p>Pork & Chorizo Casserole (Med Veg Casserole) Served with Rice</p> <p><i>Salad</i></p>	<p>Chicken & Broccoli Penne Pasta Bake (Roasted Veg Pasta Bake)</p> <p><i>Salad</i></p>	<p>Sausage & Bean Cassoulet (Veg Cassoulet) Served with Cous Cous</p> <p><i>Salad</i></p>	<p>Beef Bolognaise (Veg Bolognaise) Served with Pasta & Cheese</p> <p><i>Salad</i></p>	<p>Chicken Curry (Veg Curry) Served With Rice</p> <p><i>Salad</i></p>	<p>Beef Lasagne (Veg Lasagne) Served with Minted Greens</p> <p><i>Salad</i></p>	
Dessert	<p>Chocolate Tarte</p>	<p>Donuts</p>	<p>Chocolate Mousse</p>	<p>Lemon Tarte</p>	<p>Apple Pie</p>	<p>Neapolitan Ice Cream</p>	

HEALTH AND SAFETY

- Well-established company
- Exemplary safety record (over 40 years)
- Fully risk assessed
- 24 hour Head Office telephone support

**24 HOUR
ON CALL
SUPPORT**

Return journey

We are aiming to leave the Ardeche site around 3pm on Friday

Students will be given €10 for Friday dinner and £10 for Sunday breakfast

Return to school around 9am on Saturday 1st June – traffic and ferry crossing dependent!!



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THANK YOU FOR LISTENING
ANY QUESTIONS?