





6th– 10th
November 2023



Tonight you will...

- **See photos of the location & activities**
- **Have an opportunity to ask questions**



Arthog Facts

- Well established outdoor education centre
- Fully qualified instructors supervising all activities
- Risk assessments completed for all activities
- Beautiful setting and lots of fresh air!

What will the children be doing?

- Initiative tasks
- Orienteering
- Gorge scrambling
- Rock Climbing
- Scrambling
- Mountain Walk
- Canoeing
- Developing team building skills
- Building self confidence
- Developing independence ...and having fun!

John Muir Conservation Award

- Many schools visiting Arthog choose to incorporate the John Muir Conservation Award into their adventure activity programme. The Award requires participants to discover and explore wild places but then do something positive to contribute towards their conservation. The main focus for our conservation work has been the removal of rubbish - especially plastics - washed onto the local beaches.
- On completion, children will receive a certificate for their participation.

TYPICAL MENU

Breakfast

Comprises a choice of cereal, toast, cooked course and tea or coffee.

Lunch

Comprises soup and roll, cheese, cake and fruit on arrival and packed lunches thereafter.

Evening meals

Includes a choice of main course plus selection from the salad bar followed with a choice of dessert.

***Special dietary requirements** can be met provided we receive advance notification.











A possible timetable

	Monday	Tuesday	Wed.	Thursday	Friday
Am	Coach journey.	GRP 1 Rock Climbing GRP 2 Mountain walk (All Day)	GRP 1 Mountain Walk (All Day) GRP 2 Gorge walk	GRP 1 Gorge Walk GRP 2 Rock Climbing	All orienteering
Pm	Team tasks	GRP 1 Scrambling GRP 2 Mountain	GRP 1 Mountain GRP 2 Canoeing	GRP 1 Canoeing GRP 2 Scrambling	Coach journey home.
Eve	Night walk	Orienteering on site	Night line	John Muir Award Diary	Sleep!

Key points to remember.

- Children need to bring a duvet cover, bottom sheet and pillow case.
- Waterproof outer layers, as well as a rucksack will be provided by Arthog Centre.
- Children will need wellingtons
- Walking boots- these will be provided by the centre.
- Old clothes (no denim) layers are better.
- Gloves and hats needed.
- Lots of socks
- Label all clothes

Key points to remember.

- Sweets / drinks
- Cameras
- Spending money
- Coach from and to school (times to be arranged)

Nearer the time...

- **We will send out a letter confirming travel details and contact numbers.**
- **In the week before the trip, a medical consent form will be sent out. This form only needs to be completed again if it is accompanying any medication that your child needs to take. We cannot administer medication without it.**