

Ardeche 2025



ST. AIDAN'S
CHURCH OF ENGLAND HIGH SCHOOL





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Information for Parents and students

Ardeche year 11 - 2025

Information

- ❖ Overview of the trip
- ❖ Itinerary
- ❖ Coaches and staff
- ❖ Accommodation
- ❖ Activities
- ❖ Safety and medication
- ❖ Clothes & Equipment, tips for travel
- ❖ Expectations, conduct & behaviour
- ❖ Final points



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Activity provider – NY trusted provider

Acorn Adventure,
Camping La Savane,
696 Chemin du Flojas,
07120 Labeaume
France
Tel: 0033 475 396 354



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Itinerary

Departures

- (July 11th-18th)
- **Coaches A and B and C** – Meet 12-00pm for 12-30pm (Friday 11th July)
- **Arrival at centre** – 12-30pm (Saturday 12th July)
- **Return:**
- **Depart centre** – Thursday 17th July – 16-00pm
- **Return to school** – 13-30pm – Friday 18th July



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Accompanying Staff



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Coaches

Coach 1 – Trip Leader Mrs Searby, Mr Paynton,
Miss Walker

Coach 2 – Leader Mr Bean, Mr Lamb, Miss
Blackburn, Miss Lane

Coach 3 – Leader Mr Walton, Mrs Littlejohn,
Miss Luty, Mr Sellers



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Accommodation and Centre

- 3 Tented villages
- Tents have 4 beds max in each
- Valuables locked up inside the centre securely
- Groups will stay together
- There are opportunities to catch up with other groups in the evenings
- Bivi out is on a Bivi site at the side of the river – Sleep under the stars on mats/ sleeping bags. Belongings taken down the river in barrels (popular last year). Food prepared on arrival.



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Activities at Centre

Ardeche Day activities

- TWO day canoe descent of the Ardeche Gorge
- Bivvie camp out
- Acrobranch High Ropes adventure
- Excursion Day - Water Park
- French market



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Activities at Centre

Evening Entertainment's

Pont d'Arc – River beach (with lifeguard)

Swimming Pool activities (with lifeguard)

Visit to town of Vallon

On site activities with Acorn staff

Bar/ Discos



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Safety

Safety record of Acorn – Excellent company, recommended by NY advisory

- Training Accreditation by French national bodies – rigour
- Staff are DBS/ French equivalent
- Safety procedures on the River Ardeche – Ducklings down rapids, helmets, BA
- Coach safety
- Procedures on excursions to Towns – Risk Assessments
- Acorn and SA staff First Aid trained on site during day/on call
- Site security



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Medication

We will be using the medical details that we hold on file for your child. Please ensure that medical details are up to date on Arbor by logging into the Arbor app by – **Friday 4th July**

Only students who will be bringing medications on the trip need to complete an MS form which can be accessed via the email sent out by school to let us know about any medications they will be bringing.

If your child is bringing medication, we also require an 'authorisation to administer' form for each medicine that is required – also linked in the email.

Please bring the completed form along with any medications that are handed in to school on the day of departure. Please have medication clearly labelled and named in a clear plastic bag.

If you have any urgent medical information regarding the trip please email medicalroom@staidans.co.uk



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Clothes & Equipment

Holdall/ suitcase

- Clothing etc.
- Wash kit. Towels x2.
- Sleeping bag
- Wet and dry footwear
- (old trainers for the watersports)
- Camera & other items

24 Hour bag with you on coach

- Food/drink for journey
- Medication (at least two inhalers/ epipens)
- Small wash kit
- Music, Reading.
- Money – Euros and £'s (**Guide - £10-15 per day**)
- Pillow
- Passport & GHIC card



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Clothes & Equipment (cont'd)

- Occasional unseasonable cold weather
- Fleece/warm jumper
- Leggings or tracky bottoms
- Light waterproof jacket
- Nice summer clothes for the evenings
- Hat/cap
- Water bottle
- Cord for glasses
- No denim or vests for watersports
- Sleeping bag should be warm.
- T shirts rather than vests on activities during the day as they reduce sunburn.
- High factor WATERPROOF sun cream is a must.
- Insect repellent is also a good idea.
- Old sunglasses for the Ardeche.



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Conduct & Behaviour

- Drinking. Smoking. Vaping
- Illegal substances.
- What not to buy?
- Relationships, Just be nice!!
- Importance of following instructions at all times.
- Sanctions.
- Staying within the rules guarantees a good time!
- Parental support



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Final Points

- Any additional medical information
- Any special dietary requirements to notify
- Valid passport & GHIC
- Please arrive on time
- Be prepared to get stuck in and have a great time!