

## Itinerary - St David's Trip

### **Monday - packed lunch required**

07:30	Leave LHS
09:30	Rest stop & food can be purchased
12:00	Arrival at St David's Picnic Visit to Cathedral and town shops
16:00 - 17:00	Room allocation and settling in
17:00 - 18:30	High Energy Games
18:30	Evening Meal History & English study

### **Tuesday**

08:00	Breakfast
09:00 - 17:00	Coastal Explorer - Group 1 Surfing - Group 2 Climbing - Group 3
18:00	Evening Meal Art & PE study

### **Wednesday**

08:00	Breakfast
09:00 - 17:00	Coastal Explorer - Group 2 Surfing - Group 3 Climbing - Group 1
18:30	Evening Meal Science & Geography study

### **Thursday**

08:00	Breakfast
09:00 - 17:00	Coastal Explorer - Group 3 Surfing - Group 1 Climbing - Group 2
18:30	Evening Meal
Evening	Debrief of the week, review, slideshow and certificate presentation.

### **Friday**

08:00	Breakfast
09:00 - 13:00	Beach games & lunch
16:30	Estimated arrival time at LHS

### **Coastal Explorer Day**

A low impact, floating cruise from bay to bay on sit-on-top kayaks, uncovering the hidden gems that remain unseen from other boats or the shore, including some coasteering where you can climb, swim and jump your way around the bottom of the Pembrokeshire cliffs. Pupils learn new skills and build confidence, with our guides enabling them to push their limits building confidence and self-esteem.

### **Full Day Climb**

A beautiful walk out to St David's Head where you will set up camp for the day. You will abseil gently down the rock face, then a tremendous sense of achievement as you climb back to the top. Pupils will be taught the necessary skills to get to grips with this sport. If you're lucky you may even spot some porpoise or dolphins.

### **Full Day Surfing**

Our surf lessons include a comprehensive look into the surf world, from the roots of surfing to surfboard and wetsuit design, surf prediction and surf safety. We'll teach you how to paddle, how to negotiate the surf when making your way out back, how to prone ride in control of your board and finally the art of standing up and catching your first wave.

There is hardly any mobile signal at the campsite, so should you need to contact us whilst we are away, please first contact the school on 01544 230 441.

*V. Bennison*

## **Kit List - St David's Trip**

### **Packed lunch required for Monday**

Underwear

Socks & one pair of thick/walking socks

Toiletries

Nightwear

Swimwear

Two towels (one for activities and one to keep at the centre for showers)

Tracksuit bottoms / old shorts

T-shirts

Jumpers

Clothes for the evenings

Waterproof jacket / coat

Waterproof trousers (optional)

Old trainers (lace up type)

Walking boots or suitable sturdy trainers (must be lace up type)

Shoes for the evenings

Dependant on the weather:

Hat

Suncream

Sunglasses

Spending money - approx. £10 recommended

### **Clothing & Equipment for activities**

#### **Coasteering**

You bring: Swimwear, old shorts, towel, old trainers

Centre provide: Helmet, wetsuit, buoyancy aid, kayak, paddle

#### **Climbing**

You bring: Well-fitting trainers, tracksuit bottoms/long shorts (not jeans!) T-shirt/long-sleeved top, jumper

Centre provide: Helmet, harness, ropes, climbing gear

#### **Surfing**

You bring: Swimwear, towel

Centre provide: Wetsuit, surfboard

**Centre provides ALL bedding**