



Two Centre Adventure

Domaine de Segries, Ardèche
Mimosa, Languedoc Coast





When: Thurs 30 May – Sat 8 June 2019

Who: Open to 40 S1 Pupils

Where: South of France



About PGL

- The UK's largest provider of outdoor education for young people
- Over 55 years' experience
- Fully risk assessed
- LOtC Quality Badge holder
- Founding member of BAPA
- ABTA bonded





Sample Itinerary

Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<p>Arrive at Segries (depart school day 1)</p> <p>Breakfast</p>	<p>Breakfast</p> <p>River Day 2 From Trois Eaux to Le Mas 12km</p>	<p>Breakfast</p> <p>River Day 3 From Le Mas to Sauze Plage 14km</p>	<p>Breakfast</p> <p>Depart for Mimosa</p> <p>09.15-16.00 En-route visit, e.g. Aqualand including picnic lunch</p>	<p>Breakfast</p> <p>09.15-12.15 Catamarans/ Kayaks Mimosa Beach</p>	<p>Breakfast</p> <p>09.15-12.15 Windsurfing and Raft Building</p>	<p>Breakfast</p> <p>09.15-12.15 Ocean Rider Mimosa Beach</p>
<p>River Day 1 From Peach Orchard to Trois Eaux 4km</p>	 		<p>Lunch</p> <p>16.00-17.15 Arrival at Mimosa</p> 	<p>Lunch</p> <p>14.15-17.15 Snorkel Black Sands</p>	<p>Lunch</p> <p>14.15-17.15 Feva Sailing Mimosa Beach</p> 	<p>Lunch</p> <p>14.15-17.15 Climbing/Abseiling Mimosa Site</p>
<p>Dinner</p> <p>Evening Entertainment 50/50</p>	<p>Dinner</p> <p>Evening Entertainment Visit to Vallon</p>	<p>Dinner</p> <p>Evening Entertainment Pool Olympics</p>	<p>Dinner</p> <p>Evening Entertainment Get Your Own Back</p>	<p>Dinner</p> <p>Evening Entertainment Beach Olympics</p>	<p>Dinner</p> <p>Evening Entertainment Superhero Auction</p>	<p>Depart (return home day 9)</p>



Mimosa

- Beachfront location on the beautiful Languedoc coast
- 17 adventure activities to choose from on land and water
- Ideally located to enjoy watersports on the Mediterranean
- Easy access onto the spacious, sandy beach



Domaine de Segries

- **Stunning location in the heart of the Ardèche**
- **16 thrilling adventure activities to choose from**
- **Perfectly placed for the Ardèche river canoe descent**
- **Outdoor pool and sports pitches**



Accommodation

Domaine de Segries

- Farmhouse – rooms sleeping 6-10 with toilets and showers nearby

Mimosa

- Tent Village – large tents with solid frame bases, sleep 4



The PGL difference

- Expert tuition from fully qualified PGL watersports instructors
- Dedicated PGL 'Groupie' to provide support throughout stay
- Tailor-made programmes
- All accommodation, food, activities and instruction included
- Free evening entertainment
- 24 hour support from centre team



Two Centre Adventure

- Three and a half days at each location
- 2-3 day 30km Ardèche River canoe descent
- Full watersports programme on the Med
- Introduces new skills, improves teamwork, motivation and confidence





Adventure activities

Domaine de Segries

On-site:

- All Aboard
- Archery
- Climbing
- Jacob's Ladder
- Problem Solving
- Sports & Team Games
- Swimming
- Trapeze
- Volleyball

Off-site:

- Canoeing
- Caving
- Excursions
- Mountain Biking
- River Bivouac
- Sit-on Kayaks
- Canyoning

Mimosa

- Abseiling
- Archery
- Banana Boat
- Bodyboarding
- Catamaran Sailing
- Climbing
- Dinghy Sailing
- Excursions
- Kite Flying
- Problem Solving
- Raft Building
- Sit-on Kayaks
- Snorkelling
- Sports & Team Games
- Swimming
- Volleyball
- Windsurfing



Evening entertainment

Domaine de Segries

- Cluedo
- Disco
- Football
- Get Your Own Back
- Initiative Exercises
- Scavenger Hunt
- Talent Show
- Quiz
- Volleyball

Mimosa

- Beach Olympics
- Cluedo
- Disco
- Football
- Get Your Own Back
- Initiative Exercises
- Scavenger Hunt
- Talent Show
- Quiz
- Volleyball



Facilities

Domaine de Segries

- Outdoor swimming pool
- Football and volleyball pitches
- Disco area
- Shaded dining area
- On- and off-site adventure activities
- Shop

Mimosa

- Easy access to spacious, sandy beach
- Indoor entertainment area with terrace
- Shaded dining area overlooking grounds
- On-site adventure activities
- Shop



Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement
- Sample menus available online: www.pgl.co.uk



Travel

Approximate travel times:

- Dover to Calais by ferry – 90 minutes
- Calais to the Ardèche – 12 hours by overnight coach
- Ardèche to Mimosa – 3 hours by coach

Payment Plan

Month	Amount
Dec 2018	£75
Feb 2018	£50
Mar 2018	£50
Apr 2018	£50
May 2018	£50
Jun 2018	£50
Aug 2018	£50

Month	Amount
Sept 2018	£50
Oct 2018	£50
Nov 2018	£50
Dec 2018	£50
Jan 2019	£50
Feb 2019	£50
Mar 2019	£75



Any Questions

gw10mcmullanlisajoy@glow.sch.uk