



Addendums to Information Booklet

Travel Itinerary

Students to arrive for lower school break at 10.30 and congregate in the School Gym at the start of period 3 (10.55).

Groups

Friendship groups will now not be paired prior to the trip to form an activity groups. This is due to the different activities having different instructor/student ratios.

Facilities

Bar space with slushy bar, pool tables, couple of retro arcade games and 4 bowling allies. There is also a Disco.

PGL has its own First Aid point and it is under 5 minutes to the nearest pharmacy and 5 minutes to the hospital.

PGL night duty runs until 3am. Campsite security is 24 hours. Perimeter fence has CCTV and motion sensors.



Beaches

1. La Fosca beach. Less than 5 minutes stroll from campsite
2. Castells beach. 20 minute picturesque walk along rough coastal footpath
3. Palamos town beach. 10 minute drive to Palamos town Beach

The beach used will be dependent on the activity undertaken. All beaches have toilet and first aid facilities and have manned lifeguard stations



Activity and beach clothing

T-shirts and personal Buoyancy aids are mandatory when in the water.

Helmets are mandatory when on activity

Board short or cropped sports leggings have to be worn when on activity. Short shorts (cheeky) are not suitable even for casual wear around the campsite.



Excursion day 1: Playa D'Aro

We will spend a late morning in Play D'Aro for souvenir hunting and shopping before having lunch. The main high street area is bordered by roundabouts at either end and has a plethora of shops including a Barcelona FC superstore, Superdry, Desigual, Lacoste, Jack & Jones and a whole lot more. It also has a McDonalds should your child wish to dispense briefly with the healthy diet they will be benefiting from.

We will be back at camp for an afternoon of relaxing and swimming in the pool.

Excursion day 2: Water World Lloret De Mar

Water World is costa Brava's premier water park destination with 21 attractions ranging from the tranquil to the adrenaline rides.

This is the only time that students do not have to wear t-shirts in the water. However we do recommend that they wear rash vests, especially those with a fair complexion.

The Heathside base at the water park will be a shaded area under trees. Students will be registered every 2 hours when sun cream will be re-applied.

Boys attire in the park – swim shorts on rides, t shirts when in the group area.

Girls attire in the park: one piece swimming costumes when on the rides, t-shirts when in the group area. Bikinis are not permitted and students will not be allowed on the rides if they wear them.

