

**French Ardèche
Adventure 2026
Ardèche,
Domaine de Segries**

—
**Saturday 23rd-
Saturday 30th May**

[Domaine de Segries Residential Trips | PGL Education](#)



Staffing

Trip Leaders- Ms Roach and Mr Hamilton

Mr Green

Mr Shearn

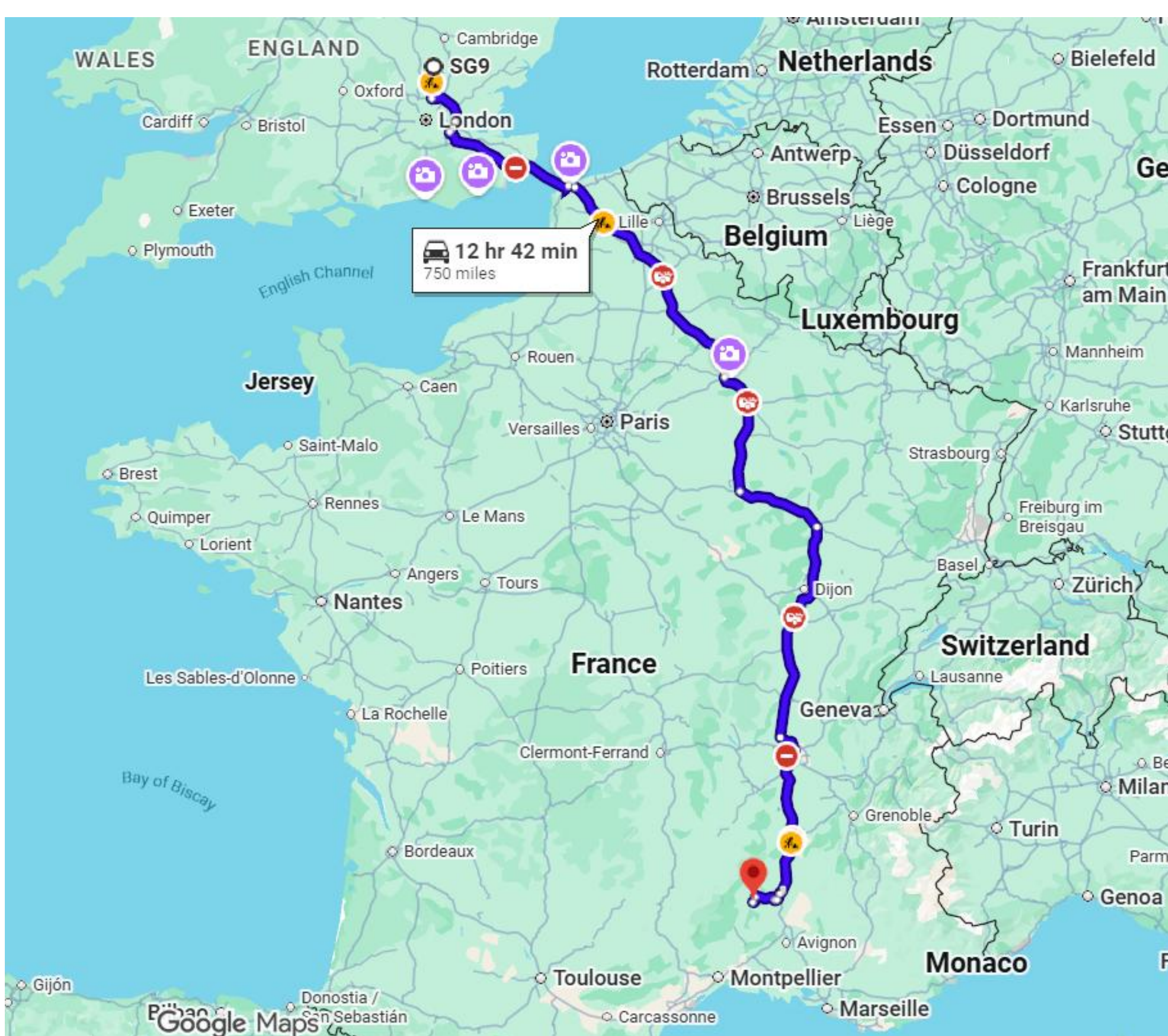
Ms Fort

All adventurous activities will be organised and supervised by qualified PGL staff and accompanied by Fremantle College staff.

LOCATION

Domaine de Segries is located near the village of Vagnas, in the Ardèche region, just over an hour from Avignon in the south west of France.





TRAVEL

Outward Journey-

Saturday 23rd - Sunday 24th May

Coach from Freman College- 22:00

Channel crossing- 02:55 Eurotunnel

Arrive at Calais- 04:30

Arrive at Domaine de Segries - 17:00

Return Journey-

Friday 29th -Saturday 30th May

**Leave the Domaine de Segries after
dinner**

Channel crossing- 10:50 Eurotunnel

Arrive at Freman College- 13:30



PGL School Adventures | Domaine de Segries, Ardèche

PGL



Accommodation

Poolside & Woodland

ACCOMODATION

We will be staying in chalet type accommodation.

We will have our own mini village!

FACILITIES ON SITE

- **Sports Pitches/Courts
Table Tennis**
- **Lounge/Café**
- **Shop**
- **Swimming Pool
(lifeguarded)**
- **Communal areas for
socialising/relaxing**



FOOD

- **A mix of hot and cold food**
- **Fresh fruit and salad bar available every day**
- **Breakfast and dinner will be eaten at the centre**
- **Lunch- packed lunch prepared by students themselves at breakfast**



Adventure Programme

Sunday 24 May 2026		
Afternoon	Segries - Swim Session	On-Site
Evening	Evening Activity - Disc Golf	On-Site
Monday 25 May 2026		
Morning	Canyoning - Haute Besorgues	Address - 28 Chemin de Labro, Labro, 07600 Labastide-sur-Bésorgues. You will be split into groups of 12 for this activity. Each group must contain at least one adult.
Afternoon	Vallon Pont d'Arc Town Visit	Time for some exploring and shopping.
Evening	Evening Activity - PGL Games	On-Site
Tuesday 26 May 2026		
Morning	Aigues Mortes (Half Day)	
Afternoon	Le Grau du Roi (Half Day)	
Evening	Evening Activity - Silent Disco	On-Site
Wednesday 27 May 2026		
Morning	Local High Ropes	Address - Indy Parc, 50 Chemin du grand Bois, 07150 Vagnas
Afternoon	Segries - Swim and Archery Tag Session	On-Site
Evening	Evening Activity - Mission Ardèche	On-Site

Thursday 28 May 2026

All Day Ardeche Descent - Day 1

Your coach will drop you at Peach Orchard to canoe 12kms approx. 6 hours to your Bivouac site, through Pont D'Arc. You will work on canoe skills, play games, try rock jumping and swimming.

Evening Evening Activity - The Gorge at Dusk

At the Bivouac Site

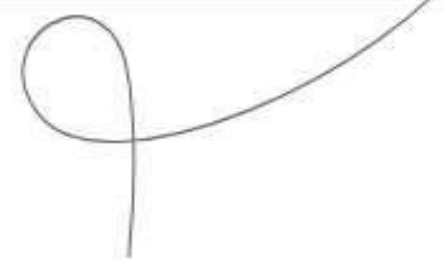
Evening Overnight Bivouac

Friday 29 May 2026

All Day Ardeche Descent - Day 2

The adventure continues to Sauze, 17kms approx. 7 hours. A coach will meet you to take you back to centre.

Ardèche Descent



EXCURSION DAY

Le Grau du Roi & Aigues Mortes - Full day



Located in the Camargue, famous for its white horses and pink flamingos on the salt flats, Le Grau-du-Roi is a popular French seaside resort. 2 hours from Domaine de Segries.



After lunch groups usually head to nearby Aigues-Mortes – or ‘dead waters’ - a 700- year old, fortified city, the starting point in 1248 for a huge armada setting off for the Crusades. Today the sea marshes and salt pans have left the town some distance from the sea, however it remains a delightful town to visit, with its ancient towers and ramparts. There are plenty of souvenir shops, pavement cafés and food outlets – pizza is a popular choice!



What to bring

Southern France

Please ensure that all items are named.

FOR ACTIVITIES WE ADVISE THAT ALL GUESTS BRING

- High factor sun cream** (min. SPF 30)
- Reusable **drinks bottle** - For the Ardèche descent, you'll need two, 1.5L bottles. These can be purchased on centre
- Sun hat / baseball hat / cap**
- Sunglasses**
- Small **rucksack / bag** - to carry items



YOU WILL ALSO NEED

- A passport** unless the Party Leader is organising a collective passport
- UK Global Health Insurance Card (GHIC)**
This is available free of charge, apply online at www.gov.uk
- Food and drink** for your journey
- Pocket money**
- Any personal medication**



FOR LAND-BASED ACTIVITIES

Long sleeved t-shirts

Knee length shorts / leggings
no hot pants or denim

Closed-toe shoes / trainers suitable for walking



FOR WATER-BASED ACTIVITIES

Rash vest if you have one, and a **t-shirt** which covers the shoulders, required for watersports and swimming

Swimming costume / trunks

Knee length shorts / board shorts / leggings
no hot pants or denim

Old towel

Glasses retainer strap (if required)

A pair of old trainers required for protection, these will get wet.

Drawstring bag for groups canoeing from Domaine de Segries – may get wet

Jelly shoes, crocs, wetsuit boots or anything with open toes e.g. sandals are not suitable for watersports or activities



OTHER ESSENTIALS

Sleeping bag, pillow and bed sheet

Towel for showering

Labelled bin bag for wet and dirty clothing

Wash bag including soap and shampoo

Torch

Insect repellent & bite cream

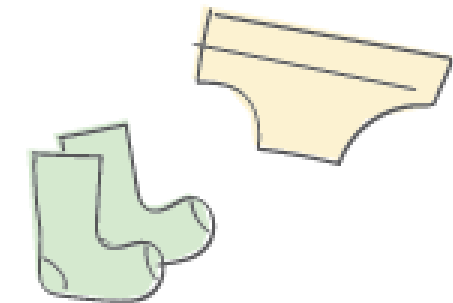
1 or 2 sets of clothes for evenings and excursions

Underwear and socks

Suitable nightwear

Waterproof jacket

Fleeeces / sweatshirts



Clothes are likely to suffer wear and tear and also get dirty and wet. Please bring old clothes for activities – not jeans. During activities you should wear long shorts and tops which protect you from the sun. Footwear must be worn during all activities.

PLEASE DO NOT BRING



LOST PROPERTY

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your Party Leader who will contact PGL. Postage will be charged for returning lost items.

PACKING

Points to note...

- Storage is limited at the centre and on the coach- please bring soft holdhalls that can be tucked away...
- Come prepared for ALL weathers- waterproof coat and trousers
- Bring TWO 1.5litre NAMED reusable drinks bottles

GENTLE REMINDERS...

- During activities, students are answerable to Freman staff and their PGL instructors
- Around the site students must be mindful and courteous of other schools and PGL staff and behave as they would be expected to during the college day
- All students must eat their breakfast, lunch and evening meal
- Mobile phones are permitted but their use is at the discretion of Freman staff and PGL instructors depending on the activity and situation
- Students are required to look after their own personal property at all times

FAQs & Parents' Guide



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