

West Lancashire Scouts

# Ardennes Adventure 2023

26<sup>th</sup> May – 4<sup>th</sup> June 2023



The Ardennes Adventure is a 9 day fun filled trip to Belgium where participants get to experience climbing, canoeing, caving and mountain biking. It really is an action packed, fun filled trip that is open to all Explorers and Older Scouts (13+) in West Lancs.

Never been on a Scout international trip before? Or want to take your skills to the next level? Then this is the trip for you!

We camp at the Belgium Scouting Centre “Le Refuge” that is situated in Mont-Godinne in the Ardennes Region of Belgium. Catering for yourselves you get to decide what you eat, buy your own food and cook it just how you like it!!



You get to choose 3 activities out of Canoeing, Climbing, Caving and Mountain Biking. Spending 2 days on each of the activities you get to really test your skills, learn new ones and probably do something you have never done before. Mid-week we have a day off the adventurous stuff and do a cultural day, what this involves is decided by the group.



Getting there is via minibus setting off on the Friday evening and returning the following Sunday, this way we can make the most of our time out there.

The cost of the adventure is £495, however sign up prior to 1<sup>st</sup> January 2023 this is reduced to £470 as an early bird offer. The price includes all transport, activities, accommodation, breakfasts, specialist activity equipment, an event polo shirt, international necker and the training weekend. (Lunches, teas and snacks are not included).



Interested or want to sign up? Then either scan the QR code or go to the URL below, fill out the form and we'll be in touch.



<https://forms.office.com/r/wbwcs1X42w>

Or for further information contact:  
steve.williams@westlancsscouts.org.uk

Turn over for some trip FAQs



## Ardennes FAQ

### What Activities can I undertake on the Ardennes?

You get to choose 3 activities out of Caving, Climbing, Canoeing and Mountain Biking, spending 2 days on each of your chosen activities. In addition, one day is spent exploring the local area (culture day).

**Caving** – Spend day 1 exploring the Le Grotte St Anne, a horizontal cave in which you follow the natural stream flow. Be prepared to get wet in this one as you duck under rocks, climb waterfalls and even fully submerge yourself through the “trough” (Optional!!!). Day 2, learn some new skills in a vertical cave while navigating rope systems to aid your decent and ascent. A great 2 days in some fascinating and fun caves.

**Canoeing** – Day 1 is spent canoeing down the river Lesse in a Canadian canoe, negotiating the rapids and weirs during an action-packed day. Then spend the night relaxing with friends by the river in our remote campsite taking in the campfire and BBQ'ing your favourite food. Day 2 is more of a touring day in sea kayaks, cruising down the Meuse, taking in the sites, towns and eating many ice creams!



**Climbing** – The first day is all about honing your climbing skills, learning to belay a lead climber and building on your knowledge. You will get the opportunity to climb single pitch routes to your ability, novice or advanced. Then these skills are taken up a notch the following day as you take in some multi-pitch routes, climbing high out of the valley above the river and rail tracks. A great experience!

**Mountain Biking** - Take in the local forest tracks, country lanes and scenery as you work your way towards the remote overnight campsite to meet up with the canoeists. Stay overnight and the following day make you way back again. The mountain biking is tailored to the skills and experience of the group to make it enjoyable for all.

**Culture Day** - As a group you decide what you do on this day, its intension is to give you a break from the physical activities. Days in the past have included: experiencing some of the local war museums & cemeteries, local treasure hunts, visiting local towns or a trip to the European Space Centre. The choice is yours as a group.



### How do we get there?

We travel by minibus to the Ardennes region of Belgium. Setting off from Lancashire at around 5-6pm on Friday 26<sup>th</sup> May we travel down to Dover for the quick channel hop before continuing through France and then into Belgium. With a number of rest stops on the way we arrive at the accommodation early morning on the Saturday. The return journey is on Sunday 4<sup>th</sup> June, setting off early Sunday morning, aiming to be back in Lancashire for 6-7pm.

### Where do I stay?

We stay at “Le Refuge”, located in the small village of Mont-Godinne in the Mont Valley in Belgium. While all participants camp for the week, the refuge provides indoor areas for eating, storing equipment and of course relaxing in the evenings.

### Is there a pre-event meet up weekend?

Yes, we hold a “training” weekend in March/April time so that everyone can meet up, get to know each other and also give you the opportunity to have a go of each of the 4 activities. The weekend takes place at a local campsite and isn't mandatory but worth while coming along to. After trying each of the 4 activities you can confirm the 3 you want to do while we're in Belgium.

### How does the catering work?

All meals, apart from Breakfast, are self-catered for the week. This means you need to come prepared to shop and cater for yourself. But don't worry if this sounds worrying, the event leaders will be around to give you menu tips, assist with cooking and point you in the right direction for shopping. Every couple of days we all head down to the local supermarket to buy the food for the next couple of days. Most people team up with different people throughout the week to cook as a group. The only meal we cater for is Breakfast, this ensures you get out on the activities swiftly in the morning to make the most of the day.



### Are there any pre-requisites of the trip?

Not many! The trip is open to Scouts who are 13yo on the actual trip and Explorer Scouts. This provides a great opportunity for linking, but also the adventure gives a really good introduction into international trips. You don't need any prior knowledge/skills of the activities you are going to do in the Ardennes as all training will be provided on the training weekend and on the actual event. A certain level of physical fitness is assumed as it is an active week of activities. All specialist activity equipment required will be provided by the trip, but if you have your own, you're welcome to bring it.

### How do I sign up?

Visit the previous URL and fill out the form. Once submitted we'll then be in touch with further details and bank account details to pay for the trip. Payment plans are available so you can pay between now and leaving for Belgium to help spread the cost.