



9th September 2022

Dear Parents/Guardians,

We are delighted to announce that a school tour to *Freedom Surf & Adventure Centre* in Tramore has been arranged for **all 3rd Years** on Friday, 7th October.

The activities will include surfing & bodyboarding lessons, a historical adventure hike, and an ecology walk. Please see provisional itinerary attached.

The centre is putting on a bi-lingual option for us in Irish and English. However, please note that this trip is specifically designed to cater for all our students including those who do not study Irish. It is a wonderful opportunity for all to experience the coastline, history and rich culture of Waterford.

The cost of the trip is **€62**. This covers all the activities, and transport costs to and from Tramore. Students will need to bring a packed lunch, and some money for dinner on the way home. We plan on making a stop at a service station on the way home, where students can buy their dinner.

Anyone wishing to guarantee a place will need to make **full payment of €62 and complete the consent form on the school app by Friday, 16th September.**

We hope that this trip will enable all 3rd Year students to get to know others better in their year group, and that it is an enjoyable and educational trip for everyone. If you or your daughter have any queries regarding the trip, please contact Stephen Delahunty, Co-Year Head, at sdelahunty@loretodoxrock.ie

S. Delahunty

E. Crumlish

Year Heads



3rd Year trip to Tramore - Provisional Itinerary Friday 7th October

- 6.45am** Meet at the school
- 7.00am** Coach departs for Tramore
- 9.15am** Estimated arrival time in Tramore
- 9.30am** *Freedom Surf* staff meet and greet students

Students divided in to three groups and rotate through each activity during the day:

- Surfing lesson and bodyboarding lesson
- Historical coastal adventure hike
- Ecology walk

- 12.00pm** Break for lunch (Students must bring their own packed lunch.)
- 4.15pm** Coach departs for Foxrock
- 5.30pm** Stop at service station for dinner (Students should bring money to buy their dinner. There is a McDonald's at the service station.)
- 6.45pm** Estimated time of arrival at the school

Note: What to Bring

1. Packed lunch
2. Towel/swimwear for the water based activities
3. Runners/walking shoes and outdoors clothes for the walks
4. Sun-cream (just in case!)
5. Change of clothes/spare shoes and wind/rain jacket
6. Money for dinner