



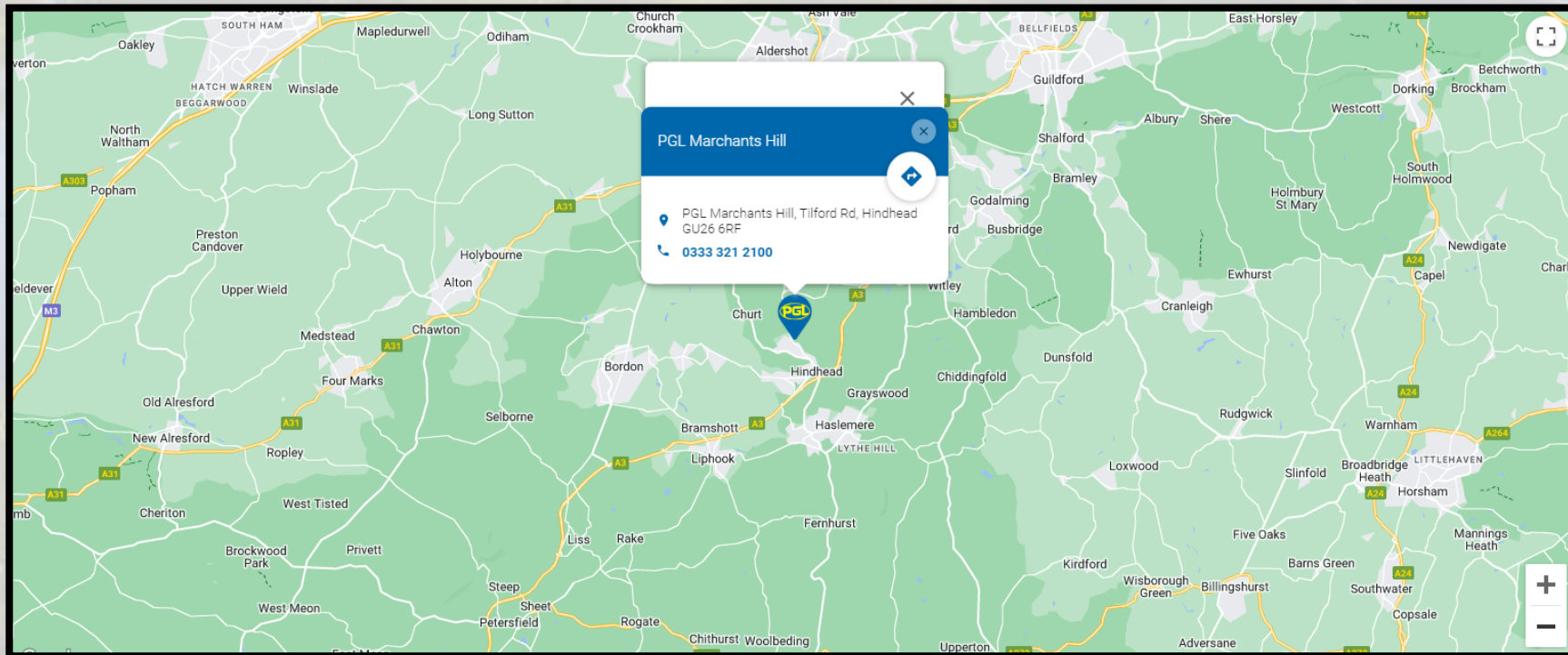
PGL 2025

Friday 20th June – Monday 23rd June

Marchants Hill, Tilford Rd, Hindhead GU26 6RF

Where is PGL

Marchants Hill is an adventure centre set in 45 acres of woodland. It boasts a wide range of programmes, modern accommodation, including a purpose built lake and climbing walls.



Friday 20th June 2025

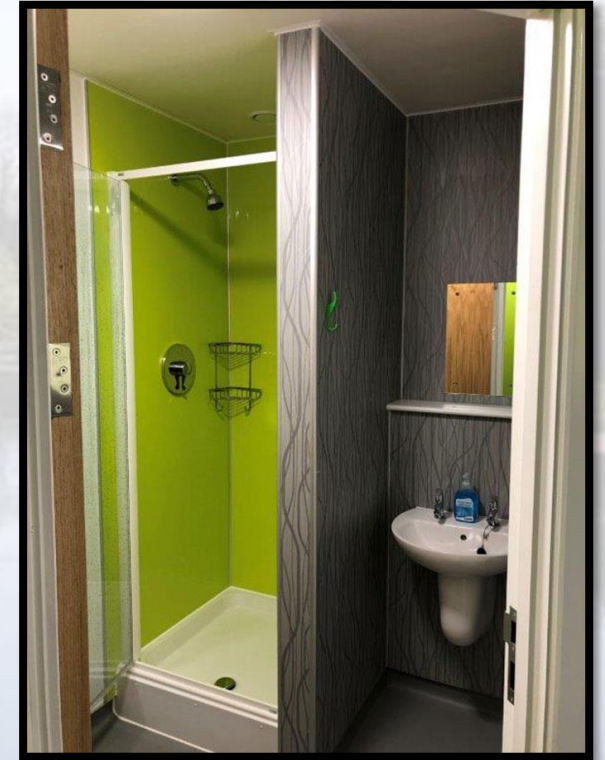
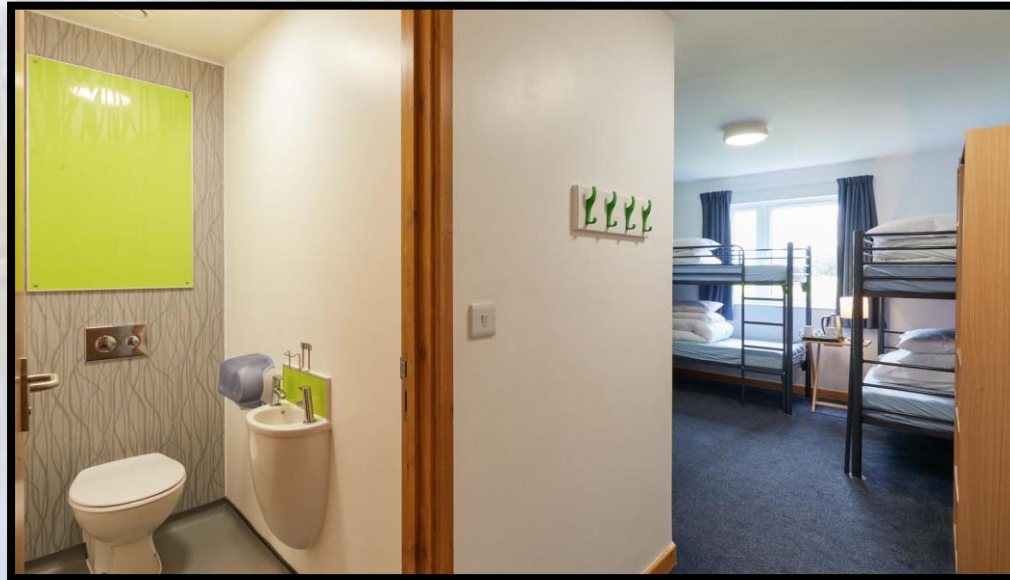


- Leave school: 9.30am on coach and head to Alice Holt Country Park
- Arrive Alice Holt: 10.45am de-bus and enter Alice Holt - group base camp/adventure play/walk/lunch
- Depart Alice Holt: 2.30pm Leave Alice Holt for PGL check-in 3.30pm
- Dinner/Evening Activity (Campfire)



Hankley House





[Virtual Tour](#)

Saturday 21st/Sunday 22nd June 2025



Saturday Activities:

- Zip wire
- Rifle Shooting
- Sensory Trail
- Archery

Sunday Activities:

- Abseiling
- Survivor
- Raft Building

Evening Activity:




















Saturday: Ambush

Sunday: Movie Night



Example

St Anthony's School 2024 Group 1

	Friday	Saturday	Sunday	Monday
Breakfast				
Session 1 8.50am — 10.20am	Leave School 9.30 am 	Zip Wire 	Abseiling 	Climbing 
Session 2 10.30am — 12.00pm		Rifle Shooting 	survivor 	Trapeze 
Lunch	Alice Holt Country Park 10.15 – 2pm			
Session 3 2.00pm — 3.30pm		Sensory trail 	Raft Building 	Leave for School 1.30pm 
Session 4 3.40pm — 5.10pm	Arrive at PGL Rooms & Tour	Archery 	Raft Building 	Home
Dinner				
Evening Activity 7.30pm – 9.00pm	Campfire 	Ambush	Chill DVD Shop 	

Monday 23rd June 2025

- Monday Activities:
- Climbing
- Trapeze



Depart PGL 1.00pm arrive St Anthony's School for collection 2.30pm



Food - Sample Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Baked Beans (ve) (55kcal)	Baked Beans (ve) (55kcal)	Baked Beans (ve) (55kcal)	Baked Beans (ve) (55kcal)	Baked Beans (ve) (55kcal)	Baked Beans (ve) (55kcal)	Baked Beans (ve) (55kcal)
	Hash Browns (ve) (274kcal)	Hash Browns (ve) (274kcal)	Hash Browns (ve) (274kcal)	Hash Browns (ve) (274kcal)	Hash Browns (ve) (274kcal)	Hash Browns (ve) (274kcal)	Hash Browns (ve) (274kcal)
	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)
	Sausages (300kcal)	Bacon (82kcal)	Sausages (300kcal)	Bacon (82kcal)	Bacon (82kcal)	Sausages (300kcal)	Bacon (82kcal)
	Quorn™ Vegan Cumberland (ve) (214kcal)	Quorn™ Vegan Cumberland (ve) (214kcal)	Quorn™ Vegan Cumberland (ve) (214kcal)	Quorn™ Vegan Cumberland (ve) (214kcal)	Quorn™ Vegan Cumberland (ve) (214kcal)	Quorn™ Vegan Cumberland (ve) (214kcal)	Quorn™ Vegan Cumberland (ve) (214kcal)
	Available every day: Porridge with toppers* (440kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads						
LUNCH	Pepperoni Pizza (378kcal)	Beef Burger (288kcal)	Battered Chicken Chunks (207kcal)	Homemade Beef Bolognese (453kcal)	Battered Fish (214kcal)	Jacket Potato (ve) (204kcal) Served with your choice of: Grated Mild Cheddar (v) (245kcal), Baked Beans (ve) (55kcal) Of Tuna Mayo (108kcal)	Roast Beef (388kcal)
	Margherita Pizza (v) (375kcal)	Meatless Farm™ Plant Based Burger (367 kcal)	Vegetable Nuggets (ve) (293kcal)	Homemade Vegetable Ratatouille (ve) (505kcal)	Jumbo Sausage (603kcal)	Homemade Chilli Non Carne (ve) (344kcal)	Meatless farm™ Plant- based Chicken Breast (ve) (293kcal)
	Plant-based Margherita Pizza (ve) (378kcal)	Served with: Ziggy Fries (ve) (414 kcal)	Served with: Potato Wedges (ve) (256kcal), Garden Peas (ve) (77kcal), Sweetcorn (ve) (55kcal), Sweet Chilli Sauce (ve) (77kcal)	Served with: Penne Pasta (ve) (308kcal), Garlic Bread (v) (62kcal), Grated mild cheddar (v) (245kcal)	Quorn™ Fishless Fingers (ve) (122kcal)	Served with: White Rice (ve) (243kcal)	Served with: Roast Potatoes (ve) (208kcal), Yorkshire Pudding (v) (88kcal), Fresh Broccoli (ve) (43kcal), Baby Carrots (ve) (28kcal), Gravy (ve) (14kcal)
	Served with: Skinny Fries (ve) (354kcal)				Served with: Skinny Fries (ve) (354kcal), Garden Peas (ve) (77kcal)		
	Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day						
DINNER	Chicken Katsu Curry (279kcal)	Fish Fingers (278kcal)	Chicken Curry (434kcal)	PGL's Sausage Pasta Bake (488kcal)	Beef Burger (402kcal)	Battered Chicken Chunks (207kcal)	Fish Fingers (278kcal)
	Homemade Beef Lasagne (354kcal)	Hunters Chicken (434kcal)	Baked Cheesy Meatballs (354kcal)	Chicken Kiev** (275kcal)	Homemade Mac 'n' Cheese (v) (557kcal)	Homemade Beef Lasagne (322kcal)	PGL's Sausage Pasta Bake (488kcal)
	Vegetable Lasagne (ve) (279kcal)	Shepherdless Pie (ve) (484kcal)	Vegetable Curry (ve) (328kcal)	Homemade Sausage & Bean Casserole (ve) (348kcal)	Meatless Farm™ Plant Based Burger (ve) (388kcal)	Vegetable Lasagne (ve) (279kcal)	Shepherdless Pie (ve) (484kcal)
	Sides: Garlic Bread (v) (62kcal), Rice (ve) (243kcal), Garden Peas (ve) (77kcal), Fresh Broccoli (ve) (43kcal)	Sides: Baby Potato (ve) (264kcal), Baby Carrots (ve) (28kcal), Whole Green Beans (ve) (22kcal)	Sides: Rice (ve) (243kcal), Penne Pasta (ve) (308kcal), Mixed Vegetables (ve) (45kcal)	Sides: Mashed Potato (v) (204kcal), Fresh Broccoli (ve) (43kcal), Baby Carrots (ve) (28kcal)	Sides: Ziggy Fries (ve) (414 kcal), Sweetcorn (ve) (55kcal), Whole Green Beans (ve) (22kcal)	Sides: Garlic Bread (v) (62kcal), BBQ Sauce (ve) (64kcal), Skinny fries (v) (354kcal), Mixed Vegetables (ve) (45kcal)	Sides: Cheesy Garlic Potato (v) (244kcal), Baby Potato (ve) (264kcal), Sweetcorn (ve) (55kcal), Whole Green Beans (ve) (22kcal)
	Homebaked Iced Sponge Cake (v) (204kcal)	Chocolate Muffin (v) (280kcal)	Jam Doughnuts (v) (228kcal)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (244kcal)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (283kcal)	Chocolate Muffin (ve) (280kcal)	Chocolate Cookies (v) (373kcal)



Medical



- Medical forms will be sent for completion 4-5 weeks before the trip and will need to be completed and returned.
- Any medications etc. will need to be supplied to school for the trip 1 week before departure.
- Any new allergies or intolerances need to be confirmed to school prior to trip

Finance

- A big thank you to everyone who has started to make payments towards PGL. For those who need to make payments then this can be done on MCAS as card payment installments or via cash to the school office.
- For those pupils who are on free school meals, the school can cover the cost of the trip. If you would like to make a donation then they would be welcomed but there is no obligation.
- If anyone has any concerns regarding the cost of the trip then we do not want that to be a barrier to children attending so please do speak with us in confidence.

Any Questions?

- All activities have been arranged and will be managed by PGL leaders with support of St Anthony's staff - we encourage your child to try each activity, although if they are not comfortable, then they can stay with the group, but not do the particular activity.
- Please feel free to ask questions now or contact the office at any time and we will do what we can to help you.
- There is plenty more information about Marchants Hill site on the website: <https://adventureholidays.pgl.co.uk/camps/marchants-hill/>