



**elemental** **UK**

**CORNWALL 2020**

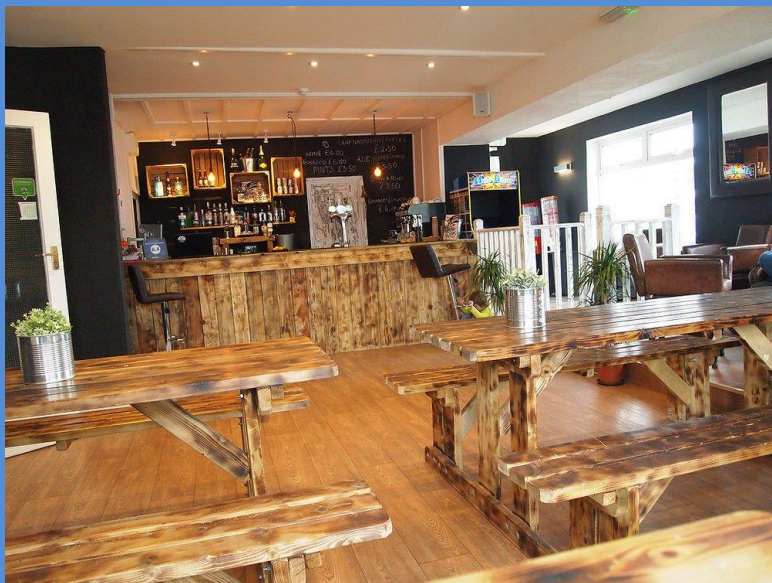


# Accommodation

You'll be staying at Ocean Lodge in Newquay.

Your hotel will provide with breakfast, packed lunch and a delicious evening meal everyday during your stay.

If you have any special dietary requirements please let us know so we can cater for everyone.



# Itinerary

	Morning	Afternoon	Evening
Monday		Arrive/ Beach games	Town Trail
Tuesday	Swanpool	Swanpool	Sunset Walk
Wednesday	Zoo	Tolcarne	Fish and Chips
Thursday	Tolcarne	Tolcarne	Beach
Friday	Shop/Depart		






# Swanpool, Falmouth



# Activities at Swanpool

A photograph of a sailboat with two blue sails on a blue body of water under a clear sky. Several red and yellow buoys are visible in the foreground and middle ground. The text is overlaid on the right side of the image.

Kayaking  
Paddle Boarding  
Mega SUP  
Sailing  
Raft Building  
Coasteering  
Bell Boating  
Canoeing  
Windsurfing



# Tolcarne, Newquay





A group of people, including several young men and one adult man, are practicing archery outdoors. They are holding bows and arrows, aiming them towards the right. The background is a solid blue wall. The text "Activities at Tolcarne" is overlaid in the top right corner.

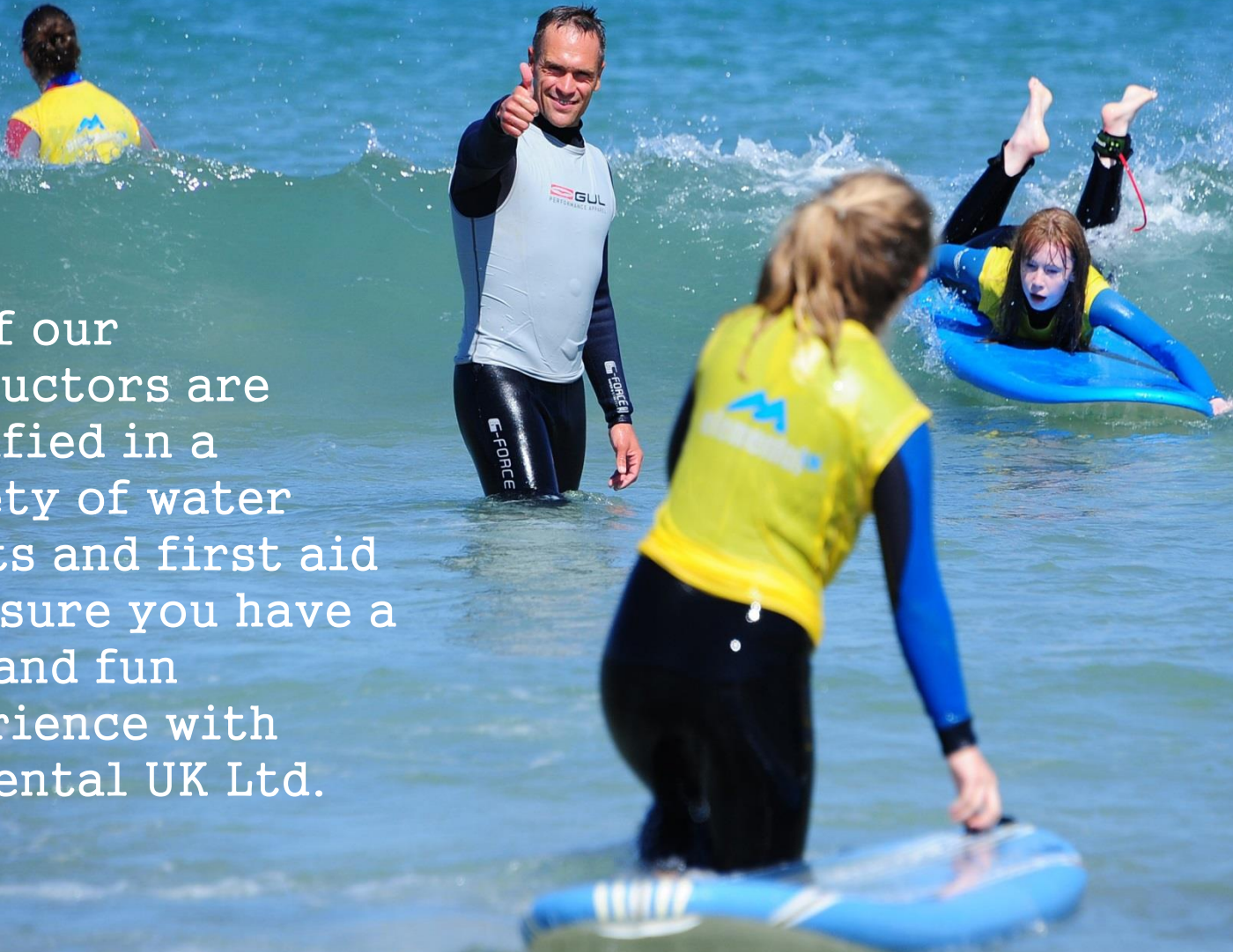
# Activities at Tolcarne

Surfing  
Body Boarding  
Mega SUP  
Archery  
Volleyball  
Bouldering  
Zorb Balls  
Slacklining



# Our Instructors

All of our instructors are qualified in a variety of water sports and first aid to ensure you have a safe and fun experience with Elemental UK Ltd.





# What do you need to bring?

- Swimmers
- Towel
- Water Bottle
- Shoes that can get wet (old trainers)
- Warm jumper or coat for after activities
- Sun Cream (just in case)!

