

Group D

Today we got to take the Via Ferrata challenge. This means the Iron Way. It's a maze of metal wires going across a rock face above a flowing stream. It's safe because you are attached by two clips: we have to unclip one, move along, and then make your way slowly using your arm and leg muscles. It is really hard on your hands too. There were three levels of challenge and we did all of them. It takes a lot of passion and determination to get through but we managed it and our proud of ourselves.

After that, we tried a zip line across more water. It was fun but scary. We tried shouting and doing poses as we travelled across. It was a great fun way of ending our holiday and we mixed with the other groups too.

In the evening, we did a sheep hunt - earning ourselves chocolate for finding plastic sheep hidden around the centre. If that wasn't good enough we had a disco afterwards with glow sticks, blow up instruments and karaoke.

This experience has been amazing. I started off a little nervous but by the end of the week so much better. I enjoyed every activity, even the hard ones, my favourite was the beach as we got to climb rocks and made art in the sand.

Ryan Y5 and Gabrielle Y6

Group C

Today we explored an old abandoned mine deep in the countryside. We had a long walk and then entered through an old rusted gate. There was flowing water everywhere so it was a good job we wore our welly boots. As we explored, we found an old mine cart used to carry the slate out with. Even deeper we found a tunnel which we travelled down and had our lunch. Andy, our instructor, took us to a cavern where we switched off all our lights - it was the darkest I have ever seen the world; we couldn't see anything. To get out the mine we had to climb out using our via Ferrata skills underground. Crossing a deep flooded tunnel. Then we paddled across another deeper indoor lake. He said it was 130 ft deep. I'm not sure if he was joking or not. After all that adventure we escaped the way we came in getting our feet really wet.

Rajveer Y5 and Leon Y

Group A

Our group got a chance to take on the mightiest RYG challenge - the hill walk. Whilst that might sound a little genteel what actually happened is our group got a little training on map reading before being left to navigate the hills (they were massive), footpaths and stiles of the Welsh countryside. After a few check points, our instructor Adam and Mr Marks left us all alone and telling us to find our own way back to the centre. It was really windy today and the path went quite high off the ground so it was tough. After a week of following others it felt really good to walk around by ourselves. We even got to choose where and when to eat lunch. Fraser

described it as the best part of the week. After half an hour, we finally found our way back to the RYG centre earning hot chocolate as our reward.

After tidying our kit away we then joined the other group for zip lining. Chucking ourselves into a gorge was a decent way to end the week.

Group B

We had a late start today - everyone is well tired after our adventures. We started off cleaning our walking boots then Miss Ferguson made me clean her - meanie. After that we collected harnesses and ropes before taking on the Via Ferrata. We started off with a small practice before taking on harder challenges. I found it quite easy and got to lead the others along with Alice and Oscar. We managed all the difficulty levels. At the end we had to cross a plank and rope bridge; by then we were all so confident we were hanging off with no hands. Later on we joined other groups for some zip lining. That was great too. In fact, it was one of my favourite things we did as I didn't try it last year.

That night we found little plastic sheep and got chocolate for exchanging them. After that, we had a disco. I loved all the songs but especially Sk8tr Boi.





