



**Powder Mills
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2011

Devon Family Week

Powder Mills is situated in the heart of the wild and beautiful Dartmoor National Park. A fantastic location for this full on adventure!!

Family Adventure Holidays should be full of fun and excitement for all involved. This family week is no exception. No previous experience is necessary. You will have a chance to undertake many challenging activities that every one can achieve, albeit with a little encouragement from you instructor and family alike. Leave your car parked up once you have arrived and let your Spirit of Adventure team transport you around for the week. This will ensure that you can relax and not worry about having to navigate the narrow lanes.

Whatever the weather you will be out each day, only the venues may change. Our local knowledge ensures that we can provide activities for all eventualities. This holiday is fully catered for and our local caterer will ensure that no one will go hungry. In fact, trying to finish the meals becomes an activity on its own!!!

Throughout the week you will have the opportunity to climb, abseil, kayak, raft build and explore the wild moors.

This really is a unique family experience that is exciting and certainly fun, for all the family!!





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The Weeks Exciting Activities

Arrive Sunday evening and settle in. Over the next four days you will have the opportunity to experience:-

Kayaking, a great way to have fun and learn some basic skills. We use a lovely lake that is safe and clean and a fantastic venue to enjoy this popular activity. A really good fun session for all the family! No need to worry if you are not confident around water, with a wetsuit and buoyancy aid to keep you well afloat and a qualified instructor on the water, you will be in safe hands.



Abseiling, Wow! is often the response at the bottom of the rope as someone overcomes the scary, and exciting feeling of the abseil. Let our instructors of many years of experience, help you feel confident enough to give this a whirl, its great fun!!!

Raft-building, all the family skills are needed to construct a super raft big enough to support the team and win the wild raft race. Needless to say you will get very wet!!

Climbing, this is a fantastic day of adventure on rock. Enjoy the thrill of rock climbing and scrambling, this is a day for everyone, plenty to challenge. Whether you have climbed before or are a complete beginner. We learn skills to keep us all safe and happy as we explore this great activity.



Canoe river trip, you have learnt the basics on the lake, so today we shall explore one of Devon's amazing estuaries in canoe! No noise, no pollution, what better way to enjoy the countryside. This is a very popular trip regardless of age or ability.

And more..... possibly a moorland exploration, if the weather is good then even a beach trip and evening bbq!!

Always under the guidance of a qualified member of staff, to ensure not only your families safety but to teach some basic skills. All specialist equipment is provided for all the activities.





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Accommodation

This full board adventure is based in Powder Mills bunkhouse. We have no television, or video but we do have open space, fresh clean air, direct access to the open moorland, well away from the busy hectic concrete world, computers and screens. A chance to relax around the barbeque and enjoy a real family atmosphere. Powder Mills Bunkhouse is comfortable and warm with excellent facilities. It is a converted granite barn situated in the heart of the Dartmoor National Park, with beautiful views across the North and South Moors. Warm and cosy, carpeted throughout with storage heaters in every room. Comfortable lounge with wood burning stove, tables chairs and sofas. Very efficient drying room with dehumidifier and fully equipped kitchen. You will need only to bring a sleeping bag or a duvet and a pillow if required. (We have some sleeping bags for hire if required.) Excellent showers work on 20p meter, which give plenty of time for a good shower. A non smoking bunkhouse but smokers are welcome to use the area just outside the doors.

Every family gets a room, it may be a big room or it may be a smaller one, depending on the family size, and time of booking! A big cosy lounge and good showers make this a great place to be!!





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Suggested Kit List

We will provide the following:

All specialist activity equipment

You will need to provide the following:

- Lunch box
- Full waterproofs
- Small day rucksack
- Warm hat / Sun hat
- Warm jumper or fleece jacket
- Suitable walking trousers / shorts
- Walking shoes or boots
- Trainers/ sandals (for kayaking)
- Long sleeve shirt /T-shirts plus a
- Swimming gear
- Socks
- Sun protection cream
- Torch and spare batteries / bulb
- Small first aid kit
- Trainers or sandals for canoeing
- Insect repellent
- Wash kit / Towel / swim gear
- Camera
- Personal First Aid kit
- Insect repellent
- Water bottle / thermos flask

Fact and Figures 2011

Devon Family Week Activities:

**Kayaking, raft-
building, climbing,
'Powder Mills
challenge', abseiling,
canoe river trip, beach
trip, Dartmoor
exploration,**

Accommodation / meals

**5 nights Bunkhouse
accommodation**

Full board

Ref. No.— MAF111

Date — 25—29 Aug

Experience Required

None

2011 Costs

Adults £399

16 and under £299

