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2016

## Devon Family Adventure

**The wild and beautiful Dartmoor National Park.**

**A fantastic location for this full on adventure**

**Adventure Weekend**, once you're here, your car is no longer needed!! Full-on weekend of excitement and experiences, an ideal opportunity to try a variety of outdoor activities and we will drive. Most people on these adventure weekend holidays have no previous experience, enthusiasm more important than fitness. All our instructors are experienced, enthusiastic and qualified in all activities. They have been introducing people of all ages and abilities to outdoor pursuits for many years and understand the problems that some people face from abseiling, climbing or even non swimmers with canoeing. You will not be forced to do anything that you are not comfortable with but at the end of the weekend you may be surprised at your achievements! You are here to enjoy an outdoor experience and have fun!!

**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 great session, learn some basic skills and have fun! No worries if you're not a swimmer, you will have a wetsuit and buoyancy aid to keep you well afloat. Long gone are the days of capsizing drills on the water!!

**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 qualified instructors of many years experience, help you feel confident enough to give this a whirl, its just great!!

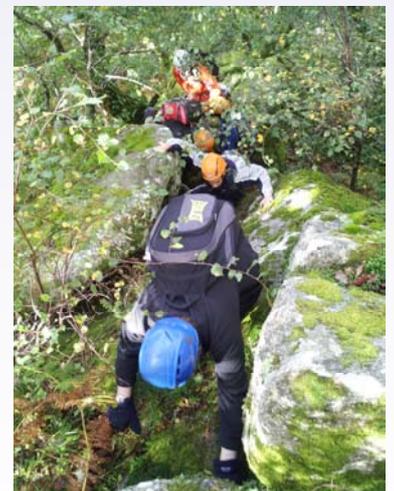
**Raft-building**, Dig deep for you're engineering skills, they are needed to construct a super raft big enough to support the team and win the wild raft race, needless to say you will get very wet!!

**Climbing**, this is a fantastic day, an 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. Let us get you high!!

### **Optional 3rd day....**

**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.

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





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**Spirit of Adventure** has a safety record second to none. We believe that the safety of all participants and instructors overrides all other concerns. You can be assured that your holiday with us will be safe, adventurous and great fun.

**Spirit of Adventure** is inspected regularly by the **Adventure Activity Licensing Authority (AALA)** and has been granted a licence to run canoeing, climbing and mountaineering activities. The authority inspects our equipment and safety procedures and ensures that all our staff are suitably qualified.

## Accommodation

Somewhere, warm, friendly and helpful that provides good food is needed on these adventures, we have the contacts, and will be delighted to arrange your accommodation for you. Just let us know on booking! Local Hotel or B and B is available.

If you prefer something good but cheaper, try our self-catering 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. 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 a 20p meter, which gives plenty of time for a good shower. A non smoking bunkhouse but smokers are welcome to use the area just outside the doors.

## Activity Equipment

We will provide all the specialist equipment including harness, helmet, cags, wet-suit, buoyancy aid etc.

You are welcome to bring your own equipment and your instructor will look at it to see if it is suitable for the planned activity.





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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
- Long sleeve shirt / T-shirt
- Swimming gear
- Socks
- Sun protection cream
- Torch and spare batteries / bulb
- Small first aid kit
- Trainers or sandals for canoeing
- Wash kit / Towel / swim gear
- Camera
- Personal First Aid kit
- Insect repellent
- Water bottle / thermos flask

\*If you have your own wet suit or even a dry suit then you may wish to bring it along.

### Fact and Figures

2016

#### Devon Activity Short Break

#### Activities:

Kayaking, raft-build, climbing, abseiling,

#### Accommodation / meals

**self –catering bunkhouse or B&B accommodation can be organised for you**



Ref. No.— Date

MAF161 11-12 June

MAF162 16—17 July

MAF163 20–21 Aug

MAF164 10–11 Sept

#### Experience Required

**No experience required**

#### 2016 Costs

**Adults 2 days £99**

**U18's 2 days £75**

**Adults 3 days £149**

**U18's 2 days £109**

