

**Welcome** to our Easter Adventure camp,

We are delighted that you will be joining us for a fun filled 3 days of outdoor adventures. Throughout the week we will be trying lots of different activities and meeting new people, whilst exploring our amazing 500 acre park.

It is really important you come prepared to try all these amazing activities and we guarantee you will have an amazing outdoors experience.

**Some of the activities you will do:**

Den Building, Mountain Biking, Orienteering, Bushcraft, Firelighting, Wood Crafts

**Each day will look like this:**

8.00 - 9:00	Breakfast & Washing
9.00 - 11:00	Activity 1
11:00 - 11.15	Break
11:15 - 13:15	Activity 2
13:15 - 14:15	Lunch
14:15 - 16:15	Activity 3
16:15 - 17:30	Free Time (Playing in park)
17:30 - 18:30	Evening Meal
18:30 - 20:30	Evening Activity (Camp Fire or Outdoor Movie)
21:00 - 8:00	Bed time

**Things to Bring:**

- Changes of clothes suitable for the outdoor clothes...you will get muddy and wet.
- Water bottle.
- Waterproofs.
- Toiletries (a shower room is available for washing throughout).
- Sleeping bag.
- Torch.

**Things to know:**

- We will always have 2 members of staff working with the groups and a 3rd member available to support
- All meals are prepared on site using freshly bough ingredients.
- We will keep mums and dads updated with the great things taking place via text and Social Media (Facebook & Twitter @cyfleonltd)



## Easter Adventure camp, Menu

	Gluten Free Option	Vegetarian Option	Meat Option
<b>Day 1</b>			
<b>Lunch</b>	Mashed Potato & Beans	Mashed Potato & Beans	Cowboy Beans & Mash Potato
<b>Evening Meal</b>	Mediterranean Vegetable & Tomato pasta	Mediterranean Vegetable & Tomato pasta	Spaghetti Bolognese
<b>Snacks</b>	Fresh fruit		
<b>Drinks</b>	Water, Squash		
	Gluten Free Option	Vegetarian Option	Meat Option
<b>Day 2</b>			
<b>Breakfast</b>	Gluten Free Cereal	Cereal	Cereal
<b>Lunch</b>	Fresh Minestrone Soup (Gluten Free)	Fresh Minestrone Soup	Fresh Minestrone Soup
<b>Evening Meal</b>	BBQ	BBQ	BBQ
<b>Snacks</b>	Fresh fruit		
<b>Drinks</b>	Water, Squash		
	Gluten Free Option	Vegetarian Option	Meat Option
<b>Day 3</b>			
<b>Breakfast</b>	Gluten Free Cereal	Cereal	Cereal
<b>Snacks</b>	Fresh fruit		
<b>Drinks</b>	Water, Squash		

