

Min-y-Don

CHRISTIAN ADVENTURE CENTRE

www.minydon.com

adventure & excitement - rest & relaxation



Further Information for Families and Individuals

We are very much looking forward to welcoming you to Min-y-Don. The following is some helpful information to assist in the smooth and safe running of your stay.

ARRIVAL

Accommodation is available **from 4.00pm** and an evening meal is usually served at 6.30pm. If you are likely to arrive later than that please let us know and we will save meals if requested, (it may be difficult to keep meals later than 8.00pm).

TRAVEL

For those travelling by rail all trains stop at Fairbourne, but the nearest station is Morfa Mawddach which is a request stop. We can arrange for you to be met at either of these stations. Please phone to let us know the arrival time.

BEDDING

All rooms for family 'Houseparty' weeks (summer holidays, May - June half-term and Easter) have the beds fully made up with sheets, pillowcases and duvets. Extra blankets are always available in the rooms if any guests wish to borrow them. Extra pillows can be provided if required. Please bring your own towels.

MEAL TIME DUTIES

Everyone has the opportunity to give a small amount of help in the dining room after meals. This doesn't take long and helps everyone to feel at home.



EPILOGUES

Each evening, usually at 9pm, we hold a short informal epilogue to end the day. We hope that it holds something for all ages and it often incorporates song, drama, testimonies and short talks. No-one is under any obligation to attend these meeting times or the short worship service which is held on Sunday morning.

DAYS OUT

During our organised summer holiday family weeks we provide a packed lunch on two days (usually Tuesday and Thursday). These 'off-site' days are to give an opportunity to get out and about in the surrounding area which has so much to offer families looking for a great day out together. See www.visitwales.com

During our summer weeks, guests that would like to have the option of Tuesday and Thursday being organised for them can spend Tuesday morning doing activities on-site and then join us on the Fairbourne railway in the afternoon for a ride down to the beach where our staff team will organise children's games whilst the parents either relax in the café or pitch in with the sand castle building!

On Thursday we arrange a day-trip into the nearby town of Barmouth. Again we organise beach activities leaving parents free to explore the town, browse the market or simply enjoy sitting quietly in one of the many tea-shops.

For those keen on their mountain walks, we organise a day out on the Thursday to climb Cadair Idris. This mountain stands 2927 feet high and is the most popular Welsh mountain to climb other than Snowdon. After making packed lunches here we set off in cars to the foot of Cadair, climb via the Pony Path route and return to the cars usually at about 4 - 4.30pm. Over the years all ages have enjoyed climbing this spectacular mountain.

DIETARY REQUIREMENTS

If you require a special diet for medical reasons or because you are vegetarian it would be helpful if you could let the Centre know two weeks before your stay.

DEPARTURE

We ask that guests vacate their rooms by 10am on the day of departure. For weekend guests, unless otherwise requested, rooms need only be vacated after lunch.

PARENTAL CONSENT FORMS

It is a legal requirement for under 18s to have parental consent for the activities they may take part in when you are not actually there with them. Just complete the enclosed form(s) and either post them back to us or hand them in when you arrive.

WHAT TO BRING

The following list gives you an idea of the clothing, footwear and other items which are needed for participating in the outdoor activities. Some items (as indicated) can be borrowed or hired from the Centre. All specialist equipment is provided.

Watersports

Swimwear, warm clothing, old trainers (the Centre has a small supply which can be borrowed).

Climbing, abseiling, ropes course, cycling, aerial runway, archery

Tracksuit trousers or leggings, trainers, long sleeved top.

Walking

Walking boots and waterproofs (these can be borrowed from us if needed), warm clothes, thick socks, small rucksack, flask and cold drinks container.

Other items

Torch, towels, sports clothing and equipment. Tennis, putting, table tennis and pool equipment is available for you to use, though you are welcome to bring your own if you prefer.

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