



## 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 service which is held on Sunday mornings during August Family Fun weeks.

## DAYS OUT

During our family holiday weeks we also organise some excursions. These days 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](http://www.visitwales.com)

Guests that would like to have outings organised for them can spend one 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 another day 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.

During August Family Fun Week we organise a day out to climb Cadair Idris. This mountain stands 2927 feet high and is the most popular Welsh mountain to climb after 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 5.00pm. Over the years all ages have enjoyed climbing this spectacular mountain.

## 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.

## DIETARY REQUIREMENTS

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

## MEAL TIMES

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.

## 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.

## 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 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

Suitable outdoor clothing (preferably not jeans) and appropriate footwear

### 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.

*adventure & excitement - rest & relaxation*

**Min-y-Don**  
CHRISTIAN ADVENTURE CENTRE

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