



Family Activity Holidays 2016

Thank you for your interest in the summer family activity weeks here at Adventure International. The idea started in 1995 and has proved so popular that we've been running them ever since.

The week begins with arrival on Saturday afternoon allowing a leisurely journey to the centre and the rest of the day to settle in enjoy your evening meal and the first entertainment that night.

Sunday has a nice leisurely start to your time with us, with breakfast and the morning to explore Bude. That afternoon we have our welcome meeting and introduction to the week and your first activity. Evening meal and evening entertainments follow.

Throughout the rest of the week we provide two main activity sessions a day with a selection on offer each day, which you can choose to do or not depending on your mood or the weather! You can also do differing activities among your group. The children may wish to do an activity whilst the adults relax on the beach? It's your holiday, do as much or as little as you want!

Young children are also very welcome here at the Centre. Unfortunately, due to our insurance and the size of our buoyancy aids and other safety equipment, children under the age of 8 are not allowed on the activities - this is for their own safety. However, Bude itself offers a multitude of other activities which will keep them happily entertained for the week.

Here at the Centre we have 74 bedrooms, all with en-suite shower rooms and central heating. Although there may be more beds in your room than you require, you will not be expected to share with anyone outside of your family. All bed linen is provided but you will need to supply your own towels and toiletries.

We provide 3 hearty meals a day and there is a vegetarian option available at all times. If you require anything out of the ordinary e.g. a vegan/wheat free/nut free diet, please let us have this information on your booking form and catering for you will not be a problem.

It's really your chance to have a second childhood - all you need is a sense of humour. I can assure you it's a fantastic week!

This year we will be offering 3 weeks during the summer, as follows:

Week 1
30th Jul – 6th Aug

Week 2
6th Aug – 13th Aug

Week 3
13th Aug – 20th Aug

In order to keep things simple, all weeks will cost the same and rooms will not attract an occupancy supplement. The 2016 price list is enclosed for your information. The cost for the activity holiday includes all food, accommodation, activities, instruction and equipment.

If you would like to reserve places on one of our weeks, simply complete the enclosed booking form and return it to the office, along with a deposit of £50.00 per person (cheques made payable to Adventure International Ltd).



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Sample Activity Programme

(please note this is a sample as there will be a range of activities available daily and the choice of what you do is yours you may wish to surf most days or head to the beach, all activities are optional)

	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	
A.M. Session			Run / Swim	Run / Swim	Run / Swim	Run / Swim	Run / Swim	Run / Swim	Depart
P.M. Session	Arrival	Caving	Kayak	Climb	Mountain Board	Abseiling	Body Boarding		
Eve Ents	Disco	Just Dance	Karaoke	Fancy Dress	Talent Night	Family Quiz	Presentation		

Family Activity Price List

Activity Holidays 11 x Activities, 7 x Eve Entertainments, 20 Meals & 7 nights Accommodation	
Adults & children over 8 years	£325
Unaccompanied Child 9 – 17 years *	£425
Accommodation & Food 7 x Eve Entertainments, 20 meals & 7 nights Accommodation	
Adults & Children aged 12 to 18+ years	£285
Children aged 3 to 11 years	£185
Children under 3 years	FREE

*Unaccompanied children are welcome at the centre and can join us for a week of activities and fun. There is an increase in cost as we ensure they are supervised 24 hours a day.