

# ADVENTURE WEEKS



## 5 fantastic days 17 exciting activities

Surfing Assault Course Archery Orienteering Abseil

The Big Zip Wire Rockets & Riddles Swimming pool Crate Stacking

Climbing wall Rafting Body Boarding Scavenger Hunt Pool Kayak

High Ropes Tunnels River Kayak



First child  
**£149**  
Additional  
Children  
**£129**

Five  
action-packed  
days for  
the price  
of four

[www.skernlodge.co.uk](http://www.skernlodge.co.uk) **01237 475992** [skern@skernlodge.co.uk](mailto:skern@skernlodge.co.uk)

Adventure weeks for kids from 8 to 16 years old - Activities run 9.15am to 4.45pm Monday to Friday - Full supervision from 8.30am to 5.30pm -

Lunch break from 12.30pm to 1.30pm - Bring your lunch or pre-book one from Skern - Bookings taken over the phone if you prefer to pay by debit/credit card

SUMMER ADVENTURE WEEKS	Mon 23 - Fri 27 July	Mon 30 Jul - Fri 3 Aug	Mon 6 - Fri 10 Aug	Mon 13 - Fri 17 Aug	Mon 20 - Fri 24 Aug	Mon 27 - Fri 31 Aug	Age
Participants Names							
1.							
2.							
3.							
4.							

Tick here for 5 days packed lunches @ £25 per person

**Please inform us of any medical conditions, no-swimmers or special diets**

I wish to book \_\_\_\_\_ places for a total of £\_\_\_\_\_.

Cheque enclosed made payable to **Skern Lodge**.

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Emergency telephone: \_\_\_\_\_

**Skern Lodge, Appledore, Bideford, Devon. EX39 1NG**  
**Phone: 01237 475992**

**Email: [skernlodge.co.uk](http://skernlodge.co.uk) Website: [www.skernlodge.co.uk](http://www.skernlodge.co.uk)**

## **Adventure & Risk**

Our philosophy is simply we want all our guests to have fun & adventure, to learn something new & enjoy themselves safely. Adventure activities are not completely without risk. Whilst the chances of serious injury are extremely remote, the chance of minor injury has to be seen as a possible outcome – to much the same extent as in normal active play at home, school, work or on holiday. We aim to run activities that are accessible and enjoyable for all. If you or any members of your party have a medical condition or special need, we can talk you through the activities and you can then decide if you think you'll be able to manage it, with guidance from our instructors.

## **Your responsibilities**

To help us to look after you best whilst you're with us, we'll need you to do a few things:

- Advise us in advance of any medical conditions or special needs we should be aware of, so we can look after you safely & well
- Provide us with an emergency contact and telephone number for your time at Skern
- Arrive on time. Usually 0915 for mornings and 1330 for afternoons or any other time we have specifically arranged with you
- Wear/bring suitable clothing (see the details below)

## **Food & Drink**

If you are with us for the day, you can pre-order a packed lunch or alternatively bring one with you. There are water fountains to keep hydrated and fill up your water bottle and we have a soft drinks vending machine.

## **What do I wear?**

Dress for the weather! All of our activities are great in all weathers, so keep an eye on the forecast. Bring along a coat if it looks like rain, or sunglasses, suncream & a hat if you think it might be sunny.

If you are on a dry activity, wear clothes you don't mind getting dirty. Ensure you're relatively covered up to help avoid scrapes and scratches and wear some shoes that can be tied on or won't slip off whilst you're undertaking the activities.

If you're on a wet activity, bring your swimming kit and a towel and some old trainers or shoes that you don't mind getting wet. We'll supply the wetsuit etc.

All activities require that long hair is tied back and that jewellery is removed or taped up prior to the session starting.

Please get in touch if we can help with any aspect of your visit. We look forward to seeing you!

**PLEASE CONTACT US IF YOU WOULD LIKE YOUR DETAILS TO BE REMOVED FROM OUR MAILING LIST**