

# The Christian Adventure Centre | Viney Hill

*“Inspiring Growth through Adventure”*

Bespoke residential visits and activity days



The Christian Adventure Centre  
Viney Hill



Cladding/Ceiling/Exiting/Windows  
Certificate No: 2082015 4715  
AAIA No: 132088/01038

## Accommodation 2018

The Christian Adventure Centre is a unique place to relax and discover the great outdoors through adventurous and challenging activities in a supportive and nurturing environment. Nestling between the River Severn and River Wye in the beautiful Royal Forest of Dean, we have 3 different types of residential accommodation and a day facility. Each unit is let exclusively to one group at a time, we have booked The Old Vicarage which accommodates up to 40 people. Bedding is provided although children will be required to make up their own beds.

## Activity Information 2018

Unless otherwise specified, activities take approximately 3 hours, starting and finishing at the Centre, with a 10-minute break. Session times are as follows:

Morning Activities: 9.15am – 12.30pm

Afternoon Activities: 1.15pm – 4.30pm

Evening Activities: 6.15pm – 9.30pm

Safety is of paramount concern and the centre has a strict ratio of 10 participants per instructor, plus one adult leader aged 18 years or over. Stringent safety regulations and guidelines from the relevant national governing bodies regulate the activities offered. The centre is

- inspected regularly and approved by the Adventure Activities Licensing Service (AALS)
- approved to deliver the National Navigation Award Scheme
- members of the Mountain Leaders Training Association
- accredited by Learning Outside the Classroom and have been awarded their Adventure Mark quality badge.

## Activity Information 2018 – Pupils will take part in 8 activities selected from

**Archery** is a sport for all ages and abilities. Our excellent outdoor range provides the opportunity to take part in this most ancient of skills using modern equipment, under the guidance of experienced, qualified instructors. We are able to offer basic introductory sessions or advanced skills coaching as required. *Physical effort – moderate*

**Bridge Building** involves getting from one side of a small quarry or stream to the other by setting up a rope bridge, using your initiative and developing your and team-building and design skills. Our instructors will provide basic equipment and give helpful hints! *Physical effort – moderate to strenuous*

**Introduction to Bush Craft** is one of our most popular activities, introducing basic bush craft skills, such as how to find food and water, how to build a shelter and make a fire. Suitable for participants of all ages and abilities, it's a great way to discover more about our natural environment. Advanced sessions are available on request. *Physical effort – moderate*

**Crate Stack** is a real team challenge which involves balancing at height. Everyone is involved in making a tower out of crates. See how high you can go, whether you are trying to beat your personal best or the group record! *Physical effort – moderate*

**Geo Caching** The future has arrived! Let satellites guide you around our high-tech course, with a few surprises. *Physical effort – moderate*

**Low Ropes** is a fun and memorable team-building challenge on a low-level course which will help you to develop confidence as a group. It's suitable for groups of mixed ages and abilities whether or not you have worked together before. *Physical effort – moderate*

**Navigation** will teach you the basic skills of map reading. You will use these skills to find the markers on our navigation course. Teambuilding elements can be included to make this activity more challenging for older groups or those with previous experience. *Physical effort – moderate*

**Photo Orienteering** Follow our fantastic trail of unusual views and strange sights – a new twist on map reading. *Physical effort – moderate*

**Forest Walk** Let our instructors guide you through the forest and discover some of its history during the day, enjoy the setting sun of a summer's evening or the thrill of a winter walk in the dark. This activity can be tailored to suit the needs and ability of your group. *Physical effort – moderate to strenuous*

**Rocket Science** A fun introduction to the science of rockets which will ignite your imagination. Through a series of interactive experiments, you will learn about and test launch our educational jet-propelled rockets. *Physical effort – moderate*

**Team Building** offers a variety of short initiative games and activities within the grounds of the Centre, which help to develop group skills such as communication, planning, problem solving and teamwork. Group goals are decided at the start of the session which can be tailored to develop leadership skills. *Physical effort – minimal to moderate*

**Climbing Wall** is an excellent introduction to climbing skills, from balance to belay. Your group will learn to work together and operate as a team with all members being involved. Whilst one person is climbing, others learn the rope-work skills that go with belaying. Suitable particularly for the novice climber. *Physical effort – moderate to strenuous*

## Meals

**Breakfast:** Served at 8am, to include

- Choice of cereal
- A hot item such as a bacon bap, sausage bap or beans on toast
- Choice poached or scrambled egg for staff
- Squash, tea and coffee

**Lunch:** Available from 12.30pm, to include

- Rolls with a range of fillings such as cheese, turkey, egg mayonnaise, ham
- 'Home-baked' cake or flapjack
- Crisps
- Carton of juice

**Dinner:** Served at 5.30pm, to include

- Main course, ( we have a list of main courses as shown below and will select our menu choice nearer the date)
- Home cooked hot pudding e.g. treacle, chocolate or baked apple pudding served with custard or cream
- Squash, tea and coffee

Main Course Dinner Choices
Bangers with mash, peas and gravy
Breaded chicken with potato wedges, sweetcorn, coleslaw and barbecue sauce
Pasta bolognese, with cheese, garlic bread and salad
Cottage pie with mixed vegetables and gravy
Jumbo cod fish fingers with chips and peas
Vegetable lasagne with garlic bread, sweetcorn and salad
Chicken and vegetable curry with rice and naan bread
Sweet and sour chicken with stir fried vegetables and rice

## Essential Kit

### What to bring if you are staying here

- ✓ Water bottle
- ✓ Warm hat and gloves
- ✓ Waterproofs
- ✓ Walking boots or trainers with good tread
- ✓ Sun block cream and cap/sun hat/long sleeved shirt (depending on the weather)
- ✓ Washing kit
- ✓ Towels x 2
- ✓ Medication i.e. inhalers, anti-histamines (e.g. Piriton in case of allergic reactions)
- ✓ At least 3 complete changes of clothes (old clothes)

### What to leave at home

- ✓ iPods, MP3's, tablets, radios, TV's
- ✓ Computer games
- ✓ Mobile phones
- ✓ Best clothes
- ✓ Valuables, including jewellery
- ✓ Good jeans
- ✓ Shell suits

**If you like it - leave it at home!**