

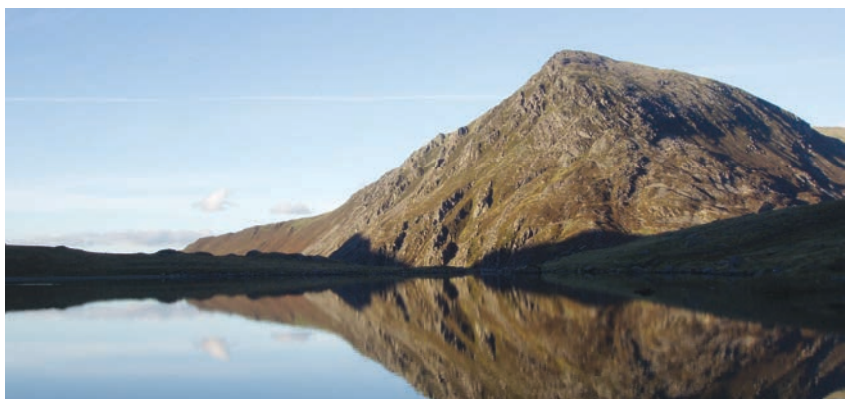
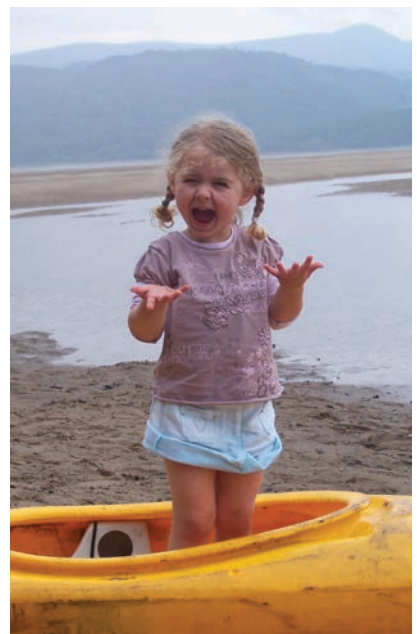


## Information for Families & Individuals

Each year, during school summer holidays, Min-y-Don organises holidays for families and individuals. On all our family holidays we aim to offer a perfect mix of adventure and excitement plus rest and relaxation.

Min-y-Don provides a unique setting for family holidays. Set against the spectacular backdrop of the Cadair Mountain Range on the southern edge of the Snowdonia National Park and located on the shores of the Mawddach Estuary, the centre stands in 13 acres of gardens and woodland.

Holidays at Min-y-Don offer something for everyone and memories to treasure forever. Read on to find out about all the exciting things we have to offer...



# Family holidays at Min-y-Don

A week's typical programme will include:

## Arrival day

Arrive between 4 – 5.30pm in time for a cooked evening meal at 6pm. After your meal take the time to have a look round Min-y-Don as we take you on a tour of the grounds and give you lots of useful information to help you enjoy your stay.

There's usually time for an evening game and an epilogue too as you settle in ready for an exciting and/or relaxing week, the choice is yours.

## On-site activity days

We pack the week with all our fabulous on-site activities. Everything is right on our doorstep so you can be active all the way from breakfast until bedtime if you like. For many years Mums and Dads, children and teenagers have found just the right mix on holidays at Min-y-Don.

Do as much or as little as you want. Just sign up the night before for whichever activities you would like to try. All ages of children can be kept active and can be supervised by our Instructors whilst parents enjoy a rest. We know that it's always fun to join in activities together as a family (or maybe it will be the parents



running around whilst the children put their feet up!). Some activities are challenging and exciting, others are more restful and relaxing. See our website [www.minydon.com](http://www.minydon.com) for details of the wide range of activities we have on offer.

## Off-site trips

This area of Snowdonia is packed full of things to do and great places to visit. As well as enjoying all the Min-y-Don activities families often like to head off to explore some of the local tourist attractions (packed lunch provided).

To give families more choice and variety, on two of the days in each of our family weeks we organise excursions. One of these is a ride on the Fairbourne Steam Railway followed by fun and games on the beach.

Another outing is a walk to the nearby town of Barmouth. Again our team will occupy the youngsters on the beach with activities whilst parents can browse round the town and visit the tea-shops and market stalls.

During August Family Fun weeks we offer a guided walk up the local 'big mountain', Cadair Idris. Standing at 2927 feet it is a whole day out but is suitable for all ages to sample a fabulous Snowdonia mountain top experience.



## Every day

Every evening of the week finishes with an evening wide game and then epilogue at 9pm. Once we have served up the hot chocolate and biscuits you can head for the games room, relax in the lounge or head for bed to store up energy for another exciting day tomorrow.



# Activities

All our activities are run right here from Min-y-Don so there is loads to do and it's all right here on our doorstep.

You can pack lots into the day or set your children off on activities whilst you relax, go along and watch, or join in as well. We aim to offer activities to suit everyone so as well as lots of adventurous outdoor pursuits such as canoeing, rock climbing and high ropes we also enjoy our arts and craft, nature studies and treasure hunts too.

Activities include:

kayaking, canoeing,  
raft building, rock climbing,  
abseiling, archery, orienteering,  
aerial runway, hill walks,  
high & low ropes courses,  
trail cycling, treasure hunts,  
team building games  
and much more!

Visit [www.minydon.com](http://www.minydon.com) for a full list of activities



## Accommodation

We like to give families lots of choice about what type of accommodation you have whilst on holiday here at Min-y-Don.

We have either family rooms for parents and children to share, or twin and single rooms, many of which have en-suite bathrooms.

All rooms for family holidays have bedding provided. Guests do need to bring their own towels.

## How to book

Contact us first to check availability, then a provisional booking can be made. To confirm the booking please go to [www.minydon.com/book](http://www.minydon.com/book). The balance of fees is then payable on arrival.

Your booking becomes a confirmed booking once the form and deposit are acknowledged by us in writing. We will also send you any additional information you require at this stage.



## Health & Safety

Health & Safety is first and foremost in our planning for any group here at Min-y-Don. We have AALS Approved Risk-Assessments & Activity Procedures, a copy of which can be supplied upon request.

Min-y-Don has continually been updated, modernised and extended and meets all safety, fire and health regulation requirements.

Min-y-Don Christian Adventure Centre is a Government Registered Activity Provider and is registered with The Adventure Licensing Service as licensed to provide specified activities under the following headings: Kayaking, Canoeing, Raft Building, Rock Climbing, Mountain Walking and Abseiling. Licence details can be confirmed by calling The Licensing Service on 02920 755715.



## Contact Details

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Email: [holidays@minydon.com](mailto:holidays@minydon.com)

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adventure & excitement - rest & relaxation

# Min-y-Don

CHRISTIAN ADVENTURE CENTRE

SEPTEMBER 2012

