

Min-y-Don

CHRISTIAN ADVENTURE CENTRE

Adventure and Excitement – Rest and Relaxation



Activity Portfolio



Abseiling

Climb not a cliff or man-made tower - but a large Scot's Pine! Meet your Instructor on the platform 30ft up and then Free-Abseil down (ie. hanging in space)!



Archery

Learn the skills of this ancient sport, with plenty of fun along the way. A firm favourite, archery keeps people coming back for more, time and time again. Whether complete novice or old-hand, we guarantee that you'll be shooting better by the end of the session - when you can test your skills in a competition!



Bushcraft

NEW in 2008. Looking at the fundamental elements of Survival - Fire, Shelter & Water, based at our own 'Bushcraft-Manor', somewhere(!) in the Min-y-Don woods. Firelighting, Shelter-building, Foraging, etc, etc.



Canoeing

Open Canoes, up to four people in a boat. (Guaranteed renditions of the Hawaii 5-0 theme by those who know it!).



Crate Climbing

Crazy, fun, and very popular! Build and climb towers that you make out of milk crates. Climb for fun or as a team competition to accumulate the most crates. 10 is a reasonable score - but the Min-y-Don record stands at 35 - don't try this at home!





High-Ropes Course

Vertical Challenge

A Vertical Assault-course of poles & rope-ladders. Help a friend - or race them!

Step Across/Balance Beams

2 for the price of 1! Two activities on the same element. The most confident of climbers try 'The Sloth'...

Trapeze Jump

Jump solo, or together, for a bar 30ft above the ground. Then, if you want, we'll move the bar further away for your next attempt...

The 'Scales of Justice'

New in '06. More of a team-challenge. Cross platform to platform via the wobbly planks, as your team-mates attempt to steady them. Try it in a two and attempt to pass half-way across.



HillWalking

We can recommend or lead walks from the centre to suit all abilities: from a stroll along the estuary and over local fields, to a day's walk up Cadair Idris, our local high mountain.

Min y Don Investigators

This follows the line of our most popular walk, up the Arthog Waterfalls and across fields to Cregennan Lakes. This is a 4-mile walk, taking either a morning or afternoon to complete. Instead of staring at their feet, youngsters are encouraged to look around them, answering questions, matching up cryptic photo's and even getting scored on their attempts to make a model boat! Intended for school children.



Kayaking

Paddle a boat each. Head out across open water, or explore upstream, great fun for all ages!



Low-Ropes Course

A new course rebuilt in '06. Including rope swings, Cargo-Net, and the 'Buoy-Ahoy!' Challenge. Low-ropes elements to test your physical and mental agility.



Orienteering

Five courses to choose from. Progress through as many as possible - from the practice Blue Course by the Centre, to the White, Yellow, Orange and Green, taking you around the whole of our 13 acre site.



Problem-Solving Games

MYD Agents

As trainee Min-y-Don Agents, your team are set a wide variety of problem solving/team building tasks around the grounds. Complete as many as possible in the time.

Problem-Solving Games

An alternative to AGENTS - longer and more involved tasks up in the woods, more suited to those aged from 11yrs to adult.



Rock-climbing

Using our very-own on-site cliffs. The Quarry is ideal for Juniors, or in bad weather. The Main Cliff has five Intermediate to Hard routes to challenge all-comers!



Safari

A range of Environmental Study activities, which may include elements of Woodland Investigation, Beach Study, Bird Watching and Geology. All specific to our site and surrounding area.



Trail-Biking

Ever thought about how to ride a bike? We are privileged to have the beautiful and popular Mawddach Estuary Trail right on our doorstep. Using easy riding in the area, we aim to introduce guests to skills that they can use in more demanding terrain when they get home!





Treasure Hunts

PIRATE Treasure Hunt

The treasure hunt that leads to the booty! Participants use memory and pacing skills to find and collect wooden seals which will lead to clues to where the treasure lies!

Suits age 7yrs to adult.

Junior Treasure-Hunt

Cryptic clues, crayon rubbings & a jigsaw puzzle! - Map-reading for beginners, 11 down to 6yrs or younger.

Advanced Treasure-Hunt

Map-work over a larger area, simple grid references, 10 clues to crack the code and unearth the Treasure-chest!

Suit 10yrs to adult.

Extreme Treasure-Hunt

More scenario than treasure-hunt ! Use map-work, puzzle over cryptic clues and work together to sink the plunger before time runs out. To suit 12 yrs to adult.



Zip-Wire

A very popular activity with all our groups. Try stepping off...or running...or backwards...blindfolded!



Activity Portfolio

Group: _____

Dates of Visit: _____

Number in Group: _____

Please state in the boxes below the activities you would most like to have included in your programme. Indicate the order of preference by placing a 1 next to the most preferred, 2 next to the second, and so on.

Activity	Preference
Abseiling	
Archery	
Bushcraft	
Canoeing	
Crate Climbing	
High-Ropes Course	
Hillwalking	
Kayaking	
Low-Ropes Course	
Orienteering	
Problem-Solving Games / Agents	
Rock-climbing	
Safari	
Trail-Biking	
Treasure Hunts - PIRATE	
- Junior	
- Advanced	
- Extreme	
Zip-Wire	



For many groups staying for a short break or weekend, it is not always possible to include every activity the centre has to offer. Therefore we would greatly appreciate your assistance in helping us to plan your programme of activities.

Are you planning a day or half-day out during your stay at Min-y-Don? This might be a local tourist attraction, or a walk across the estuary bridge to the popular seaside town of Barmouth. If so, please give brief details below, so that we can timetable it into your programme. Please contact us if you would like some ideas or suggestions for days out.

Time required off-site: (Whole day / Half-day) *delete as applicable*

After evening meals, it is usual for our duty-staff to organise the following:

- **An evening game**, usually from 7.30-8.30pm. This may be either a ball game (eg. Prison Ball on the tennis court or Danish Long Ball up in the woods) or a wide-game (Sardines, MYD Smugglers, Haggis Hunt, Hunt the Flag, etc).
- **A Thought for the Day**, or Epilogue, usually at 9pm (followed by the Tuckshop, or supper for school groups).

NOTES:

Activities are subject to availability and extremes of weather, so, although we will work hard on your programme, **we cannot guarantee to include every preference on this planner.**



Water-based activities:

Being on a tidal estuary means that watersports must be scheduled at the safest stages of the tides at low or high-water. As there are limited times to do this in any one stay, we would request that groups choose only **ONE water-based activity for their programme.**

A provisional programme of activities will be sent out to schools for their approval. All other groups may receive a copy of their programme on request.

Please return this planner promptly, so that we can start work on your programme as soon as possible.

Thank You.

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