

MOUNTAIN BIKING ADVENTURES

HOW MUCH ADVENTURE CAN YOU HANDLE?

AT VISION VALLEY, YOU WILL HAVE AN AWESOME TIME,
DEVELOP SKILLS AND CREATE MEMORIES THAT WILL LAST A LIFETIME!

Friday 9th July 2010

Additional days can be added as per demand

- TIME:** 9:00am to 5:00pm
AGE: Adventures from : School years 5 - 10
INCLUSIONS: Every participant is provided with a mountain bike, helmet, shin and elbow guards.
INSTRUCTORS: Our instructors are trained in Outdoor Recreation and uphold the highest philosophy of safety.

THE PROGRAM:

Want a day full of adventure activities paired with our newest activity here at Vision Valley Mountain Biking? Our NEW Mountain Biking Adventures day camp is designed to be action packed, fun, interactive, and full of activity. The mountain biking component will include mountain bike skills, negotiating challenging terrain, negotiating tricky situations and a plethora of trail riding. To top off the day, we will throw you off our adventure activities such as the flying fox, giant swing, leap of faith and/or rock climbing or if you prefer a more relaxing end to your day, perhaps a spot of canoeing or archery.

WHAT TO BRING:

- 🚲 Bring a packed lunch, morning and afternoon tea
- 🚲 Appropriate clothing for weather and outdoor adventures (including wet weather gear)
- 🚲 Enclosed shoes, hat, water bottle and sunscreen and a change of clothing
- 🚲 Money for snacks / souvenirs (only if you choose to)
- 🚲 It is not advised for you to bring valuables that may be lost or broken.

OTHER CONSIDERATIONS:

We are a **NUT FREE** site for the safety and health of those with allergies. Even if you are not at risk, for some it can be dangerous to have contact with nuts.

BOOKINGS:

BE QUICK as places are limited*
\$90 per person per day

****** Ask us about the childcare rebate available to some applicants.**

BOOK NOW...

Contact our friendly staff at Vision Valley Reception on
02 9655 2600

or visit our website www.visionvalley.org.au

* Places are limited and minimum numbers will be required for the day to run



Programs are also available
at Mangrove Mountain Retreat.
Ask one of our staff for more information.

Wesley Mission is a part of the Uniting Church in Australia.
ABN 57 996 964 406