

ADVENTURE BREAKS

FOR YOUNG MEN
18th-20th June, 2010



MOUNTAIN BIKING!

Bundaleer Forest

LEAVING FROM:

Westcare, 216 Wright St,
Adelaide, Friday, 9:30 am

RETURNING TO:

Westcare, 216 Wright St,
Adelaide, Sunday, 4:00 pm

- Day 1:** In the Troopy we head to Bundaleer Forest with a lunch stop at Clare on the way. Ride the Mawson Trail through the forest, settle into camp for hot fire-cooked pizzas!
- Day 2:** A cooked brekky with bacon and eggs, then set out on the bikes for a Treasure Hunt. Follow the clues through the forest, tackling the physical and mental challenges on the way till you find the treasure. Talking-circle round the fire after a Chicken stir-fry dinner.
- Day 3:** Up early and pack. Cycle along the Mawson Trail through the rolling hills to Bundaleer Reservoir for lunch, then return to Adelaide via the Clare Valley to round out a great weekend away!

CONTACT US:

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A program
delivered by:



Baptist Care (SA) Inc

Your checklist of what to pack:

- **Comfortable clothes for riding:** not new stuff, we might get wet and dirty!
- **A warm jumper or top:** to put on when we stop
- **A change of clothes and towel:** to dry and change at the end of the day
- **Old closed shoes for riding:** they need to cover your feet for protection but could get wet and dirty, no thongs or sandals
- **Sunglasses**
- **Camera:** if you like - we have a camera as well
- **Music CDs:** if you like - for tunes in the vehicle on the way there and back home

Your checklist of what to leave at home:

- **Drugs and alcohol:** All our programs are drug and alcohol free, however smoking tobacco is permitted. Personal medication prescribed by a qualified medical practitioner is held by staff.
- **MP3 players:** We can listen to CD's and/or the radio in the vehicle while we're traveling.
- **Mobile Phones:** We have phones for emergency use - yours could get lost or broken.

Adventure For Life!

We'll supply you with the following:

- **Transport:** in our 4WD 10 seater Toyota Troop Carrier
- **Lunch and snacks:** please let us know before the day if you have special dietary needs
- **Rain jacket:** yep, we ride in the rain!
- **Adventure gear:** Mountain bike, helmet and day pack
- **Sunscreen, insect repellent:** and a hat if you haven't got one!
- **GOOD COMPANY AND A GREAT TIME!**

Our values:

- **We're here because we want to be here**
- **We respect - Ourselves, Each Other, The Environment and Our Equipment!**

FIRST-TIMERS:

Remember to fill out an INDUCTION FORM and ACTIVITY CONSENT FORM and get them back to us as soon as you can - you can download copies from our website on the "Get Involved" page

OLD-TIMERS:

Remember to fill out an ACTIVITY CONSENT FORM and get them back to us as soon as you can

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