

## TOP TIPS AND HANDY HINTS FOR ACTIVE LIFESTYLES WEEKENDS AT THE RAYMOND PRIESTLEY CENTRE

### Depart from Munrow Sports Centre at 4pm on Friday

#### Arrivals

- There is a 10 minute walk to the Centre from the coach drop off point. It is on a single track road.
- Luggage will be collected and driven down to the Centre by Land Rover. A torch is handy for the walk down to the Centre.

#### Accommodation

- Rooms are for 4 or 6 people and have bunk beds.
- We provide bed linen but not towels or toiletries.

#### Meals

- The weekend is self catering.
- The kitchen is large and all plates, mugs and utensils are provided.
- There is a refrigerator.
- We provide t-towels.

#### Activities

- Each morning we will decide on the most appropriate activity options for the day. Everyone can then choose their preferred activity.
- Most activities run on a half day basis so you can do two activities on Saturday and one longer one on Sunday.

#### Centre tidiness

- Everyone is responsible for tidying up after themselves, especially cleaning up after they have cooked their meals.

#### Departure

- After a long morning activity and a late lunch everyone helps to tidy the Centre and the coach departs at **4pm on Sunday**