

OUTDOOR ADVENTURE CAMP | GARDA, ITALY

JUNE 30TH – JULY 13TH 2010

This residential 'Outward Bound' style camp is a wonderful experience, full of fun, adventure and back to nature activity, building life time friendships in an idyllic environment. We invite both boys and girls who enjoy being actively involved in mountain and water sports. This camp is for students from Middle to Senior school. Ages 11 – 18.

Living Style

The privately owned hut is nestled in a valley of its own in 2 acres of grounds, in an area of natural beauty. The unspoiled landscape and open space for activity gives students a feeling of freedom. The facilities though spartan, provide sufficient comfort. It provides "Matratzenlager" (mattresses and camp beds) type sleeping for up to 20 students. Plentiful good healthy food is provided at the hut with occasional Pizzeria visits. The house was recently renovated with new bathrooms and electricity! However there is no electricity in the Matratzenlager, so don't worry the atmosphere will be as exciting as ever with camp fires and candlelight! Spaces are limited so get your registration in quickly. First come, first served!

Location

The camp is based in a mountain hut 3kms away from the village of Lenzumo in Val di Concei. The almost vertical east flank of Mount Cadria, 2400 meters rises directly behind the hut, which is a 5 minute drive from Lake Ledro, where we do all our water sports. Lake Ledro is about 20 minutes drive from Riva on Lake Garda.

Activities

Mountain hiking, Mountain Biking, Rock climbing, Klettersteige, Catamaran sailing, Lake swimming, Volleyball, Beach Volleyball, Soccer, Basketball and more!

A typical day at the camp would start with a good breakfast with eggs and bacon or pancakes fruit, cereal. This way the boys and girls have lots of energy filled food for the day. Depending on the weather we take packed lunches and head off for a mountain sport which takes us away from camp for the day. Alternatively we spend half a day doing mountain sports and then continue the afternoon at the lake with water sports and ball games. On return a wholesome home cooked meal is ready for dinner! In the evening the students often continue playing sports and games till it gets dark! Then large camp fires, guitar and drums, card games or just sitting and chatting concludes the day.

Fun, new friendships are formed with a sense of achievement before they rest themselves in their cosy sleeping bags in the Matratzenlager!

Equipment Requirements

- Sleeping bag
- Mountain back pack large enough for a day trip, to carry, waterproof clothing, lunch and drinks.
- Supportive well fitting mountain boots with a stable ankle support
- Sports Shoes

Further requirements will be detailed after registrations.

Cost of Camp

The total cost of the camp is € 1140. This covers 14 days, travel to and from Italy, local transportation, food, rental of boats and climbing equipment, and activity supervision. If students do not bring their own mountain bike, they would have to pay for rental which is about € 30.

Registrations should be made on the accompanying form with full payment by **Monday, May 31st 2010**.