

# LLAIN ACTIVITY CENTRE

**GREAT ADVENTURES IN THE HEART OF WALES**



Whether you're planning a school trip or group visit, a holiday with family or friends, or if you fancy trying something exciting and different, take a look inside to see what we can offer...

*"Live life by the fingernails. Totally awesome experience. Great food. Fantastic activities. Brilliant staff. They even managed to manipulate the weather"* **The McLaren Family**

# Why not come and try some new activities today!

Llain Activity Centre is a friendly, family run activity centre set on the beautiful mid Wales coast. The centre has been under the same continuous ownership and management since it was established in 1991.

The owners and managers, Ken and Delyn Ness, are always ready to welcome you, attend to your needs and ensure the highest standards during your stay.

## ACTIVITY IS OUR No.1 Priority

Set amongst the beautiful countryside of coastal mid Wales, Llain Activity Centre provides the ideal location for a residential activity holiday. It is an unspoilt area famous for its **blue flag beaches and wildlife**. Llain is tucked away from main roads and is only a mile from Cardigan Bay, which boasts abundant wildlife including a resident population of Bottlenose dolphins.



### 10 Reasons why you should visit Llain

- Fantastic value
- Friendly professional staff
- Wonderful rural location
- Excellent food and accommodation
- Good quality equipment
- Wide range of high quality activities
- Free places for group leaders (1:10)
- 3 Activity Sessions per day
- Additional evening activities
- No surcharge guarantee

*"Thank you for our wonderful holiday. It's been a real experience and something we'll talk about for years to come."*

**The Morgan Family.**

The majority of our activities take place on or around our 10 acre site and this enables us to concentrate on delivering high quality, unhurried sessions. Our ability to deliver three activities per day and an evening session offers superb variety and value.

*“What a week, great food, great activities and staff.”*

**The McGuff Family.**

## WHAT'S ON OFFER?

Introductory **kayaking and canoeing** take place on our own lake. The group can also work as a team to design and build a **raft** and take part in the famous 'round the island' races.

A purpose built **climbing tower** allows your group to experience **climbing** and **abseiling**. The **Sky Tower** with its extra height and advanced features offers further progression. The **high ropes challenge** and 60m metre **zip wire** complete the exciting range of activities.

One of our most popular activities is the **Assault course**. All manner of activities such as bridges, crawls, tunnels, swings and nets and plenty of mud must be overcome before you can earn your stripes. A must for groups of all ages.




**Archery** is another popular activity and sessions are led by our qualified instructors. It can be tried by all ages and abilities and is perfect for family events and groups with a broad age range. Indoor and outdoor facilities are available allowing sessions to take place whatever the weather.

A comprehensive range of **Team Building challenges** completes a wide range of activities on site. **The Great Wall, Swing Thing, The Bomb, Giant's Fingers and Ski Planks** are just a few of the 30 challenging and engaging activities designed to enhance team work and communication skills.

An adjacent private **woodland** provides the ideal location for **orienteeing, bivouacs, wilderness skills and forest adventures**.





'A purpose built climbing tower allows your group to experience climbing and abseiling. Once they have mastered this wall they can move onto the Sky Tower with its extra height and overhang. The high ropes and zip wire complete this exciting activity.'



Our local beach, Cei Bach, is just a mile from the centre. It is an ideal location for **rock pooling, coastal walks** and more advanced **watersports**.

A mile further along the coast lies the pretty coastal village of New Quay. This is where groups can go **sailing** in a beautiful sheltered bay.

In between activity sessions we have a **swimming pool, games field** and **basketball court** to use up any spare energy your group may have.

Evening activities are provided and include a beach visit, the Llain mini-olympics, games, our very **groovy disco**, **campfire with singing**, stories and marshmallow toasting.

## ACTIVITY PROGRAMMES

Great care is taken in the design and content of each programme and party leader involvement is essential to ensure we fulfil the needs of your group. Please ring us or arrange a visit to discuss your requirements.

## EXTRAS

**Dry slope skiing** can be included in your programme. It takes place at a local centre and incurs a supplement. Please ask for further details.

**Off-site activities** are offered to groups looking to develop more advanced skills and build on our on-site activities. These are typically offered to older groups on multi-day courses. Activities include hill walking, mountain biking, canoeing, sea kayaking and rock climbing. Please ring to discuss your groups needs and we can advise on availability and cost.



## SCHOOL GROUPS

Since 1991 we have been welcoming school groups from all over the UK and Ireland. In this time we've learnt what makes a residential activity trip special and we aim to make everyone's experience at Llain unique, memorable, exciting & most of all fun. As a smaller, independent centre we offer a personal, friendly and tailored service. The booking process is simple and we make everything straightforward, hence why Teachers tell us "It's the easiest trip to organise".

Our broad range of high quality activities, excellent staff, comfortable accommodation, superb food and warm, friendly welcome are a few reasons why groups return year after year.



**Don't take our word for it- the comments below are just a small sample of the positive feedback we recently received:**

*"Thank you for a fantastic week again. The children found it amazing and so much fun. The food was great"*

**Isle of Man Primary Teacher (3rd Trip)**

*"What can I say- another excellent week. Everyone has had a great time"*

**Bristol Head of 6th Form (13th Trip)**

*"Another glorious return. Children loved it and as always don't want to go home. We're always made very welcome. Your staff and family are held in great respect"*

**Devon Primary Teacher (4th Trip)**

*"Amazing as always. Activity staff were brilliant- full of energy and enthusiasm- a real inspiration to the pupils. Really love the friendly, family atmosphere- gets me every time"*

**Grimsby Secondary Teacher (4th Trip).**

Sample 5 Day Programme		Morning		Early Afternoon	Late Afternoon	EVENING	Evening
Monday	B	Arrive after Lunch	LUNCH	Ice Breakers	> Raft Building		Beach Activity
Tuesday	R	Climb & Abseil		Orienteering	> Assault Course		Mini Olympics
Wednesday	E	Kayaking		High Ropes	> Zip Wire		Games
Thursday	A	Sailing		Pioneering	> Archery		Camp Fire or Bivi
Friday	K	Team Challenge		Depart after Lunch			



## BTEC COURSES

We have worked with colleges for over 10 years on courses relating to sport and public services. We can deliver the content and meet many of the learning outcomes in units containing:

- Leadership & Team Development
- Communication Skills & Teamwork
- Skills for Land & Water Based Adventurous Activities
- Land Navigation by Map & Compass

We aim to introduce outdoor and adventurous activities to the learner, give them a taste of the range of activities available, and develop their own abilities in these activities. Our courses offer real hands-on involvement and the residential element helps bond the students together. Your students can take part in exciting sports in the fresh air and learn new skills. Add in an element of adventure and you can see why an outdoor course delivers positive results. **Call or e-mail us for more information.**

## GCSE P.E. COURSES

We have been providing GCSE courses for 10 years and have developed a 5-day residential course where pupils can develop skills in canoeing, climbing and orienteering. Training and assessment is carried out by qualified instructors and an outdoor pursuits teacher oversees all courses. The students have found the courses enjoyable and highly motivating. We have worked within the framework of exam boards such as Edexcel, AQA, OCR and WJEC. The courses give students access to two strong practical marks, offers them a residential experience and enhances the variety of sports on offer, increasing the overall value of their GCSE course.



## **PERSONAL DEVELOPMENT, TEAM BUILDING & CORPORATE COURSES**

Our team building activities are suitable for away days, conference breaks, staff rewards & incentives, staff fun days, training and development, corporate events & motivation days.

Our dynamic and purposeful activities are designed to • build trust and respect amongst colleagues • promote initiative and leadership skills • enhance performance - and build empathy and communication skills within teams.

It is very important to us that your day is **rewarding, inspiring, purposeful, inclusive, collaborative and fun- but not frivolous**; with everyone feeling that they have learned something new and experienced a high level of personal achievement.

From **rope challenges** to **raft building**, from **bomb disposing** to **giant spiders webs**, from **forest adventures** to **adrenalin packed high ropes** challenges, we can create a team building programme to inspire your team. **Ring or e-mail to discuss your particular requirements.**



## FAMILY HOLIDAYS

great fun, great value  
& a great experience  
for all!

Running since 2005, Llain family holidays have been a huge success with all ages and abilities with many families returning for a second time. Making new friends, experiencing new activities and getting muddy together are all part of the fun.

Each family have their own chalet consisting of 2 bedrooms, a living room and shower bathroom. Our excellent home cooked food is plentiful and wherever possible locally sourced. Our dining room is a converted barn and offers lots of character.

We provide a fantastic range of activities both on and off site. Our aim is to give everyone the skills and instruction to progress at their own pace whilst having an enjoyable experience and sharing new adventures with the whole family.

The activities are pitched at a level so that everyone can participate and it doesn't matter if you've never tried them before - we just need a bit of enthusiasm and

we'll get you going in no time. Our activities are great fun and our instructors are brilliant at giving you and your family the best possible experience.



The all-inclusive bit means that parents can have a week off from cooking and doing all the organising. It also offers very good value as the activities, equipment and instruction are all included in the price with no hidden extras.

**“Making new  
friends,  
experiencing  
new activities  
and getting  
muddy together.”**



## **SAFETY AT LLAIN**

We are constantly aware of the need to ensure that all activities are carried out to the highest possible safety standards.

We hold all the relevant accreditations, insurance policies and regularly pass Health & Safety inspections with flying colours. Our staff hold relevant qualifications for the sports that they coach and our staff: client ratio often exceeds governing body guidelines. Our aim is to offer an exciting experience and pass on as much knowledge and fun as we can whilst managing risk in an appropriate way.

Llain holds the AALA licence (Reg. No. RO613). Prior to the AALA scheme Llain was accredited by the WTB and has been independently inspected since 1992. Our activity equipment complies with the highest of safety standards and guidelines.

Written procedures for each activity are contained in our Health and Safety policy which is available for viewing by visiting staff.

## **CAMPING FOR SCOUTS, GUIDES AND YOUTH GROUOPS**

Groups from all over the UK and Ireland visit us regularly and the combination of good facilities, high quality activities & a beautiful location means that return visits seem to be the norm. Our camping field comfortably accommodates groups of 30 with all the usual amenities. Adjacent to the camp is a basketball court & swimming pool. Groups can participate in daily activities, we typically provide three activities in a day in activity groups of 10-12. For the above groups we can offer special camping and activity rates. Please contact us for more details and to check availability.



**“Our camping field comfortably accommodates groups of 30 with all the usual amenities.”**





## ACCOMMODATION

**There are two types of accommodation:**

**CHALETS** – six in all sleeping eight people per chalet. All have living space, shower room and 2 bedrooms sleeping 4 people per room in bunk beds. Total number of beds 48

**LODGE** – consisting of 5 rooms sleeping up to 40 people in bunk beds. A modern shower block is located adjacent to the Lodge.

**GROUP LEADERS** – Group leaders are accommodated in their own chalets or mobile homes next to their group's accommodation. All leaders have their own shower rooms, living areas, sleeping accommodation as well as refreshment facilities.

All clients are required to bring their own sleeping bags or bedding with a pillowcase. (Bedding is provided for group leaders).

The Wales Tourist Board awarded the centre 2 stars for its accommodation.



## FOOD

**Food is provided on a full board basis from the evening meal on the day of arrival to a packed lunch on the day of departure. With notice all special dietary requirements can be catered for.**

We understand that healthy appetites develop from lots of fresh air and exercise. We have rave reviews about the catering side of the centre. Fresh Homemade Pizza, Roast Welsh Lamb, the best Chilli in the West and some very lovely Curries are just a few of our specialities. Our highly experienced catering staff will provide you with a choice of healthy and appetising meals. All meals are freshly prepared and where possible ingredients are locally sourced.



# How to find us...

Look out for our brown tourist signs off the A487 north of Llanarth.

We are approximately 50 mins from the end of the M4.

Cardigan is 19 miles south and Aberystwyth 19 miles north.

Our nearest railway stations are Aberystwyth and Carmarthen.

Our postcode is **SA47 0PZ**.

For downloadable directions visit us online at **[www.llain.co.uk](http://www.llain.co.uk)**

*"Thanks for a fun packed week.  
A fantastic centre with fantastic staff.  
We'll be back again next year."*

**Walsall Teacher (3rd Trip)**



INVESTOR IN PEOPLE



Visit Wales  
Croeso Cymru



WCA /BCU  
Approved Centre

**Llain Activity Centre, Llanarth,  
Ceredigion, SA47 0PZ**

**[www.llain.com](http://www.llain.com)**

**Booking Line: 01545 580127  
(9.00am - 6.00pm)**

