

# Enroll in 4-Day Alpine Adventure Camps at Mount Washington this summer!

Mt. Washington's **Alpine Adventure Camps** are 4-day camps for kids aged **7 to 12 years old**. Activities include *hiking*, *scenic chairlift rides*, *mountain biking*, *games*, *scavenger hunts*, *disc golf and so much more!* Our experienced leaders and guest educators will ensure all camp "adventurers" have the time of their lives while in a safe and controlled environment.

#### DATES:

July 24th – 27th August 14th -17th

### CAMP SCHEDULE:

Day 1: Marmot Centre, disc golf, outdoor activities.

- Day 2: Sports, crafts, chairlift ride to the top of the mountain and more fun!
- Day 3: Cross country bike ride or hike on finger trail.
- Day 4: Bike Park Day or Strathcona Park hike

\*Day 1 and 2: the whole group will participate in each activity together. \*Day 3 and 4: participants will choose the bike or hike option.

Choose your adventure! We ask that parents indicate these options at the time of booking so bike passes, rentals, etc. can be added on accordingly.



## WHAT TO BRING:

- Hiking boots or good quality runners (daily)
- Proper clothing for daily weather (daily)
- Backpack with sunscreen, water bottle, sun hat, medication, and snack if necessary (daily)
- Please come sun screened (leaders will help to re-apply throughout the day)
- Those choosing bike option: bike, helmet and all other protective armour (days 3 and 4) \*Bikes can be left overnight
- Full face helmet strongly recommended for riding the bike park.

Bus transportation will be departing the Experience Comox Valley visitor centre at 9 am and returning at 4pm for camp participants. You can find the centre at: 3607 Small Rd #101, Cumberland, BC V9N 3Z8

## PLEASE NOTE:

Mt. Washington Alpine Adventure Camps will meet their leaders at the picnic tables between the skills centre and the Bradley building courtyard. This is also where parents/guardians will pick children up at the end of the day.

To avoid disappointment, we strongly recommend advanced reservations for all children's programs.

On the first day of participation, a parent/guardian will be required to complete waivers for each child as well as provide any outstanding information for emergency purposes. Please ensure the camp leaders are made aware of any health concerns and/or allergies for the child.

To effectively participate in the bike option children must have basic bike skills.



GENERAL	RATE
4-Day Alpine Adventure Camp	\$169
4-Day Camp (Bike Season Pass Holders)	\$159
ADD 4-day bagged lunch ADD Transport 4 days	\$69 \$79

\*bike rental and armour available at a 20% discount

