Children's Activities In the Den		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Chocolate Chefs Academy (3-7 years)		3 hours	£29.00			2.15pm				9am
Crèche (3-23 months)		3 hours	£25.00		1.30pm		8.45am		1.30pm	
Crèche (24-35 months)		3 hours	£25.00		1.30pm	11.20	8.45am		1.30pm	
Hero's Party Hour (3-7 years)		1 hour 3 hours	£12.00 £29.00		1.4Enm	11.30am			1.45pm	
Wizard Academy (3-7 years) Pirate and Princess Adventure					1.45pm				1.45piii	
3-7 years) Children's Activities		3 hours	£29.00	M	_	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	1.45pm	F .	C .	1.45pm
Jp to 11 years		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Archery - Little Outlaws (3-5 years)	<u></u>	30 minutes	£9.50		2.45pm, 3.15pm					Noon, 12.30pm
Archery - Mini Crossbows (3-7 years)	2 2	30 minutes	£9.50				1pm, 1.30pm		3.15pm, 3.45pm	9.30am, 10am
laby Balance Bike Buddy 10 months-2 years)	<u></u>	30 minutes	£8.00		From 9.15am					
laby Memorable Imprint Framed (6 weeks-3 years)	<u>Q</u>	15 minutes	£60.00	10am-2.45pm	10.45am- 4.15pm	9.30am- 2.45pm		10am-2.45pm	9.30am- 2.45pm	
Baby Memorable Imprint	<u>Q.</u>	15 minutes	£35.00	10am-2.45pm	10.45am-	9.30am-		10am-2.45pm	930am-	
Unframed (6 weeks-3 years)				10diii 2. 15piii	4.15pm	2.45pm 1.30pm,	1.30pm,	10diii 2. 15piii	2.45pm	1.45
razy Science (3-7 years)	2.	1 hour	£16.00		3.15pm	3.15pm	3.15pm		From 10.15am	1.45pm, 3pm
upcakes For Little Ones (3-7 years)	<u>2</u>	45 minutes	£11.75		1.15am	3.30pm			11am, 3.15pm	1.15pm
en Building and Decorating (3 years+)	<u></u>	1 hour 30 minutes	£47.00 per plot			10am				1.30pm
ace Painting (3 years+)	<u></u>	10 minutes	£6.50			9am-Noon	9am-Noon			9am-Noon
encing for Juniors Child 6-9 years) (Adult 18 years+)	2 .	1 hour	£21.00 per pair						Noon	
encing for Tots (3-5 years)	<u></u>	30 minutes	£9.50		11.15am	11.15am	11.15am			11.15am
un Pots with Tots (1 month-5 years)	2.	1 hour	£14.50		9.30am	9.30am	9.30am			
lair Braiding (3 years+)	<u></u>	10 minutes	£7.00			9am-Noon	9am-Noon			9am-Noon
1ini Ballerinas (3-5 years)	2.	45 minutes	£7.25		10.45am					
1ini Musical Movers		30 minutes	£7.00			From 9am				
Nucky Pups (18-36 months)	20	1 hour	£11.25			9am, 10.45am	1.30pm, 3.15pm			10.45am
oller Disco (6 years+)	<u>Q</u>	1 hour	£7.25		1.30pm		1.30pm		2.30pm,	11.15am,
Minimum skaté size júnior 8) oller Tots (2-5 years)	2.				·	10.15			3.45pm	3.20pm
unior skate size 6-9)		30 minutes	£6.00		10.15am	10.15am	10.15am		9.15am	10.15am
ensory Play Babies (8 weeks-Crawling)	<u></u>	30 minutes	£8.00		9am, 10am	3.30pm			10am	
ensory Play Toddlers Crawling-35 months)	2.	30 minutes	£8.00		11am	1.30pm, 2.30pm	12.15pm		11am	
occer Coaching (3-5 years)	<u></u>	45 minutes	£10.00			9am	9am			9am
occer Coaching (6-11 years)	<u></u>	1 hour 30 minutes	£13.50				10.30am		10.30am	10.30am
occer Play (18-35 months)	<u></u>	45 minutes	£7.25		9.45am	9.45am	9.45am		9.30am	
treet Karts (4 years+)	20	20 minutes	£8.00		From 10am		From 10am		From 2.30pm	From 1.15pm
each me Balance Bike (2-5 years)	<u>Q</u>	45 minutes	£9.50			11.20am	11.20am		9.15am	9.45am
eddy Bear Making (3 years+)	2.	10 minutes	£23.00		9.30am-5pm	9.30am-5pm	9.30am-5pm		9.30am-5pm	9.30am-5pm
eddy Bears' Picnic (2-5 years)	<u></u>	1 hour	£11.75		'	1.30pm	'		1.30pm	
iny Sports Day (3-5 years)	2.	45 minutes	£7.75		4pm				10.45am	
oddler Party Hour (24-35 months)	22	1 hour	£9.25		11am	9.45am			10.150111	
Voodland Wheelers (8-11 years)	2.	30 minutes	£11.50		110111	From 10am			From 10am	From 10am
voodiana wheelers (o 11 years)		50 miliates	111.50			TTOTTION			TTOTTTOGTT	TTOTT TOUT
ndoor Activities ncludes Ten Pin Bowling nd Creative Pursuits		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Badminton		45 minutes	£9.50	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm
adminton Tournament (12 years+)		2 hours	£8.75	J. 13pm	o. 15pm	o. 15pm	9.30am	0. 15pm	ο. τοριπ	9.30am
amily Cupcake Decorating (3-7 years)		1 hour	£26.00		2.45pm					2.45pm
, , , , , ,	00	30 minutes		10am 2.45	10.45am-	9.30am-		1025 245	9.30am-	pp
amily Memorable Imprint - Framed	<u>2</u>	15 minutes	£90.00	10am-2.45pm	4.15pm	2.45pm	2.45	10am-2.45pm	9.30am- 2.45pm	1.45
encing (10 years+)	2.	55 minutes	£16.50	8.45am-	1pm 8.45am-	8.45am-	2.45pm 8.45am-	8.45am-	10.30pm 8.45am-	1.45pm 8.45am-
ootball Pool	<u>&</u>	45 minutes	£10.75	8.45pm	8.45pm	8.45pm	8.45pm	8.45pm	8.45pm	8.45pm
ndoor Climbing Adventure (4 years+) Minimum height 1.10 metres)	<u>2.</u>	1 hour 10 minutes	12 years+ £25.50 Under 12s £24.00	From 10.15am	From 1.45pm	From 9am	From 9am	From 10.15am	From 9am	From 9am
hotography: Cool Kids Photo Shoot Family Photo Shoot Fashion Model Photo Shoot Group Photo Shoot Just The Two Of Us Photo Shoot My First Photo Shoot Toddler Photo Shoot		30 minutes	£20.00	9am-1pm	9am-4.30pm	9am-4.30pm	9am-4.30pm	9am-1pm	9am-4.30pm	9am-4.30pm
hotography Lesson (14 years+)	<u> 2.</u>	1 hour 30 minutes	£32.00			1pm			1pm	
ottery Painting Studio (1 month+)	<u>2.</u>	1 hour 30 minutes	Studio Fee 12 years+ £5.75 Under 12s £4.75	10am-2pm	10.45am- 3.30pm	10.45am- 3.30pm	10.45am- 3.30pm	10am-2pm	9.30am- 3.30pm	9.30am- 3.30pm
							0 0			
hort Mat Bowls		1 hour	£7.75	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm

You must be accompanied by a person aged 18 or over 🔑 You must be accompanied by a paying participant aged 18 or over 🔑 For children 8 years and under bring a paying participant aged 18 or over

Squash Court		45 minutes	£9.25	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm
Table Tennis		30 minutes	£8.50	9am-9pm	9am-9pm	9am-9pm	9am-9pm	9am-9pm	9am-9pm	9am-9pm
Ten Pin Bowling		45 minutes	£29.50	9.30am-	9.30am-	9.30am-	9.30am-	9.30am-	9.30am-	9.30am-
Ten Pin Bowling		1 hour	up to 4 people £32.50	10.50pm 8.45am-	10.50pm 8.45am-	10.50pm 8.45am-	10.50pm 8.45am-	10.50pm 8.45am-	10.50pm 8.45am-	10.50pm 8.45am-
6			up to 6 people	10.50pm	10.50pm	10.50pm	10.50pm	10.50pm	10.50pm	10.50pm
Exercise and Fitness		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bollywood Dancing (14 years+) Boogie Bounce (14 years+)		45 minutes	£8.75 £7.25		11.45am	Noon	3pm		1pm	12.30pm,
Clubbercise (14 years+)		55 minutes	£7.75		1.30pm	3pm				3.30pm 11.15am
Lavender Relaxation (14 years+)		55 minutes	£7.75		1.50pm	1.45pm				2.15pm
Line Dancing (10 years+)	<u> 2.</u>	55 minutes	£7.75				1pm		2pm	
Pilates (14 years+)		55 minutes	£11.75			10.45am				10am
The Gym (16 years+) - Week, Weekend or Midweek Pass		Up to 2 hours per day	£13.50 per pass	8am-8pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm
Yoga (14 years+)		55 minutes	£8.75		9.30am		2		9.30am	
Zumba (14 years+)		55 minutes	£8.75				2pm		Noon	
Pool Activities Subtropical Swimming Paradise		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aqua Jetting (8 years+)	<u>2</u> 2	30 minutes	£16.50		From 8am	From 8am	From 8am		From 8am	From 8am
Baby Dolphins (Under 3s)	2.	50 minutes	Free			9.30am			9.30am	
Family Cabanas	<u>2</u> 2	3 hours	£40.00	From 10.05am	From 10.05am	From 10.05am	From 10.05am	From 10.05am	From 10.05am	From 10.05am
Mermaids and Sharks (6-12 years) Mermaids and Sharks - Family Session		45 minutes	£22.00 £35.00		8am, 9am	9am	00		8am, 9am	00
Mermaids and Sharks - Family Session (Child 6 years+) (Adult 18 years+)	2.	45 minutes	per pair	0.20	F 2	F 2	8am, 9am	0.20 0	F2	8am, 9am
Mini Jet Skis (3-7 years)	<u>20</u>	10 minutes	£9.50	8.30am, 9am	From 8am	From 8am	8.30am, 9am	8.30am, 9am	From 8am	From 8am
Swim Pups (3 months-24 months)	<u>2.</u>	30 minutes	£8.50			8am, 9am 8am, 9am				
Swim Pups (2-4 years)		20 milliutes	E0.JU			odili, Ydiil				
Outdoor Activities Includes Adrenaline and Outdoor Sports		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Adventure Golf - 9 holes	2.	1 round	12 years+ £7.25 Under 12s £6.25	From 10am	From 9.30am	From 9.30am	From 9.30am	From 10am	From 9.30am	From 9.30am
Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)	<u>&</u> *	1 circuit and descent	£34.50		From 9am	From 9am	From 9am		From 9am	From 9am
Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)	2.*	1 circuit	£27.50			From 9.45am	From 9.45am		From 9.45am	From 9.45am
Aerial Adventure and Tree Trekking Package	<u> 2</u> 2	1 circuit + 1 circuit and descent	£46.00		10.15am	From 9.15am	From 9.15am		From 9.15am	From 9.15am
Aerial Adventure and The Drop Package (8 years+)	2.	55 minutes + 1 circuit and descent	£48.50			10am	10am		10am, 2pm	10am, 2pm
Archery - Crossbows (12 years+)		45 minutes	£28.00			From 10am			From 10am	
Archery - Field Archery (10 years+)		1 hour 30 minutes	12 years+ £35.00 Under 12s £28.00		From 9.15am	From 9.15am	From 9.15am		From 9.15am	From 9.15am
Archery - Robin Hood and Little Johns	<u>Q</u>	45 minutes	£22.50		From 2pm				From 2pm	From 10am
Child 6-9 years) (Adult 18 years+) Archery - Target Archery (10 years+)		55 minutes	per pair 12 years+ £26.00 Under 12s £22.00			From 10am	From 10am		From 10am	From 10am
All Archery Package (10 years+)	22	2 hours 30 minutes	12 years+ £36.00 Under 12s			2pm	2pm		2pm	2pm
Astro Turf Pitch Hire	2.	1 hour	£30.00	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm
		1 hour	£27.00	эангории	·	эанг орш		эанг орин	·	эанг ори
Foot Golf (8 years+)			£10.00		8am-5pm	0.20	1.30pm-5pm		8am-5pm	0.20
Geocache	2.	2 hours	(group of 4)	-	9.30am, Noon	9.30am, Noon	9.30am, Noon		9.30am, Noon	9.30am, Noon
Golf - 9 Hole Course (8 years+)	<u> 2</u>	1 round	£9.50	7am-Noon		7am-5.30pm	7am-11.40am	7am-Noon		7am-5.30pm
Horse and Carriage Rides (1 year+)	2.	20 minutes	£10.50 Under 12s £8.50				From 10am			From 10am
Junior Pony Rides (2-7 years)	<u>&</u>	15 minutes	£18.50		From 9am	From 9am	From 9am		From 9am	From 9am
Junior Quads (6-11 years) (Maximum weight 6.4 stone)	2.	45 minutes (15 minutes drive time)	£36.50		From 10am		3pm, 4pm		From 9.30am	From 9.30am
Laser Clay Shoot Out (10 years+)		45 minutes	12 years+ £31.50 Under 12s £24.50		From 10am	From 10am			From 10am	From 2pm
Laser Combat (6 years+)	2. *	1 hour 15 minutes	12 years+ £34.50 Under 12s £28.50		2pm, 3.30pm		1.30pm		10am, 11.30am	1.30pm, 3pm
Mini Trek (2-7 years)	<u>Q</u>	30 minutes	£13.75		From 9am	From 9am	From 9am		From 9am	From 9am
Off-Road Explorers (3-7 years)	2.	30 minutes	£17.50		From 10am	From 10am	From 10am		From 10am	From 10am
Outdoor Bowls Rink Hire		1 hour	£9.00	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm
Paintball (12 years+)	2.	1 hour 45 minutes	£33.00			2pm	10am		2.30pm	10am
Petanque		1 hour	£6.00	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm	9am-6pm
Quad Bike Safari (12-15 years) (Maximum weight 14 stone)	\perp	1 hour	£48.00		From 11am				11am, 12.15pm	11am, 12.15pm
Quad Bike Safari (16 years+)			£40 00							

Quads and Segway Package (12 years+) (Minimum weight 7 stone) (Maximum weight 18.5 stone)	2.	2 hours 15 minutes	£66.00		9.45am	9.45am	9.45am		9.45am	9.45am
Segway Experience (12 years+) (Minimum weight 7 stone) (Maximum weight 18.5 stone)		45 minutes	£36.50		From 9.45am	From 9.45am	From 9.45am		From 9.30am	From 9.30am
(Maximum weight 18.5 stone) Tennis Courts - Outdoors		1 hour	£11.00	9am-6pm						
The Drop (8 years+)	Qa	55 minutes	£28.50	эапт ортп	эанг орин	11am	11am	Sam Opin	From 9am	From 11am
Treasure Trail	2.	1 hour 30 minutes	12 years+ £5.25 Under 12s			10am, 10.15pm			10am, 10.15pm	
Nature		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
An Outing with Owls (3 years+)	2.	45 minutes	12 years+ £10.50 Under 12s		11.30am				11.30am	
Baby Owls (12 months+)	22	45 minutes	£8.50 £10.00				10am, 11am			10am, 11am
Bird of Prey Experience (8 years+)	2.	1 hour	£26.00		9.30am				9.30am	
Build a Nature House (5 years+)	Q	30 minutes 1 hour	£18.00		1pm				1pm	
Creepy Crawlies (3-7 years)	2.	1 hour	£7.25		-p		Noon		- Pi	Noon
Family Nature Journal (3-7 years)	00	30 minutes 1 hour	£18.00			10.30am	140011			3pm
Nature Detectives (3-7 years)		30 minutes 1 hour	£10.00			10.304111	1pm			1pm
Wildlife Walk (4 years+)	2	1 hour 30 minutes	£9.75			Noon	25		Noon	2pm
Willow Workshop (8 years+)	2.	1 hour	£18.00		2.45pm				2.45pm	
Woodland Awakening (4 years+)	2.	30 minutes 2 hour	12 years+ £10.50 Under 12s £8.50		7.30am		7.30am			7.30am
Watersports The Boathouse		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Cable Ski (8 years+)	<u> 2</u> 2	1 hour 30 minutes	£32.00		From 11am		From 11am		From 11am	From 11am
Canoe Capers (8-11 years)	22	1 hour	£19.50			10am			11.15am	
Craft Hire	<u> 2</u> 2	30 minutes	£9.00	10am						
Electric Boat Hire	2.	30 minutes	£22.00	10am						
Junior Captains' Adventure (8-11 years)	<u>&</u>	40 minutes	£21.00		3pm, 3.45pm				3pm, 3.45pm	
Kayak Tuition (10 years+)	2.	1 hour	£31.00			11.15am			10am	
Mini Captains' Adventure (3 years+)	2	40 minutes	£21.00	10.15am, 11am	From 9.30am	From 9.30am	From 9.30am	10.15am, 11am	From 9.30am	From 9.30am
Raft Building (8 years+)	20	1 hour 30 minutes	£23.00		10am	2pm			2pm	10am
Stand-Up Paddle Board Tuition (10 years+)		1 hour	£28.00		1.30pm, 2.45pm		From 10am		1.30pm, 2.45pm	From 10am
Aqua Sana Spa and Treatme	ents	Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
A World of Spa (14 years+)	2.	3 hours	£37.00	9am-6pm						
Express Treatments (14 years+)	22	Varies	£12.00	10am-6pm	10am-7pm	10am-6pm	10am-7pm	10am-7pm	10am-7pm	10am-7pm
Spa Treatments (18 years+)		Varies	£40.00	10am-6pm	10am-7pm	10am-6pm	10am-7pm	10am-7pm	10am-7pm	10am-7pm
Restaurants, Events and Entertainment		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bella Italia	22		£5.00 deposit per person	From 4.15pm	From Noon	From Noon	From Noon	From 4.15pm	From Noon	From Noon
Bella Italia - Pizza Making Party (4-10 years)	2.	Allow 1 hour 30 minutes	£10.95		2.30pm	2.30pm			2.30pm	
	000	50 minutes	£5.00 deposit	From From	·	·	Erom Na	Erom Fam		Erom 2.20
Café Rouge	22		per person	From 5pm	From Noon	From Noon	From Noon	From 5pm	From Noon	From 3.30pm
Café Rouge - Afternoon Tea	L		£18.95 per pair	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	
Café Rouge - Steak Night	2		£5.00 deposit per person		5pm-9.30pm					
Café Rouge - Sunday Lunch	2.		£5.00 deposit							Noon-3.15pm
Dining In Delivery			per person £15.00	5 5		F -	F -	-	E -	•
- Chinese or Indian Banquet Meals			per person	From 5pm						
Dining In Delivery - Family Pizza Deal			£19.95	From 5pm						
Foresters' Inn	2		£5.00 deposit per person	From Noon						
Foresters' Inn - Afternoon Tea	2.		£5.00 deposit per person	2pm-3.30pm	2pm-3.30pm	2pm-3.30pm	2pm-3.30pm	2pm-3.30pm	2pm-3.30pm	
Forester's Inn - Breakfast	22		£5.00 deposit per person	9.15am- 10.45am						
Huck's American Bar and Grill	2.		£5.00 deposit per person	From Noon	From 4pm	From 4pm	From 4pm	From Noon	From 4pm	From 3pm
			£5.00 deposit		·	·	·		·	•
Rajinda Pradesh	22		per person 12 years+ £25.00		From 5pm					
Rajinda Pradesh Experience	2.		Under 12s £9.75		5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm
The Great Family Quiz	<u>2</u> 2		£3.00 per person		6pm					7.30pm

To view online or download please visit www.centerparcs.co.uk/Elveden007

From 11am From 11am From 11am

Please note: where a £5.00 deposit is required this will be deducted from your final bill **Only available for pre-booking a minimum of five days in advance

Look to see what's happening each day during your break, visit www.centerparcs.co.uk and find out more about each activity, check availability and make your booking.

Health and safety information and advice

We want you to enjoy yourself, doing anything and everything you please, and your health is our paramount concern. To protect your well-being, certain activities and treatments have very specific health and safety constraints. Please check online or with our Contact Centre for more details.

Subtropical Swimming Paradise General advice and safety information:

- The following supervision ratio operates throughout all areas of the pool:
- Under 4 years: one child per responsible adult
- 4-7 years: two children per responsible adult
- Any children over 8 years that are non-swimmers must be accompanied by an adult
- All unhealed wounds should be covered with a waterproof plaster
- · Please consult a Nurse at our Medical Centre if you have any infectious disease or an infectious skin complaint
- Do not enter the water if you have had diarrhoea within the last 48 hours. If you have received confirmation that you have had Cryptosporidiosis, you may not enter the water until 14 days after your symptoms have subsided

All Activities - General Advice

- A number of our activities require a signed medical questionnaire. For participants under 18 years of age, the medical questionnaire must be signed by an adult. The medical questionnaire must be brought to the activity or you will not be able to participate. These can be picked up from any Booking Desk
- If you have any medical conditions which may prevent you from participating, please bring written, signed confirmation from your doctor that it is safe for you to take part
- Please ensure that suitable clothing and footwear are worn for all activities
- For specific details, please refer to our website or Contact Centre for

Soccer activities: shinpads must be worn for all Center Parcs supervised

Watersports: safety buoyancy aids must be worn by all children under 14 and anvone who is not a competent swimmer. Some activities require buoyancy aids. helmets and appropriate footwear to be worn by all participants, and for you to be a competent swimmer; please ask when you book. Buoyancy aids and wetsuits are provided. Please bring swimwear and a towel. Center Parcs staff are unable to assist in changing. Please note that our changing areas are not supervised.

Squash: goggles are available and are strongly recommended for all players. These are compulsory for players under the age of 18 during tournaments and other Center Parcs supervised activities.

Roller skating/street boarding: helmets, wrist, knee and elbow pads are available

Restaurants and Events and Entertainment

Allergies and special dietary requirements:

If a member of your party has special dietary requirements, including allergies, you may wish to contact us prior to or soon after arrival on village to discuss this

further. Before your break, please telephone 01842 894000 for more information Alternatively, when dining in our restaurants and bars you should bring this to our attention before placing your order and we will discuss your requirements at

Whilst allergen information is available on our website, we sometimes have to substitute ingredients at short notice so you must make us aware of your allergies/dietary requirements at the time of ordering, so that your menu choices can be checked again. We may also be able to adapt a dish to remove a particular allergen if you discuss your requirements with us before ordering your meal. Arrangements for accommodating allergies differ in restaurants run by organisations other than Center Parcs, these are Café Rouge, Bella Italia, Dexters Kitchen. The Canopy Café and Bar and Foresters' Inn. Please discuss this directly with the Restaurant Manager.

We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergens on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information relating to any 'may contains' or the cooking process, please discuss with your server.

Please be aware we do use a considerable amount of nuts in Rajinda Pradesh and Dining In. We regret that our bakery counters and pick and mix offers cannot be guaranteed free from any allergen due to the potential for inadvertent contamination.

Aqua Sana Spa

- You will not be able to use the World of Spa or have treatments if you are suffering from an infectious disease or have open sores or wounds
- Do not enter the water if you have had diarrhoea within the last 48 hours. If you have received confirmation that you have had Cryptosporidiosis, you may not enter the water until 14 days after your symptoms have subsided
- If you fail to disclose medical conditions or medication prior to your session which prevents you taking part, a refund may not be given

Certain medical conditions may be aggravated by the Spa experiences, in particular those involving extremes of temperature. Please bring written confirmation from your doctor that it is safe for you to use the facilities if you:

- Have heart disease, circulatory problems or high or low blood pressure
- Experience migraine attacks

Have an illness that prevents you from perspiring

- Have a chest condition likely to be aggravated by high temperatures and/or humidity
- Have epilepsy, diabetes, multiple sclerosis or are prone to dizziness or fainting spells
- Have any condition or take any medication, in particular those affecting your ability to perspire or react to heat, that makes you unsure whether you should

Agua Sana Treatments

 The majority of Spa experiences are not recommended during pregnancy. For treatment restrictions please enquire at time of booking or consult our Contact Centre for further details

General Information

- For the safety of pedestrians, no cycles, scooters, skateboards Sharps disposal boxes and clinical waste disposal bags are or skates are allowed in the main buildings, Village Square or on
- Any medical supplies ordered for use during your stay e.g. 02/ dialysis fluid, should be collected from the Medical Centre on the day you arrive, using your own vehicle
- Should you have the need to bring medication with you onto the village, please limit this to only the amount necessary for the
- available from the Medical Centre and should be returned there for disposal: do not put them in normal waste containers
- You're welcome to bring your own cycles providing they are in good condition, but please remember that, even in our protected environment, we are not immune to thefts. We are advised by police that custom-built and 'designer' cycles are particularly vulnerable, so we strongly recommend you use a

03448 26620

- Locks are available from the Cycle Centre. Remember not to attach the lock to quick release wheels. We also suggest you keep your cycle in your accommodation overnight and remove
- When using cookers, ovens or grills in your accommodation please do not leave them unattended. Please do not bring your own cooking equipment to any village

Useful Telephone Numbers

Pre-bookings /illage switchboard

0184289400 mergencies 0184289444 03448 2662 Reservations

You can also read our Safety Guide before your break at www.centerparcs.co.uk/safety information













What's on during your stay

at Elveden Forest

Activity Booking Terms & Conditions

- l. Separate agreements will be formed for activities not included in the price of your break. If the associated break is cancelled by ker or Center Parcs, for whatever reason, any activity
- . These general activity conditions, Our Agreement With You, our apply to any activities you book and must be complied with. These
- 3. All activities are subject to availability and we operate a first come first served policy so you may not be able to book a particular
- 4. Activities that take place out of doors, and/or on the lake, are ded subject to appropriate weather conditions prevailing at
- 5. Some activities require a Minimum number of participants or other criteria to be met to proceed, some are supplied by subcontractors or third parties for whom we act as agent and some take place
- 6. When booking an activity you will be given a timeslot when the that you arrive 5 minutes before the activity start time. The to participate in certain activities if you are late for the session.
- . Some of our activities are not supervised and therefore may not suitable for those under the age of 8. These are identified on the website, others may require the supervision of an adult over the age of 18. Please refer to the terms and conditions
- 8. Please ensure that you and your party take appropriate care of the equipment provided to you by us. Please inspect any equipment ore use for obvious signs of wear and tear and inform us of any mage to, or problem with, any equipment as soon as possible. liability unless due to our negligence.
- 9. Please do not eat food during the activities, unless essential for medical reasons. We advise that for certain activities you bring water to drink. Please ensure any food taken to the Activity Den is sealed and labelled with your child's name.
- O. You may not participate in any of our activities whilst under the influence of alcohol, illegal substances or legal

- 11. Please ensure that you wear appropriate clothes and footwear for the activity. We would also suggest that you wear clothes you don't mind getting dirty or even slightly damaged.
- 12. Please be aware that the challenging physical nature of some activities may occasionally result in contact with equipment or harnesses which might give rise to bruises or other minor bumps
- 13. As we continually improve our facilities on our villages you may find that, new facilities are on offer; listed facilities are ment or refurbishment work going on in certain areas the village; different equipment is provided to that described in
- $14.\,\mbox{Center}$ Parcs reserves the right to stop you from taking part in any activity if we in our absolute discretion believe that
- 15. We recommend that you do not bring any valuables with you when for example in the Agua Sana, but we do not advise that valuables.
- 16. We welcome guests with restricted mobility, a disability, medical
- 16.1 We aim to ensure that our services are as accessible as reasonably possible so it is important that we are fully any booking being concluded. Please ring our Particular Care ments staff on 03448 267 708 who will be happy to discuss with you availability, suitability and any potential to be accompanied by someone who is able to provide for an adjustments we are able to make
- 16.2 A risk assessment may be required prior to confirming a booking or allowing participation in certain leisure activitie
- 16.3 We rely on the information you provide to help us anticipate and satisfy your needs. We therefore require you to update us with any change in circumstances prior to and during
- 17. For leisure activities, bookings cancelled up to 72 hours before the activity start time will receive a full refund. If the cancellation is made less than 72 hours before the activity start time, a 50%

- 18. From time to time it may be necessary to vary or withdraw monies already paid for the relevant activity or try to reschedul
- You must ensure that any activity booked for any member of your party is suitable for those who are taking part, any safety
- 20. Age restrictions and health and safety requirements or
- 21. Unless we have agreed to supervise them, all children under 8 taking part in activities must have parental supervision may be required in other instances.
- 22. For all supervised activities you must provide contact details so we can contact you during the session, sign your child in/out o provide a password if they are under 8 and collect your child a
- 23. Please note that if you suffer from certain medical onditions or are pregnant, you may be asked for a doctor's refer to the Health & Safety Information provided online for eac activity (including Aqua Sana spa and treatments) for further your ability to take part in an activity, or could be worsened by doctor and you must advise us prior to taking part in the activit
- 24. You must tell us when you book if your child has any medical condition, allergy or normally carries an EPI-PEN. The only in-date or your child will not be able to ioin the session
- 25. Photographs are for general guidance only 26. Activities and prices are subject to availability and change.

03/06/19-01/07/19

So many fun things to do, how will you fit them all in? Use this guide to help plan what to do on your break.

Relax, knowing your whole break is planned before you arrive - with our online booking service.

Your stay at Center Parcs is just a few weeks away and now is the time to start getting excited. Our online booking service lets you and your party start picking the activities for a truly special stay. And by choosing in advance, you can look forward to your break knowing that everything's been arranged before your arrival.

Extra Sessions

We often run additional sessions when pre-scheduled activities book up, so make sure you check at a Booking Desk on your break for availability.

Pay and Play

Don't forget there are many things you can do at Center Parcs that you don't need to book in advance like Adventure Golf.

Your Itinerary

Log in to your Center Parcs account to view an itinerary for you and your whole party.



Family Nature Journal

Please note that some of the activities listed in this guide may not be running during your break.

■ Please refer to the Health and Safety Information and Advice in this leaflet before booking any activity.



Dining In - New Menu



Aerial Adventure



Wizard Academy



Rajinda Pradesh - New Menu