



Longford Forest

Your Activity Planner



Your break in a nutshell

Fill your break with memorable moments. Take your pick from our activities and write down your choices below. Visit www.centerparcs.ie/things-to-do to book your activities.

	Morning	Afternoon	Evening
Monday	Just arrived? Take a stroll, take in that fresh air!		
Tuesday		Fancy heading out to the treetops?	
Wednesday			
Thursday			Indian or Italian? Your choice
Friday	Just arrived? Get out there, get to know your village		
Saturday	Get creative! Visit the Pottery Painting Studio		
Sunday		Fancy a relaxing afternoon in Aqua Sana Spa?	

The fun starts here...

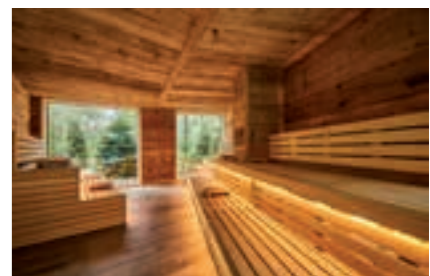
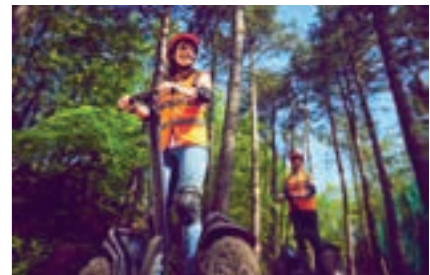
Plan your activities with our helpful guide – and book your places with our easy online booking service.

Relax, knowing your whole break is planned before you arrive...

Your stay at Center Parcs is just a few weeks away – and now is the time to start getting excited. By choosing in advance, you can look forward to your break knowing that everything's been arranged before your arrival. It's never been easier to discover adventures for all ages and abilities to try together.

We've made booking activities, restaurants and Aqua Sana Spa simple. So, if you get the family together and visit the Center Parcs website, your break can begin!

- Browse things to do at Center Parcs, adding filters to make your search more specific
- Assign other guests to activities, so you know who's taking part in what
- View your itinerary for your break
- Invite other guests to create an account so they too can view the itinerary, search and book things to do



Cycle Centre

We have the perfect cycle for everyone, from traditional to premium branded; from trailers to child seats. Here are examples of what our Cycle Centre offers.



Adult Mountain Cycle

Features a high cross bar, seven speed gears, dynamo front light and cushioned saddle.

Available in three frame sizes:

- Small 16" frame RHR 150cm
- Medium 17" frame RHR 165cm-175cm
- Large 19" frame RHR 175cm upwards

RHR=recommended height range



Child's Cycle

Available for 3-12 years or under 150cm. We have a wide range of cycle helmets for toddlers and juniors to hire or to buy.

- Available in four frame sizes: 12", 16", 20", 24"
- Stabilisers only available on 12" and 16"
- Dynamo front lights only available on 20" and 24"



Premium Cycles

Get around the village in style during your break, by hiring one of our premium mountain bikes.

With front suspension, hydraulic braking and great gear ranges, our premium mountain bikes are perfect for exploring the village. They're just as comfortable on rougher tracks as they are on main paths, and they come in three sizes.

To enjoy this activity, you must be taller than 4ft 9in / 145cm.

On your break...

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.



For the whole family

Our activities are designed with the whole family in mind, at Ten Pin Bowling there's special slides for little ones and we have children's rackets for indoor sports. Just ask our members of staff.

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 Snooker and Adventure Golf.



General Information

- For the safety of pedestrians, no cycles, scooters, skateboards or skates are allowed in the main buildings, Village Square or on designated pathways
- Any medical supplies ordered for use during your stay e.g. O2/dialysis fluid, should be collected from Guest Services 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 duration of your stay
- Sharps disposal boxes and clinical waste disposal bags are available from Guest Services 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. Custom-built and 'designer' cycles may be particularly vulnerable, so we strongly recommend you use a five star lock whenever leaving your cycle.
- 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 cycle racks from your car
- 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
- You can read our Safety Guide before your break at www.centerparcs.ie/safety_information

Activity Booking Terms and Conditions

Before making a booking, we strongly advise you to read our terms and conditions carefully – they set out the terms and conditions on which you are making an activity booking.

For full details, please check online at: www.centerparcs.ie/information/terms-and-conditions.html

If you are unable to access the information online, they are available on request from our Contact Centre on **03448 267723**

Health and Safety

Your health and safety is our paramount concern. To protect your wellbeing, certain activities and treatments have very specific health and safety constraints.

When you make a booking online, there will be a link to specific health and safety constraints if they apply to that activity. Please read these before making a booking.

If you are booking an activity via the Contact Centre on **03448 266200** they can provide you with details of any specific constraints that apply.

Useful Telephone Numbers

Activity Booking (ROI) 1890 818505
(UK/NI) 03448 267757
Emergency Number (00 353) 043 331 1111
Security Main Number (00 353) 043 331 1012
Guest Services Number (00 353) 043 331 1030

- 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

