

You can design a weekend to suit yourself and friends...

a luxury weekend could look something like this...

Arrive Friday for dinner; Saturday morning Surfing, return to Manor House for a Back, Neck and Shoulder Massage whilst enjoying a homemade lunch, full PRIVATE use of the Spa Pool and a Cornish Cream Tea; Sunday, after a full English Breakfast, a brisk Cycle Ride into Padstow for Bistro Lunch before saying farewell.



You could also add a special celebratory Dinner on Saturday night and perhaps your own Chauffeur Driven Private Transport to and from the night clubs in Newquay!

To remember what will be the most fabulous weekend, why not ask for our In-House Photographer to accompany your group taking hundreds of photos of the activities throughout the weekend. The photos are supplied on a CD in print quality format

We can arrange collection from Bodmin Parkway Station or Newquay Airport by prior arrangement.

Deposits of £65 per person are required to secure a weekend, with the balance payable one month prior to the trip.

WANT TO BOOK YOUR PERFECT WEEKEND?

Deposits may be paid by cheque, bank transfer or Credit Card -
(all major cards accepted)

Call Lesley now on 01841 540 346 to reserve your special weekend!

ACCREDITATION & REASSURANCE

Since 1988 The Manor House has provided holidays and courses, we are:

- AALA (Adventure Activities Licensing Authority) licensed
- BCU (British Canoe Union) Approved Centre
- Corporate members of the Institute for Outdoor Learning (IOL)
- All instructors have professional National Governing Body (NGB) qualifications in the activities that they provide
- The team are first aid qualified and have enhanced disclosures via Criminal Records Bureau
- Water based activities take place under the strict supervision of beach lifeguards



THE MANOR HOUSE
activity and development centre

HEN ACTIVITY WEEKENDS



Pushing the boundaries...safely!

The Manor House Activity & Development Centre,
St Issey, Wadebridge, Cornwall, PL27 7QB
Telephone: 01841 540346 / 540227 Fax: 01841 540139
www.manoractivitycentre.co.uk

HEN ACTIVITY WEEKENDS

We offer a civilised and yet enthralling option for Hen Activity Weekends throughout the year. Stay at the Manor House and discover **PAMPER TREATS** and **OUTDOOR ACTIVITIES** with **NEWQUAY NIGHT CLUBS** to make the perfect Hen Weekend to remember

Use our fabulous **SPA POOL** which has seven seats, a variety of massage options, aromatherapy jets and mood lighting! This is situated on the decking in the secluded Manor House garden and is surrounded by low level lighting so that it can be enjoyed after dark as well as during the day.

The starting package includes two nights Bed & Breakfast and two activity sessions of your choice, but for the **FULL ON EXPERIENCE** opt for our full board packages and enjoy being pampered in style! Check out our website for full details on all the packages available.



A weekend to remember...



Activity Selection:

- Surfing
- Kayaking
- Canoeing
- Sea Kayaking
- Cycling
- Climbing & Abseiling (2 Activities, Full Day)
- Body Boarding
- Guided Coastal or Moorland Walks
- Back, Neck & Shoulder Massage
- Indian Head Massage
- Massage Facial
- Reflexology
- Visit to Eden Project
- Visit to Camel Valley Vineyard

