

Llain Activity Centre, Llanarth, Ceredigion, Wales, SA47 0PZ.  
01545 580127. enquiries@llain.com

**LLAIN ACTIVITY CENTRE**  
**LLANARTH, CEREDIGION, WALES, SA47 0PZ**  
TEL:(01545) 580127 FAX: (01545) 580697  
e -mail: enquiries@llain.com web: www.llain.com

**FAMILY HOLIDAY BOOKING FORM**

Booking your Family Holiday at Llain couldn't be simpler:

1. Complete this form with your details
2. Return it to the above address with a cheque for 20% of the total
3. A receipt will be sent by return confirming your booking

Name			
Address			
		Tel. No.	
		Fax No.	
Postcode		Email	
Week:	1	Sunday 9 <sup>th</sup> – 14 <sup>th</sup> August	
(please tick)	2	Sunday 23 <sup>rd</sup> – 28 <sup>th</sup> August	
Arrival time:	From 2.00pm Sunday	Departure time:	10.00 am Friday
No. of Participants:		Age range:	
Name of participant		Age (Time of Trip)	
Total Cost	£	Deposit Paid	£
Please make cheques payable to D.Thomas The balance is not due until you arrive at the centre.			
<b>Other comments/special requirements/medical information</b>			
This information will be treated in the strictest confidence but is important to know any conditions, which may affect a member of your party whilst they are at Llain Activity Centre. Please include any recent injuries ie. Sprains, tears or breaks. Continue on a separate sheet if necessary. Include special dietary information here.			
Name		Date	
Signed			



## RESIDENTIAL COURSES AT LLAIN –

- Arrival times will vary depending on the distances you are travelling. Accommodation will be available from 2pm on the first day of your holiday.
- On the final day of your holiday chalets need to be vacated by 10am.
- There will be an introductory tour around the centre on arrival. At this time the rules of the centre will be explained to all visitors. We will expect all visitors to respect the rules and regulations as they are for the benefit of all.
- All people participating in activities will be required to listen to instructions. Any member of your group that disrupt a session will be asked to leave. At this point you or a member of your party will be asked to supervise the individual and/ or remove them from the session.
- In an emergency there are always Llain staff on site should they be required to help.
- Personal property brought to the centre is the responsibility of the individual. Llain accepts no responsibility for loss or damage whilst on site. Any clothing or other property that is left at the centre will only be returned if postage costs are reimbursed.
- Individuals coming to Llain must bring sufficient clothing for the course. Drying facilities will be used at the discretion of Llain staff. It will be your responsibility to ensure that members of your group have an adequate supply of clothes. (see clothing list)
- There is a NO SMOKING in any building at Llain Activity Centre



## Clothing List

(Some activities require Long sleeves and trousers)

<b>Essential</b>	Please Tick	<b>Desirable</b>	Please Tick
Sleeping Bag and Pillow case		Sun Cream and Hat	
Waterproof jacket (Trousers if available)		Small Rucksack	
Woolly Hat and Gloves (essential for skiing)		Small Torch	
Plenty of T-Shirts		Small Rucksack	
Tracksuit trousers 3 – 4 Pairs NO JEANS			
Thin Jumpers and/or Fleeces 3 – 4			
Shorts			
Swimming Costume / Trunks			
Plenty of socks		<p>With the nature of activities that are undertaken at Llain along with the changeable weather it is inevitable that clothes will get wet and muddy. We, therefore suggest that everyone brings <b>OLD</b> clothes that are suitable for the activities to be undertaken.</p>	
Underwear			
Nightwear			
3 Towels and wash kit			
Trainers/ walking boots (for dry activities)			
Wellington Boots			
Old Trainers (for wet activities)			
Plastic Water Bottle			

Llain Activity Centre accepts no responsibility for loss of clothing or possessions



## **LLAIN ACTIVITY CENTRE**

### **DIETARY AND MEDICAL INFORMATION**

(Please return to Llain at least 4 weeks before your holiday)

This information will be treated in the strictest confidence but is important to know any conditions, which may affect a member of your party whilst they are at Llain Activity Centre.

Please include any recent injuries i.e. Broken bones or dislocation of joints.

FAMILY NAME \_\_\_\_\_

DIETARY / MEDICAL INFORMATION SHOULD INCLUDE:  
Vegetarian, allergies, recent injuries etc.

<b>NAME</b>	<b>DIETARY/MEDICAL INFORMATION</b>



### 2015 BOOKING CONDITIONS

1. Provisional bookings do not hold firm until a deposit has been received
2. A deposit of 20% are non refundable and constitute a firm booking when paid
3. The outstanding balance should be paid on arrival at the centre.
4. Cancellation by you the following conditions apply:  
More than 3 months prior to the course loss of initial deposit  
Less than four weeks before the beginning of the course a charge of 100% of the outstanding balance will be made
5. Alterations and amendments by Llain Activity Centre: We reserve the right to vary any course where this becomes necessary due to circumstances beyond our control. In the unlikely event of cancellation by Llain Activity Centre, an alternative will be offered or payment will be refunded.
6. Liability: No liability is assumed for injury, death, damage, accident, cancellation, delay, irregularity or inconvenience incurred by a person participating in a course at Llain Activity Centre. We decline all responsibility for loss or damage to property of any kind during a course. We do not accept any responsibility for losses or additional expenses to delays or changes in aircrafts, trains, coaches, or other services, sickness, weather, strikes, riots, wars, quarantine or other cause.
7. Insurance: Llain Activity Centre has a comprehensive public liability policy with an indemnity limit of £5 million
8. Obeying the Rules: We reserve the right to request a visitor to Llain to withdraw from the site if they do not obey the rules of the centre or if they create a nuisance. A refund will be at the centre's discretion
9. Prices: Prices vary depending on the duration of the course and the residential aspect. All outdoor activity courses include equipment and instruction by a member of Llain Activity Centre staff only. Changes to any courses may be made without notice. Any specialist courses will be charged separately.
10. Payment of a deposit or receipt of a signed booking form will constitute an acceptance of these conditions.
11. Disclosure of sensitive information: Llain Activity Centre hosts a range of activities and visitors including residential courses. Due to the nature of the centre, visitors must disclose all relevant information prior to arrival at the centre. This should include, but is not limited to the following:
  - a. In as far as is allowed by law all criminal records of visitors should be disclosed including violent and sexual offences.
  - b. Mental or physical impairment of visitors that may interfere with the safety of the activities including any violent or sexual history
  - c. Any other information that is relevant to the safety of the visit or to any other visitors who may be on site at the same time.

Visits are subject to approval from the Centre Manager and Llain Activity Centre reserves the right to refuse entry or impose conditions on any guests who may compromise the safety of others. Llain Activity Centre will not be liable for any actions of visitors where the action is related to a background that was not disclosed prior to arrival. Failure to disclose information noted above, prior to arrival, may result in the cancellation of the visit and/or the removal of visitors without a refund.

This does not affect your statutory rights.