

## DELPHI CAMPS PARENT GUIDE

With over 30 years of experience, we have developed our camp programmes to nurture and encourage children to support one another, work in teams and develop their self-confidence through adventure in the outdoors. With this in mind, there is no doubt that a Delphi Adventure Camp will be an unforgettable experience which your child will carry with them into the future. Campers will experience an array of challenging and fun activities in what is one of the most beautiful adventure playgrounds in Ireland.

Safety is paramount to us at Delphi Resort and you can be assured that 24 hour supervision is provided by fully trained and Garda vetted, qualified staff.

Below is some useful and need-to-know information for parents of campers. Please always feel free to call us on +353 (0) 95 42208 for further information or with any questions.

### WHAT DOES MY CHILD NEED TO BRING TO CAMP?

It is best to prepare your kid for all kinds of weather, as there can often be four seasons in a day in Connemara! There are drying facilities available at the resort, but it is best to bring plenty of clothes so campers don't run out mid week!

### DELPHI KIT BAG

We advise you to pack the following:

- 5 complete changes of warm clothes
- Tracksuits
- Heavy socks (6 pairs minimum)
- 1 or 2 pairs of old runners (one pair will get wet during a kayaking/surf session)
- Wellington boots
- Sleeping bag, pillow and pillowcase\*
- Swimming togs, shorts and an old sweatshirt
- Waterproof jacket and trousers

- Walking boots
- Hat and gloves
- 3 Towels
- Basic toiletries
- Suntan lotion
- Insect repellent
- 750 ml plastic water bottle
- Laundry / black bin bags

\*This can be arranged for children travelling from abroad to Delphi Resort

### WILL CHILDREN NEED POCKET MONEY WITH THEM?

We recommend €20 - €30 per week per child. All activities and entertainment, all daily meals and daily snacks are included in the camp fee so there isn't need for much pocket money. We have a shop onsite selling sweets, soft drinks, basic toiletries, t-shirts etc.

### SOME FINAL TIPS AND TRICKS:

- It's a good idea to mark clothing and personal items clearly and put a complete list of items brought inside your child's suitcase or bag. Our camp instructors can then help your child with their packing to go home
- Please note jeans are suitable for the evening but not for outdoor activities
- We advise your child not to bring valuable items or expensive clothing with them. We cannot be held responsible for lost property
- There is limited phone coverage in the Delphi Valley
- Campers won't need much in terms of digital gadgets as they will be kept busy from morning until night!

## HOW TO GET HERE

### TRANSPORT TO DELPHI RESORT



#### ESCORTED TRAVEL

Subject to availability, we provide fully escorted return travel from Dublin city and Airport to Delphi Resort. A member of our team will travel to and from Delphi Resort with your child.

Please note that our deadline for notification of travel bookings, changes or cancellations is 10 days prior to departure and if you cancel arrangements within that time, all travel fees are forfeited. A full itinerary will be forwarded to you once we receive the full balance of your camp fees.

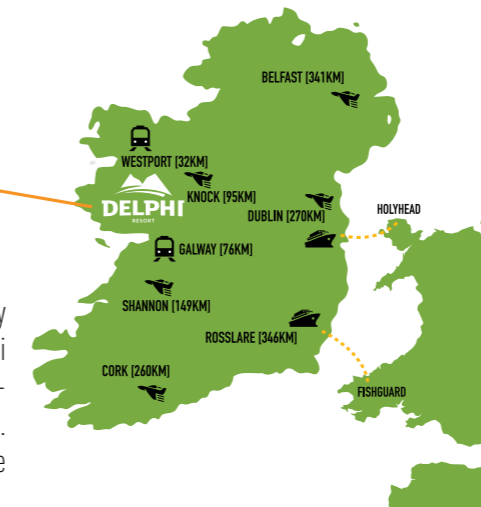
For pricing and availability, please call us on +353 (0) 95 42208.

#### SELF TRAVEL

If you prefer to travel to camp with your own children, we are happy to help you with directions on the easiest route. On the morning of departure, children must be collected at Delphi Resort from 09:30-11:00.

#### ARRIVAL DAY

Camp reception starts at 18:00 - children are shown around the centre and can then unpack and settle in. Meals are not provided on arrival - children will be taken out on evening activities and will get an evening snack before bed.



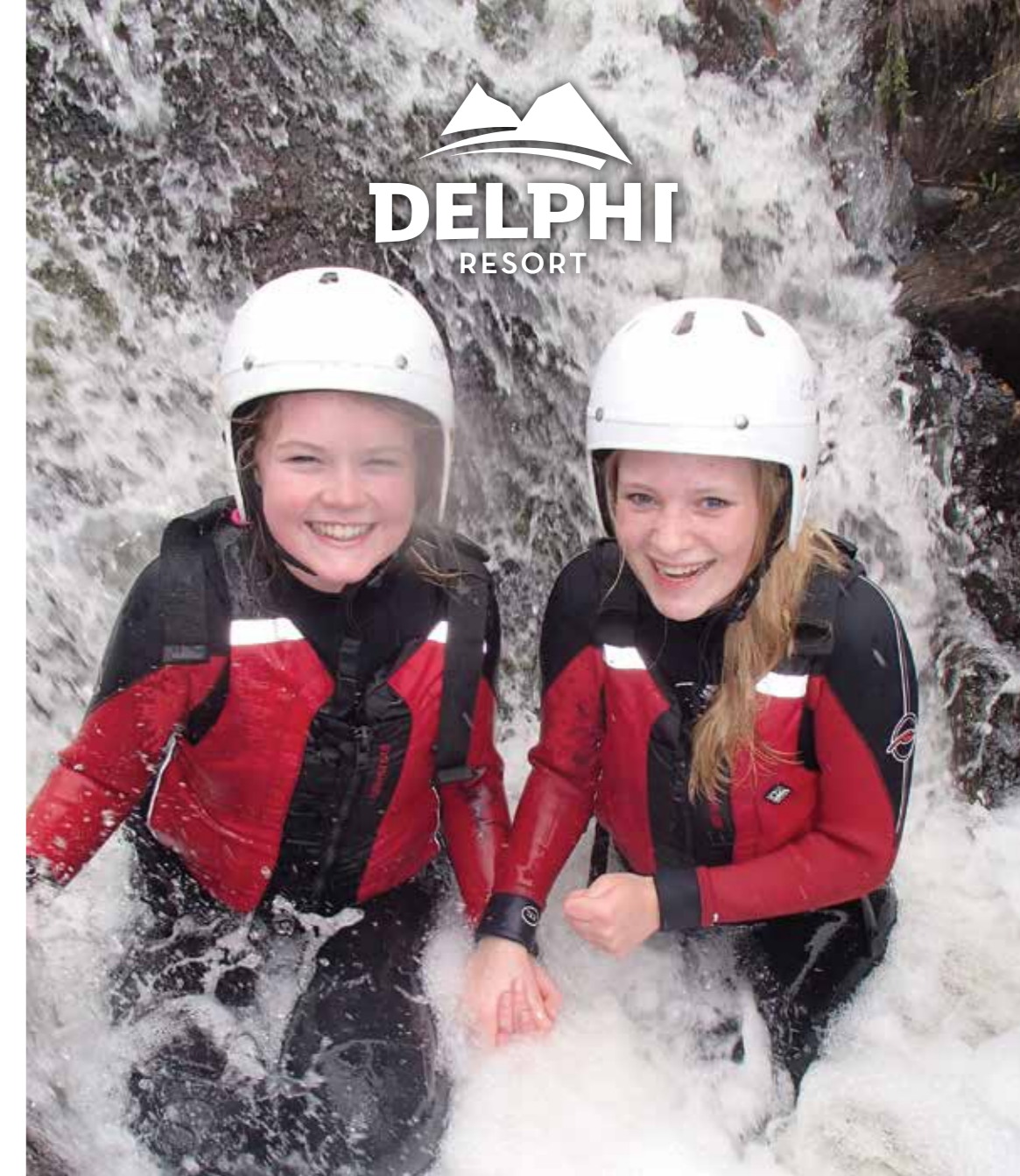
We are located on the Galway/Mayo border, halfway between Louisburgh and Leenane. Visitors to Delphi are continually awed by the truly magnificent scenery of the Delphi Valley. The setting is inspirational. Our location was carefully chosen to maximise the activities we offer in this beautiful environment.

### AIRPORT AND TRAIN STATION TRANSFERS ARE AVAILABLE ON REQUEST

Delphi Resort, Leenane, Connemara, Co. Galway, H91 DP08, Ireland

BE PART OF THE ADVENTURE

[www.delphiresort.com](http://www.delphiresort.com)



# ADVENTURE CAMPS

## MULTI-ACTIVITY CAMPS

Suitable for 10+ years

Experience a fun-filled adventure  
Build friendships and lifelong memories  
Learn to survive the outdoors



Let your child loose for a few days at Ireland's leading adventure resort, where we'll get them zip-lining, climbing, kayaking, and more! With over 20 activities on offer at Delphi - water and land based, outdoor and indoor - your children will experience the great outdoors like never before, while making new friendships and lifelong memories. Give them a few days away and you could be looking at the next Bear Grylls champ!

- Multi-Activity Camps are tailored to children and teens of 10-17 years
- 3, 5 and 7 night camps available (campers can also extend their stay)
- Camps include a wide range of water and land activities, with an action packed agenda
- All inclusive price includes meals, full board and all activities

Our camp and course packages are all inclusive, so your kids will be fed and watered 4 times a day and given all the safety equipment they need.

Days	Nights	From
2.5	3	€229
4.5	5	€429
6.5	7	€499

\*campers can also extend their stay

### MULTI-ACTIVITY DAY CAMPS!

We welcome day guests on our camps Monday - Friday, (one of these days includes hillwalking away from the centre). Pre-bookings is essential for all day campers.

Full day activities and lunch - €50.00 per child

## TEEN BUILDING CAMPS

Suitable for 12+ years

Learn to build confidence  
Be a team player and learn life skills  
Become a confident leader



The all new Teen Building Camps at Delphi Resort are full of fun and action-packed adventure, but include an extra focus on evolving life skills and encouraging the personal development of teens. Participants will embark on a 36 hour expedition and the camp will include preparation for this in both a practical and mental way. The aim is to encourage teens to identify their strengths and weaknesses, unlock hidden talents and improve their interpersonal skills, all while having a fun and action packed, adventure based camp.

- Teen Building Camps are tailored to children and teens of 12-17 years
- 5 and 7 night camps available (campers can also extend their stay)
- Camps include a wide range of water and land activities and one overnight expedition

- Personal development and building of life skills
- All inclusive price includes meals, full board and all activities

Our camp and course packages are all inclusive, so they'll be fed and watered 4 times a day and given all the safety equipment they need.

Days	Nights	From
4.5	5	€529
6.5	7	€599

\*campers can also extend their stay

## FURTHER INFORMATION

**Location:** Delphi Resort, Leenane, Connemara, Co. Galway

**Ages:** Multi-Activity Camps suitable for 10+ years, Teen Building Camps suitable for 12+ years

**Duration:** 3.5 and 7 day camps - include dorm room accommodation, breakfast, lunch and evening meal, activities, plus 24 hour supervision

**Transport:** Airport and train station 'Meet and Greet' available (subject to availability)

**Accommodation:** Parents' accommodation packages available

Is there anything children **love** more than adventure? There's no playground in the world that can match what Ireland's great outdoors has to offer!

### HOW DO I BOOK MY CHILD'S PLACE?

#### (A) BY PHONE

**Phone:** our front office staff on +353 (0) 95 42208  
**Open:** 7 days a week from 09:00 - 18:00

Phoning us is the easiest way to book as our staff can advise you on what dates are available and what camp is most suitable for your child/ren. A booking form will be sent to you to complete which you return to us with your deposit, to bookings@delphiresort.com. You can also download the booking form at [www.delphiresort.com](http://www.delphiresort.com).

- An initial deposit of €150 per child is required to secure the camp and final settlement is due 4 weeks prior to the camp start date
- Deposit can be taken over the phone with Debit or Credit Card details
- We can hold a phone booking for a maximum of 7 days to allow your booking form and deposit to reach us

#### (B) BY EMAIL

**Email:** our reservations team at [bookings@delphiresort.com](mailto:bookings@delphiresort.com)

You can send us your enquiry by email and we will send you a booking form to complete and return to us with your deposit. Please include a phone number which we can contact you on. You can also download the form

directly from [www.delphiresort.com](http://www.delphiresort.com).

- An initial deposit of €150 per child is required to secure the camp. Final settlement is due 4 weeks prior to the holiday start date

#### (C) BY POST

**You can download the booking form at [www.delphiresort.com](http://www.delphiresort.com) and post it to us at:**

Delphi Camps, Delphi Resort,  
Leenane, Connemara, Co. Galway  
H91 DP08, Ireland  
We will then contact you to confirm your booking.

**If you have any questions or require further information, please feel free to contact us on +353 (0) 95 42208.**

Early Bird  
**10% DISCOUNT**  
and family rates apply!

### SAFETY AND SUPERVISION

Safety is of prime importance at Delphi Resort. We consider this to be our single most important responsibility from the moment your child arrives until they depart. We are proud of our safety record and high standards of safety. All staff are trained to think and act "safety first." We provide 24 hour supervision and have a comprehensive safety statement available on request.

- All adventure and safety equipment will be provided by Delphi Resort
- All staff are Garda vetted having completed the Irish Sports Council Code of Ethics in Children's Sport
- Delphi Resort have over 30 years of experience in outdoor education
- Fully qualified camp leaders

### WHAT TYPE OF FOOD IS ON OFFER?

We offer wholesome, home-cooked food for your child and vary the menu throughout the week so nobody gets bored! A sample menu can be found on our website at:

[www.delphiadventureresort.com/teacher-parent-guide](http://www.delphiadventureresort.com/teacher-parent-guide)