

Holiday Week at Camas

Dates: 10th - 23rd October 2009

Summary

“So I've heard about this amazing remote wilderness outdoor activity centre nestled in a Hebridean bay on the Isle of Mull. It's got a wind turbine, honest organic food, eco-friendly toilets, solar panels, wood burning stoves, candles and lanterns. You can do things like abseiling, raft-building, kayaking, hill-walking, swimming, playing on the beach, juggling, fishing, camping, cooking, table tennis, pool, music, get creative, get muddy, get to know new people... Gosh, it sounds great! I wish it wasn't just for youth groups... What's that? It isn't? I can bring my family? And my friends? Wow! Where's the phone...”



Details

Have you ever wished Camas wasn't just for groups? Don't you wish your youth group had gone there when you were younger? Don't you wish you could do that sort of thing now? Well, now's your chance to bring the family and friends for a holiday unlike any other! The Camas staff will be running the full programme of activities (weather permitting!) and you and your family can book in! Or you can book in to escape from your family – it's up to you... An all-inclusive holiday (that's all your food, all your accommodation, and all the activities[†]) for the same price of a week in a B&B.



All are welcome to come, but under 18s must be accompanied by a responsible adult. We welcome bookings from individuals, families and small groups. Please be aware that some of our activities are not suitable for very young children for safety reasons – so please do not be disappointed if your toddler can't go abseiling! Our facilities for small children are limited – please get in touch if you want to talk about requirements. Please also bear in mind that accommodation is in shared bunk rooms.

† not including ferries or fishing/sightseeing boat trips (if requested). We will cook the fish for you though!

Here's what your week might include (all activities are optional, we won't make you if you don't want to!):

- evenings round the fire
- abseiling
- kayaking
- raft-building
- hill-walking
- the best beaches in the world*
- swimming
- trip on a sailing boat
- deep sea fishing
- juggling and circus skills workshop
- hands on organic gardening
- play table tennis
- play pool
- home-cooked local and organic food
- live music (you and/or us!)
- experience life 'off the grid'
- visit the historic Isle of Iona
- visit Staffa (home of Fingal's Cave)
- environmental workshops
- local wildlife (sea eagles, otters, seals)
- craft and art sessions (draw, paint, sculpt, create)
- The Camas Challenge!

* according to Camas Resident Staff. See <http://www.facebook.com/photo.php?pid=3382949&l=f8cb3&id=223603234>



Things you should know before you come

Camas is based in old quarrymen's houses at a secluded bay on the Island of Mull. The Camas road end is reached approximately 2 miles before Fionnphort (location of the Iona ferry); however there is no vehicle access to Camas itself, which is reached by a walk of about 20 – 30 minutes (1½ miles) across a moorland track. This lends itself to a sense of isolation, adventure and an appreciation of the simpler things in life.

- All Camas staff members live at the centre; our working hours are from breakfast (usually 8.30am) to 10pm and someone is always reachable in an emergency.
- Staff take it in turns to cook and we also eat all meals with the guests who are staying at the centre.
- The food at Camas is vegetarian – please let us know of any special dietary needs in advance.
- Camas has 6 bunk rooms, each sleeping from 4-8 people, to a total of 28. Sleeping bags are essential (but we do have spares if necessary).
- Both staff and guests at Camas take part in daily chores, which are done in teams by rota. They include tasks such as washing up, cleaning toilets, cutting firewood and helping with the garden.
- The days at Camas are framed by morning and evening reflections. These are generally led by the Camas staff, and focus sometimes on people's experiences at Camas and sometimes on wider experiences or on issues of social justice (such as Fairtrade). Everyone is invited to attend reflections and to participate as fully as they wish.

Cost and Booking

£210 (inc. VAT at 15%) per person for 6 nights (Saturday – Friday morning) including all food, accommodation and activities. Activities with external providers (e.g. fishing trips, ferries) may cost extra.

For bookings and more information contact:

tel: 01681 700404. e-mail: camas.bookings@iona.org.uk web: www.iona.org.uk

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The Iona Community is a charity registered in Scotland No SC003794