



***Activity Guide  
for  
Weekend Groups***

Camp Sunnystones staff can operate all activities for you. We also provide a summary of each activity below for you to run some activities yourselves. Please see the below lists regarding whether you need Camp Sunnystones staff or whether you can go it alone!

## Sunnystones Instructor Activities

*The activities below require an instructor. Instructors are available for \$150 for a half-day (3 hours) and need to be booked before your arrival.*

### Half-day activities – 3 hours:

#### ***Instincts for Survival Game (max 60 people)***

*This is a hugely popular game that is suitable for all ages. The game is set in a 5 acre square of privately owned bushland on the edge of the campgrounds. The game is designed to help the participants understand life in the bush from an animal's point of view. Participants work together to chase, hunt and hide from other teams in an attempt to win the game.*

***\*\*Operated by Sunnystones staff only***

#### ***Geocaching (max 60 people)***

- ***Participants must not run***
- ***Participants must stay within the boundaries***
- ***Participants must stay together – don't split up***
- ***Participants will find a whistle on their GPS which can be blown as an emergency measure (e.g. lost, injured)***
- ***There are instruction sheets in the Geocaching backpack the GPS unit***
- ***There are further instructions / rules on the back of the 'point cards' that are in the box given to each group at the beginning of the activity***

*Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online.*

*Camp Sunnystones has its own specifically designed geocaching course within its property, whereby participants work together in teams to find a number of waypoints in the fastest time possible. Each team is equipped with a GPS device and a set of clues to assist in their journey of discovery! There are 20 boxes (caches) hidden in the geocaching area, and these are already programmed into the GPS unit.*

***\*\*Operated by Sunnystones staff only***



## Half-day rotation activity options:

The following activities can have a maximum of 16 participants per group and run for 60-90 minutes each = 2-3 activities or sessions in a half day, for example:

	1 Instructor \$150	1 Instructor \$150	2 Instructors \$300
1 <sup>st</sup> hour	16 people Archery	16 people Low ropes	16 people - Low ropes 16 people - Canoeing
2 <sup>nd</sup> hour	16 people Archery	16 people Archery	16 people – Canoeing 16 people – Archery
3 <sup>rd</sup> hour	16 people Archery	16 people Canoeing	16 people – Archery 16 people - Low ropes

### Canoeing

Canoeing is done on our picturesque manmade lake. Elementary skills, races, and games can be played. Water based activities depend upon the availability of water.

**\*\*Operated by Sunnystones staff only**

### Raft Building

Raft building is the original team building effort. Be prepared to get wet! Using only barrels, logs, and rope, the group must make themselves a raft that will not only float, but float with the group all aboard! Located in the same area as the canoeing.

**\*\*Operated by Sunnystones staff only**

### Rock Climbing Wall

- Participants must not climb on top of the shipping container
- Participants must take care walking underneath / behind climbers.
- Participants must not jump off the holds

Participants try to move from one edge of the bouldering wall across to the other edge without touching the ground. **\*\*Operated by Sunnystones staff only**

### Low Ropes Course

- Participants must have two spotters either side of the rope in case of falling
- Take care NOT to use the balancing rope hanging from the tree as a Tarzan swing
- Participants shouldn't run between or on the elements

The ropes course consists of 9 linked individual elements. This activity is aimed at team building - try to get through the whole course without touching the ground, it's more challenging than it may seem.

**\*\*Operated by Sunnystones staff only**

### Archery

Archery is a wonderful activity that is all about concentration and correct technique, and of course who can hit the bullseye!

**\*\*Operated by Sunnystones staff only**



# Non-Instructor Activities

We have developed some guidelines for the below activities for you to run on your own, however please remember that these activities are conducted at your own risk. Please find dot points below in bold that are key rules / instructions that we tell our school groups. Please follow these instructions as applicable for your age group.

## **Walk into Camp Sunnystones via the Coimadai track (1-3hrs)**

A sense of anticipation in campers is built as they walk in through the Long Forest Conservation Reserve to arrive at camp. Camp Sunnystones staff can meet you meets your group at the entrance to Long Forest, while the bus ferries luggage around to the camp.

**\*\*Operated by the group OR Sunnystones staff**

## **Beach Volleyball**

We have our very own beach volleyball court and facilities. This is a great activity suitable for all age groups and an excellent opportunity to develop teamwork, coordination and physical fitness. Not to mention a lot of fun!

**\*\*Operated by the group OR Sunnystones staff**

## **Bush Hut Building**

- **Participants must not run**
- **Participants must not tear off any living branches**
- **Participants must take care when moving large branches**
- **Participants must not balance large sticks at the top of their structure. For young people especially, every branch should have some part of it touching the ground**

Participants work together in teams to build a bush shelter that is suitable as a survival shelter. Everyone should be encouraged to use their imagination and add as many things as may be necessary for a survival shelter. The area of bush is also home to much wildlife, as well as a place for a campfire.

**\*\*Operated by the group OR Sunnystones staff**

## **Bush Art**

Participants enjoy foraging around outside to find natural resources to create a piece of artwork they can take home as a camp momentum! Younger participants often enjoy this as a quiet times activity!

**\*\*Operated by the group OR Sunnystones staff**



# Non-Instructor Activities (continued)

## Team Building Activities

There is a variety of team building activities near the rock climbing wall.

- There is the Dreamweaver – which uses colourful climbing ropes as a maze where the participants clip themselves onto a colour and try to navigate their way around the entire course and get back to the start. Around 15 people can do this activity at once – and there are four different colour ropes to navigate around.
- There is also the group ski walk at the volleyball court, where 5 or 6 participants stand in a row with one foot on each ski and they must work together to “walk” the skis around.
- Thirdly, there is the 4 tyre – 3 post challenge. There are four tyres that need to be moved from the first pole to be third pole. Only one tyre can be moved at a time. You are not allowed to put a bigger tyre on a smaller tyre. The tyres must start off with the biggest one at the base and the smallest at the top with the other two in between. It is a timed event, and makes a great race.

**\*\*Operated by the group OR Sunnystones staff**

## Bush Cooking

- **Participants need to light a campfire and be with the campfire at all times**
- **The campfire must be completely extinguished with multiple buckets of water upon completion of activity.**

Participants can enjoy making chocolate cake in oranges, choc chip bananas, s'mores or any number of delicious foods on the open fire.

- **Chocolate cake Oranges**
  - Mix up some chocolate cake mix.
  - Cut oranges in half and eat most of the orange
  - Add cake mix into the orange peel
  - Wrap in foil and cook until cake mixture is cooked through
- **Choc chip bananas**
  - Cut the banana length way to open a slit
  - Add in choc chips, marshmallows and anything else you like
  - Wrap in foil and cook until contents are melted
- **S'Mores**
  - Toast a marshmallow over the fire using a stick
  - Make a 'sandwich' out of wheat biscuits (the outside), add the toasted marshmallow and a piece of dark chocolate

**\*\*Operated by the group OR Sunnystones staff – if self-run by group then you will need to provide your own ingredients**



# Offsite Activities

**Camp Sunnystones is located close to an amazing amount of activities from local activities to activities in Melbourne, Ballarat or Geelong. We are happy to assist you with booking activities or to help plan your itinerary.**

## ***Ecolinc in Bacchus Marsh***

*Ecolinc, the new Science and Technology Innovations Centre, Bacchus Marsh, provides innovative curriculum programs for P-12 campers which focus on sustainable environmental development practices.*

*The Ecolinc building, an ecologically sustainable design (ESD), incorporates state-of-the-art technology and is set within an indigenous landscape featuring a model wetland that is fed by, and filters, storm water.*

## ***Werribee Gorge***

*Located only 8kms from Bacchus Marsh, Werribee Gorge is about a 10 minute drive from Sunnystones. Displaying 500 million years of geological history, Werribee Gorge retains a wild, rugged natural beauty. The 575 hectare park protects native flora and fauna, offers spectacular views and has great opportunities for bushwalking and rock climbing.*

## ***Werribee Open Range Zoo***

*Be immersed amongst 200 hectares of magnificent grasslands, enjoy a 50 min safari and close up views of rhinoceros, giraffe, zebra, antelopes, hippos and much more. Situated only 30 mins from Melbourne and just 45 mins from Sunnystones.*

## ***Bush walking, Rock climbing in Werribee Gorge or Abseiling in the You Yangs***

*There are a number of providers, please ask for details.*

## ***Lerderderg Gorge***

*The Lerderderg Gorge is located less than 10 minutes from Sunnystones and provides a great picnic ground and numerous walks.*

*The Lerderderg River, which rises on the Great Dividing Range, has cut a rugged 300 metre deep gorge through sandstone and slate in its course southwards to the plains near Bacchus Marsh. The Gorge is the dominant feature of the 20,180 hectare park which also protects a wide variety of vegetation from fern gullies to dry open forest, colourful displays of spring wildflowers and some interesting relics of early gold mining.*



## Offsite Activities (continued)

### **Sovereign Hill**

*Located in Ballarat this well-known excursion takes almost a full day. A visit to the nearby Ballarat Wildlife Park, where children can handle native animals, can be squeezed in on the same day but is best done as a separate activity.*

### **City Visits**

*Sunnystones is just 45 minutes from the City of Melbourne. Why not combine your stay here with a visit to the new Melbourne Museum, Aquarium, Scienceworks, Zoo or Art Gallery. Train or bus transport can be arranged from Sunnystones.*

### **Brisbane Ranges**

*The Brisbane Ranges offers pleasant alternative walks to suit your needs. Long and short hikes are available to meet your group's needs. The Brisbane Ranges are rich in Australian wildflowers; native bush fauna & flora are in abundance.*

### **Mountain Bike Riding in the You Yangs**

*Situated near Lara, the You Yangs offers scenic views. Distinctive granite peaks rise from the volcanic Distance plain. Unique flora and fauna is also a significant attraction. Popular guided mountain bike rides can be arranged with You Yangs Mountain Bike Tours.*

### **Steiglitz Historic Park**

*Located between Geelong and Ballarat, Steiglitz Historic Park offers a peek into the days of Gold Rush. With many picnic areas, this area offers a day of exciting adventure as you walk around the ghost town to find remnants of yesteryear. The "Old Court House & the Old Cemetery are available for tours"*

### **Fairy Park**

*A fairy tale & fantasy theme park at your fingertips. Many popular nursery rhymes and bedtime stories brought to life through the magic of puppetry and imagination. The park also offers a picnic area, huge playground area and wildlife.*

### **Melton Waves Pool**

*The only "Wave Pool" in Victoria. You have a selection of 5 pools to choose. There are 3 indoor pools and 2 outdoor pools. The pools range in size from the Wave Pool (25 metre), wading & 50 meter pools.*

