



# Camp Sunnystones Activity Guide

On site and off site activities



# Half Day Activities

Camp Sunnystones staff can operate all activities for you or we have comprehensive instruction sheets for you to run the activities yourselves.

## **Walk In (2 Hours):**

What better way to start off school camp than with a bushwalk! Create a sense of anticipation as well as foster a connection with nature as students walk in to the Camp Sunnystones property through the Long Forest Conservation Reserve. Camp Sunnystones staff meet the group at the entrance to Long Forest Reserve (75 Canopus Circuit, Merrimu), while the bus ferries the luggage around to camp (98 Possumtail Run, Merrimu). A great first activity to get the kids excited about being in the outdoors!

## **Survival Games (3 Hours):**

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 in groups to locate, hunt and hide from other teams in an attempt to win the game.

## **Geocaching (3 Hours):**

Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea of the activity is to locate hidden containers, known as geocaches, that are dispersed in the outdoor geocaching course area and, obtain items from each to add to their own container. Students work together in teams using their GPS to find a number of waypoint locations that will take them to the hidden geocaches and assist in their journey of discovery.

## **Hut Building (3 Hours):**

Students work together in teams to build a bush shelter. Students learn about bush survival skills and enjoy a morning or afternoon tea of damper and billy tea around a fire. This activity is universal and can be used for all ages, you'll be surprised with how creative your students can be!

## **Environmental Walk (3 Hours):**

This half-day bushwalk was conducted by Bruce Salau, who was an institution here at Camp Sunnystones. Sadly, Bruce is no longer with us, and we can't do the walk justice, but we do our best to give the walk as much life as Bruce did. Bruce was a real character who told students funny stories and whimsical poems along the way. Bruce's knowledge of the Long Forest was second to none, and students were educated on geological descriptions, aboriginal legends, sustainability, environment facts and fauna and flora appreciation.



# Rotation Activities

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## **Archery (45 - 90 Minutes):**

Archery involves small groups of students learning the finer skills of this addictive sport. Camp Sunnystones uses high quality re-curve bows which develops a high level of accuracy and ease of use. Students from grade 3 right through to adults find this activity very enjoyable. A great activity for challenging yourself and seeing if you can hit the bullseye!

## **Canoeing (45 - 90 Minutes):**

Canoeing is a fantastic activity that is undertaken on our 4 megalitre dam. Basic canoeing skills are taught in a practical manner, leading into games, teamwork, and a whole lot of fun for the session! Especially popular in Terms 1 & 4, though can be suitable all year round depending on the weather.

## **Raft Building (45 - 90 Minutes):**

Raft building is the ultimate activity for fun and teamwork. The rafts are built by the students under the supervision and guidance of Sunnystones staff. Students build their rafts using minimal materials (logs, barrels and rope) with the aim of building a raft that will float on the water! The amount of guidance given depends on the group, ranging from a large amount of assistance through to no assistance at all!

## **Low Ropes (45 - 90 Minutes):**

The ropes course consists of 9 linked challenges that each group works their way around. Groups have one person on each challenge at a time and are aided by spotters to manoeuvre their way around the course. The goal is to complete the course without touching the ground with fun games added into the mix that make it suitable for grade 2's (with a bit of help) and above.

## **Bush Cooking (45 - 90 Minutes):**

In this enjoyable activity students can experience making food over the campfire including making chocolate cake in an orange! - yum! Students use foil to cover their food and place it on the open campfire to cook. This is a great chance to build connections, bond and have a chat with the students as you wait for the food to be done.

## **Bush Art (45 - 90 Minutes):**

Students enjoy foraging around outside to find natural resources to create a piece of artwork they can take home as a camp memento! Students often enjoy this as a quiet times activity and it's a chance to let their creative juices flow!



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## **Bouldering Wall (45 - 90 Minutes):**

Our custom-made bouldering wall is a fantastic entry point into rock climbing or just fun and enjoyment in its own right. Students are challenged to make their way across the wall with fun games implemented to suit all age groups!

## **Dreamweaver (45 - 90 Minutes):**

Dreamweaver is a small course in the shape of a six-point star. It is made up of interweaving ropes with a total of four potential courses. Students are connected to the rope and tasked with weaving their way over, under and through their chosen course and making it back to the starting point.

## **Camp Outs - Tent set up and pack down (45 - 90 Minutes):**

Students can enjoy the experience of camping out under the stars and enjoy each other's company around a campfire. Students learn the skill of setting up their own tent and other important aspects of bush camping. Groups can be split up, with one group sleeping in the camp and the other group camping out and swapping over for the next night.

## **Initiatives (45 - 90 Minutes):**

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## **Beach Volleyball (45 - 90 Minutes):**

We have our very own beach volleyball court and facilities out near the Eucalypts! Beautiful on a sunny afternoon as a way to wind up or wind down. 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!

## **Camp Games (45 - 90 Minutes):**

At Camp Sunnystones we believe that it is important for children to learn to work together. It is also important that they learn to value each other's strengths and weaknesses. We have a variety of team building activities, which help to develop good cooperation and teamwork.



# 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 as

## **EcoLink (Bacchus Marsh):**

Ecolinc, the new Science and Technology Innovations Centre, Bacchus Marsh, provides innovative curriculum programs for P-12 students 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 12kms from Bacchus Marsh, Werribee Gorge is about a 20 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.

## **Rock Climbing in Werribee Gorge**

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

## **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.

## **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



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## **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 groups 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 fairytale & fantasy theme park at your finger tips. 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 "Waves 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.

