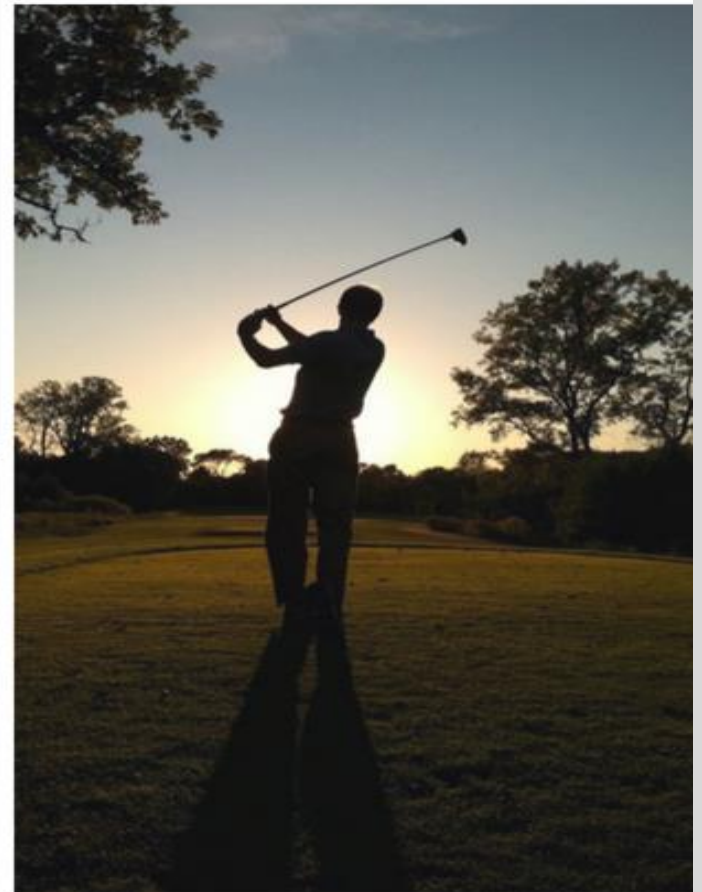




FOR AN ALL ROUND EXPERIENCE

School Adventure Camp Venue

@THE OUTPOST
DULLSTROOM



Please see back of flyer

VENUE

The Outpost is a warm and welcoming farm set in the tranquil surroundings of lush Dullstroom.

ACCOMMODATION

The Outpost has very neat and cosy dormitory rooms available which are ideal for school groups.

OUR VISION

Help to train them, motivate them, care about them and make winners out of them.

FACILITIES

- ✓ We cater for sport teams: rugby, soccer, hockey, netball, athletics as well as golf.
 - What makes us different?
 - **Location** - the area is set at 2,200m (7217.85feet) above sea level making it ideal for training at high altitude, which in turn may improve sport performance.
 - **Training Facilities** – Obstacle Course
 - **Training Equipment** – Special Visual Performance Training
 - **Professional Talks** – Talks given by a Dietitian and Sport Psychologist
- ✓ We cater for general school camps: leadership, veldskool, teambuilding etc.

GROUP PACKAGES

	PACKAGE DETAIL
Number of pupils booked	2 night's Accommodation + 5 Meals + Special Visual Training program + Free Training Snack Pack <i>*water stations will be provided during training sessions*</i>
6+	From R849pp
12+	From R789pp
18+	From R709pp

*Sport Psychologist or motivational speaker talks are additional on request



Please contact The Outpost at 079 770 1477 for more information and on how to book