

COASTAL FOREST LODGE EXAMPLE ITINERARY SHEET

Day 1

9.30am	Depart School
11.00am	Stop off at park for snack / stretch
11.45am	Depart for Angelsea Coastal Forest Lodge
12.30am	Arrive @ CFL camp and have lunch (cut lunch from home)
1.00pm	Camp Welcome / Staff briefing
1.30pm	Unpack bags and set up rooms
2.00pm	Boundary / Eagles nest walk
3.00pm	Afternoon Tea
3.30pm	Activity Rotation 1 (Archery, mini golf, bush shelters, low ropes, initiatives, bush cookout, bush craft, yabbying, tabloid sports, ect.)
4.30pm	Finish Unpacking, shower, prepare for dinner.
5.15pm	First Duty group to report to Dining Hall
5.45pm	Dinner
6.45pm	Duty Group to remain, other children free time in rec. room / outside * NO PLAYING IN CABINS *
7.30pm	Assemble in rec. room
7.45pm	Night Walk
9.15pm	Get ready for bed
9.30pm	Lights Out

Note: On the first day some schools like to stop at local attractions on the way like Surfworld, parks, museums, ect. A list of places is located in the Teachers / Leaders Booklet.

Day 2

7.15am	Morning Jog for willing students. Wake Up Everyone.
7.30am	Duty Group to Dining Hall.
8.00am	Breakfast
8.45am	Return to rooms and prepare for inspection. Get ready for days activities.
9.15am	Bushwalk to Angelsea / Eco Logic Rockpool Rambles / Split Point Lighthouse Tour / Go Rats Mountain Bike Riding / Go ride a Wave Surfing/Kayaking/ subcontracted adventure group / ect... or camp rotations
12.15pm	Lunch – on location i.e. packed picnic lunch can be arranged to be dropped off at designated point.
1.00pm	Free time at park.
1.45pm	Activity offsite or bus back for Rotations at camp
2.45pm	Activity off site or Rotation 3
3.45pm	Afternoon Tea
4.15pm	Activity Rotation 4
5.15pm	Duty Group to report to Dining Hall
5.45pm	Dinner

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- 6.45pm** Duty Group to remain, other children free time in rec. room / outside
* NO PLAYING IN CABINS *
- 7.30pm** Assemble in rec. room for red face / concert /ect./
KEN HOOKE Bush Dance (03) 5568 7286
- 9.00pm** Get ready for bed
- 9.30pm** Lights Out

Day 3

- 7.15am** Morning Jog for willing students. Wake Up Everyone.
- 7.30am** Duty Group to Dining Hall.
- 8.00am** Breakfast
- 8.45am** Return to rooms and prepare for inspection. Get ready for days activities.

ON THE FINAL DAY THIS MUST HAPPEN STRAIGHT AFTER BREAKFAST AND LUGGAGE TAKEN TO BREEZEWAY. CABIN CHECKS MUST BE COMPLETED. (CFL staff will sanitize cabins but students must leave them swept and CLEAN!!!) All rooms must be vacated by 9.30am.

- 9.15am** Activity Rotation 5 (or groups can have a packed lunch and go to local offsite attractions on the way home i.e. Surf World.
- 10.30am** Morning Tea
- 11.00am** Activity Rotation 6
- 12.00pm** BBQ Lunch – at camp
- 1.15pm** Depart for home / return to school

See CFL Activity List in Teachers / Leaders Booklet or our website for activity selection details.

Please note this is only an example you are welcome to arrive later if you wish or change activity details. Thank you.