

## GI Jane Bootcamp

**Where:** Sittingbourne

**Price:** Stays start at £399 per person. Bespoke hen weekends are available with a free place for the bride on bookings of more than 10 people

For an active weekend with your hen party, this fitness boot camp will most certainly test your endurance. Supported by an expert fitness team who have trained in the British Armed Forces, GI Jane can help future brides get fit quick and lose up to a dress size in a week. A diverse list of activities can be undertaken during the course including hill walking, cycling, boxing circuit training and army assault courses, to name a few. The ratio of GI Jane participants to trainers is the lowest in the UK, which means you'll have the best possible chance of getting into shape – potentially one of the most rewarding options for a hen party.

**Suitable for:** Men and women, with separate boot camps for each (GI Jane and GI Joe).

There are day and evening activities catering for all ages and abilities.

**Find out more...** [www.gijanebootcamp.co.uk](http://www.gijanebootcamp.co.uk)

Thrill  
seeking



## Treejumpers Adventure Centre

**Where:** Tonbridge

**Price:** £45-£120 per person

These exciting packages offer exhilarating outdoor activities, ranging from a couple of hours to a full weekend of adventure. You can choose from the likes of raft building, kayaking, climbing, high ropes, survival, archery and paintballing. The centre also provides tented accommodation and food, so you can really make a weekend of it should you be daring enough to stay! In addition to the centre's activities, packages including VIP nightclub entry and hotel stays can be added as bolt-ons.

**Suitable for:** Ladies and gents with a sense of adventure who are looking for an active stag or hen party.

**Find out more...** [www.treejumpers.com](http://www.treejumpers.com)

## Racing Challenge

**Where:** Sevenoaks-based, but will visit your home or hen/stag venue

**Price:** No set cost per person, and options vary, but as a guide two hours' racing will cost about £30 per person when 12 are participating. Do you have a need for speed? If so, Racing Challenge could have the answer. For hen and stag parties, four or eight linked racing car simulators are provided for some highly competitive, fully-supervised fun. The simulators are based on the Ferrari F355 – something which should impress the boys – and drivers can race each other, as well as taking part in various team challenges. Each race can last between three and five minutes, so is suitable for both a small or large celebration.

**Suitable for:** Men and women of all ages.

**Find out more...** [www.racing-challenge.com](http://www.racing-challenge.com)



## The all-important question

**We asked...** Will you be inviting your mum to your hen party?

**You said...**

♥ Both my mum and mother-in-law will be coming! (Helen Mackay)

♥ She's coming to my spa day but not the evening of debauchery – she is welcome but said she'd feel out of place. (Victoria Crouch)

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