

## PRO-ACTIVE ADVENTURE

	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		<b>Breakfast:</b>	<b>Breakfast:</b>
<b>Activity</b>	<b>Arrive</b>	<b>BMX/Mountain Biking</b>	<b>Gorge Walk</b>
	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>
<b>Activity</b>	<b>Climbing &amp; Abseiling</b>	<b>Canoe/Kayak Trip</b>	<b>Depart</b>
	<b>Evening Meal:</b>	<b>Evening Meal:</b>	
<b>Activity</b>	<b>Team Initiative Exercises</b>	<b>Ropes Course</b>	

All Activities will be delivered at an age and ability appropriate level.

Other Options:

Full day gorge walk, Full day Coasteering, Caving, Raft Building, Search & Rescue, Orienteering, Mountaineering, Archery.  
(Extra cost) White water rafting, Paintball games.