



PRO-ACTIVE ADVENTURE TYWYN



	Day 1	Day 2	Day 3
		Breakfast:	Breakfast:
Activity	Arrive	Friog Quarry Day Includes: Climbing/Abseiling, Mine Exploration & Zip Wire	Canoe/Kayaking
	Lunch:	Lunch:	Lunch:
Activity	Gorge Walk	Friog Quarry Day	Depart
	Evening Meal:	Evening Meal:	
Activity	Team Initiative Exercises	Badger Watch	

This is a sample programme only and can be changed to suit your needs. All Activities will be delivered at an age and ability appropriate level.

Cost is for activities only and does not include transport, although this can be arranged at an extra cost.

Other Options:

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