

PRO-ACTIVE ADVENTURE

	Monday	Tuesday	Wednesday	Thursday
		Breakfast:	Breakfast:	Breakfast:
Activity	Arrive	BMX/Mountain Biking	Gorge Walk	Raft Building
	Lunch:	Lunch:	Lunch:	Lunch:
Activity	Climbing & Abseiling	Canoe/Kayak Trip	Gorge Walk	Depart
	Evening Meal:	Evening Meal:	Evening Meal:	
Activity	Team Initiative Exercises	Ropes Course	Archery/Climbing Tower	

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

Other Options:

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