



PRO-ACTIVE ADVENTURE TYWYN



	Day 1	Day 2	Day 3	Day 4
		Breakfast:	Breakfast:	Breakfast:
Activity	Arrive	Friog Quarry Day Includes: Climbing/Abseiling, Mine Exploration & Zip Wire	Mountain Walk Cader Idris	Canoe/Kayaking
	Lunch:	Lunch:	Lunch:	Lunch:
Activity	Gorge Walk	Friog Quarry Day	Mountain Walk	Depart
	Evening Meal:	Evening Meal:	Evening Meal:	
Activity	Team Initiative Exercises	Beach Walk	Badger Watch	

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, Raft Building, Caving, Search & Rescue, Orienteering.
 (Extra cost) White water rafting, Paintball games.