



# PRO-ACTIVE ADVENTURE

## Action & Adventure YHA Wilderhope



	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
		<b>Breakfast: 8:00</b>	<b>Breakfast: 8:00</b>
<b>Activity</b>	<b>Arrive</b>	<b>Mountain Trek</b>	<b>Mountain Biking</b>
		<b>Lunch: 13:00</b>	<b>Lunch: 13:00</b>
<b>Activity</b>	<b>Climbing/Abseiling</b>	<b>Sit On Top Kayaking</b>	<b>Depart</b>
	<b>Evening Meal: 17:30</b>	<b>Evening Meal: 17:30</b>	
<b>Activity</b>	<b>Optional Extra</b>	<b>Optional Extra</b>	

This is a sample programme only and can be changed to suit your needs, you can select from any of the activities listed below at no extra charge. All activities will be delivered at an age and ability appropriate level

Other Options:

Raft Building, Team Initiative Games, Forest Trek, Bushcraft, Operation Search & Rescue, Orienteering.