



# PRO-ACTIVE ADVENTURE

## Action & Adventure Wilderhope

|                 | <b>Day 1</b>                    | <b>Day 2</b>               | <b>Day 3</b>               | <b>Day 4</b>           |
|-----------------|---------------------------------|----------------------------|----------------------------|------------------------|
|                 |                                 | <b>Breakfast: 8:00</b>     | <b>Breakfast: 8:00</b>     | <b>Breakfast: 8:00</b> |
| <b>Activity</b> | <b>Arrive</b>                   | <b>Sit On Top Kayaking</b> | <b>Mountain Trek</b>       | <b>Bushcraft</b>       |
|                 | <b>Lunch:</b>                   | <b>Lunch: 13:00</b>        | <b>Lunch: 13:00</b>        | <b>Lunch: 13:00</b>    |
| <b>Activity</b> | <b>Climbing &amp; Abseiling</b> | <b>Raft Building</b>       | <b>Mountain Biking</b>     | <b>Depart</b>          |
|                 | <b>Evening Meal: 17:30</b>      | <b>Evening Meal: 17:30</b> | <b>Evening Meal: 17:30</b> |                        |
| <b>Activity</b> | <b>Optional Extra</b>           | <b>Optional Extra</b>      | <b>Optional Extra</b>      |                        |

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

Other Options:

Team Initiative Challenges, Mountain Biking, Visits To Places Of Interest, Forest Trek, Bushcraft, Operation Search & Rescue, Orienteering.