



PRO-ACTIVE ADVENTURE

Action & Adventure Wilderhope

	Day 1	Day 2	Day 3	Day 4	Day 5
		Break fast:	Breakfast:	Breakfast:	Breakfast:
Activity	Arrive	Sit On Top Kayaking	Mountain Biking	Mountain Trek	Climbing & Abseiling
	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Activity	Team Initiative Exercises	Raft Building	Orienteering	Bushcraft	Depart
	Evening Meal:	Evening Meal:	Evening Meal:	Evening Meal:	
Activity	Optional Extra	Optional Extra	Optional Extra	Optional Extra	

This is a sample programme only and can be changed to suit your needs, simply choose from 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, Full Day Mountain Biking, Raft Building, Forest Trek, Bushcraft, Operation Search & Rescue, Orienteering.