



# PRO-ACTIVE ADVENTURE

## Broad Haven



	Day 1	Day 2	Day 3
		<b>Breakfast: 8:00</b>	<b>Breakfast: 8:00</b>
		<b>Activities: 9:00</b>	<b>Activities: 9:00</b>
<b>Activity</b>	<b>Arrive</b>	<b>Climbing &amp; Abseiling</b>	<b>Body Boarding</b>
		<b>Lunch: 12:30</b>	<b>Lunch: 12:30</b>
	<b>Activities: 13:00</b>	<b>Activities: 13:00</b>	
<b>Activity</b>	<b>Raft Building</b>	<b>Coasteering</b>	<b>Depart</b>
	<b>End Activities: 16:00</b>	<b>End Activities: 16:00</b>	
	<b>Evening Meal: 17:00</b>	<b>Evening Meal: 17:00</b>	
<b>Activity</b>	<b>Optional Extra Activities: 18:00 – 19:30</b>	<b>Optional Extra Activities: 18:00 – 19:30</b>	

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

### Other Options:

Sit On Top Canoeing, Raft Building, Team Initiative Challenges, BMX Skills, Bushcraft, Full Day Coasteering & Beach Games, Operation Search & Rescue, Orienteering, Coastal Trek.