



PRO-ACTIVE ADVENTURE

Broad Haven

	Day 1	Day 2	Day 3	Day 4
		Breakfast: 8:00	Breakfast: 8:00	Breakfast: 8:00
		Activities: 9:00	Activities: 9:00	Activities: 9:00
Activity	Arrive	Coasteering	Sit On Kayaking	Raft Building
		Lunch: 12:30	Lunch: 12:30	Lunch: 12:30
	Activities: 13:00	Activities: 13:00	Activities: 13:00	Activities: 13:00
Activity	Body Boarding	Climbing & Abseiling	Coastal Trek	Depart
	End Activities: 16:00	End Activities: 16:00	End Activities: 16:00	
	Evening Meal: 17:00	Evening Meal: 17:00	Evening Meal: 17:00	
Activity	Optional Extra Activities 18:00 – 19:30	Optional Extra Activities 18:00 – 19:30	Optional Extra Activities 18:00 – 19:30	

This is a sample programme only and can be changed to suit your needs, simply choose any activity 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 kayaking, Raft building, Beach games, Team initiative games, BMX Biking, Archery, Bushcraft, Full day coasteering, Mountaineering, Mountain Biking, Search & rescue, Orienteering.