



PRO-ACTIVE ADVENTURE

Broad Haven



| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------------|--|--|--|--|-------------------------|
| | | Breakfast: 8:00 | Breakfast: 8:00 | Breakfast: 8:00 | Breakfast: 8:00 |
| | | Activities: 9:00 | Activities: 9:00 | Activities: 9:00 | Activities: 9:00 |
| Activity | Arrive | Climbing & Abseiling | Sit On Kayaking | Raft Building | Orienteering |
| | | Lunch: 12:30 | Lunch: 12:30 | Lunch: 12:30 | Lunch: 12:30 |
| | Activities: 13:00 | Activities: 13:00 | Activities: 13:00 | Activities: 13:00 | |
| Activity | Team Initiative Exercises | Coasteering | Coastal Trek | Body Boarding | Depart |
| | End Activities: 16:00 | End Activities: 16:00 | End Activities: 16:00 | End Activities: 16:00 | |
| | Evening Meal: 17:00 | Evening Meal: 17:00 | Evening Meal: 17:00 | Evening Meal: 17:00 | |
| Activity | Optional Extra 17:00 – 19:30 | Optional Extra 17:00 – 19:30 | Optional Extra 17:00 – 19:30 | Optional Extra 17:00 – 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 Canoeing, Team Initiative Challenges, Full Day Coasteering & Beach Games, Coastal Trek, Raft Building, BMX Skills, Bushcraft, Operation Search & Rescue, Orienteering.