



# Pro-Active Adventure Conwy



	Day 1	Day 2	Day 3
		<b>Breakfast: 8:00</b>	
		<b>Activities: 9:00</b>	
<b>Activity</b>	Arrive	Climbing & Abseiling	Depart
	<b>Lunch:</b>	<b>Lunch: 12:30</b>	
	<b>Activities: 13:00</b>	<b>Activities: 13:00</b>	
<b>Activity</b>	Obstacle Course	Gorge Walk	
	<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 any activity from the list below at no extra cost. All activities will be delivered at an age and ability appropriate level.

### Other Options:

Assault Course, Raft Building, Team Initiative Challenges, BMX Skills, Visit To Great Orms Head, Mountain Biking, Full Day Gorge Walk, Full Day Coasteering & Beach Games, Mine Exploration, Bushcraft, Operation Search & Rescue, Orienteering, Mountaineering, Archery.