



PRO-ACTIVE ADVENTURE

Conwy



	Day 1	Day 2	Day 3
		Breakfast: 8:00	Breakfast: 8:00
		Activities: 9:00	Activities: 9:00
Activity	Arrive	Canoeing	Climbing & Abseiling
		Lunch: 12:30	Lunch: 12:30
	Activities: 13:00	Activities: 13:00	
Activity	Obstacle Course	Gorge Walk	
	End Activities: 16:00	End Activities: 16:00	
	Evening Meal: 17:00	Evening Meal: 17:00	
Activity	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:

Assault Course, BMX Skills, Raft Building, Team Initiative Challenges, 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.