

PRO-ACTIVE ADVENTURE

Conwy

	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	Snowdon	Gorge Walk
		Lunch: 12:30	Lunch: 12:30	Lunch: 12:30
	Activities: 13:00	Activities: 13:00	Activities: 13:00	
Activity	Obstacle Course	Climbing & Abseiling	Snowdon	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:

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