



# PRO-ACTIVE ADVENTURE

## Conwy



|                 | Day 1                                               | Day 2                                               | Day 3                                               | Day 4                                               | Day 5                   |
|-----------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-------------------------|
|                 |                                                     | <b>Breakfast: 8:00</b>                              | <b>Breakfast: 8:00</b>                              | <b>Breakfast: 8:00</b>                              | <b>Breakfast: 8:00</b>  |
|                 |                                                     | <b>Activities: 9:00</b>                             | <b>Activities: 9:00</b>                             | <b>Activities: 9:00</b>                             | <b>Activities: 9:00</b> |
| <b>Activity</b> | <b>Arrive</b>                                       | <b>Gorge Walk</b>                                   | <b>Snowdon</b>                                      | <b>Coasteering</b>                                  | <b>Archery</b>          |
|                 |                                                     | <b>Lunch: 12:30</b>                                 | <b>Lunch: 12:30</b>                                 | <b>Lunch: 12:30</b>                                 | <b>Lunch: 12:30</b>     |
|                 | <b>Activities: 13:00</b>                            | <b>Activities: 13:00</b>                            | <b>Activities: 13:00</b>                            | <b>Activities: 13:00</b>                            |                         |
| <b>Activity</b> | <b>Obstacle Course</b>                              | <b>Canoeing</b>                                     | <b>Snowdon</b>                                      | <b>Climbing &amp; Abseiling</b>                     | <b>Depart</b>           |
|                 | <b>End Activities: 16:00</b>                        | <b>End Activities: 16:00</b>                        | <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>Evening Meal: 17:00</b>                          | <b>Evening Meal:</b>                                |                         |
| <b>Activity</b> | <b>Optional Extra<br/>Activities: 18:00 – 19:30</b> | <b>Optional Extra<br/>Activities: 18:00 – 19:30</b> | <b>Optional Extra<br/>Activities: 18:00 – 19:30</b> | <b>Optional Extra<br/>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, Team Initiative Challenges, BMX Skills, Visits To Great Orms Head, Archery, Full Day Coasteering & Beach Games, Full Day Gorge Walk, Mountaineering, Mountain Biking, Raft Building, Mine exploration, Bushcraft, Operation Search & Rescue, Orienteering.