



# PRO-ACTIVE ADVENTURE

## Pantienion Hall

	Day 1	Day 2	Day 3	Day 4
		<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>Activity</b>	<b>Arrive</b>	<b>Blue Lake Buzz Day</b>	<b>Cader Idris Mountain Day</b>	<b>Canoeing</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>Activity</b>	<b>Gorge Walk</b>	<b>Blue Lake Buzz Day</b>	<b>Cader Idris Mountain Day</b>	<b>Depart</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>Activity</b>	<b>Optional Extra Activities 18:00 – 19:30</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:

Blue Lake Buzz Day, Team Initiative Challenges, BMX Skills, Visits To Places Of Interest, Full Day Gorge Walk, Full Day Coasteering & Beach Games, Mine Exploration, Bushcraft, Operation Search & Rescue, Orienteering.



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