



PRO-ACTIVE ADVENTURE

Pantienion Hall

	Day 1	Day 2	Day 3	Day 4	Day 5
		Breakfast: 8:00	Breakfast: 8:00	Breakfast: 8:00	Breakfast: 8:00
		Activities: 9:00	Activities: 9:00	Activities: 9:00	Activities: 9:00
Activity	Arrive	Canoeing	Blue Lake Buzz Day	Mountaineering Cader Idris	Gorge Walk
		Lunch: 12:30	Lunch: 12:30	Lunch: 12:30	Lunch: 12:30
	Activities: 13:00	Activities: 13:00	Activities: 13:00	Activities: 13:00	
Activity	Team Initiative Challenges	Raft Building	Blue Lake Buzz Day	Mountaineering Cader Idris	Depart
	End Activities: 16:00	End Activities: 16:00	End Activities: 16:00	End Activities: 16:00	
	Evening Meal: 17:00	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	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:

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