



5-day Example Activity Programme Example

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
DAY 1			Arrive & Welcome Brief	Site Tour & Group Games	Lunch	Team Building & Problem Solving		Low Ropes & On-site Orienteering		Freetime	Dinner	Evening Activities Night Walk & Campfire		Settle and Bed by 10pm
DAY 2			Breakfast	Energizer Games	Caving Session		Lunch	Canoeing Session		Climbing & Powerfan	Freetime	Dinner	Evening Activities Treasue Hunt & Campfire	
DAY 3	Breakfast	Energizer Games	High Ropes Session Crate Stack & Trapeze		Lunch	Raft Building		Eco Session Bug Bingo & Forest Art		Freetime	Dinner	Evening Activities Wide Games & Campfire		Settle and Bed by 10pm
DAY 4	Breakfast	Energizer Games	Mountain Biking		Lunch	Archery Session		Shelter Building		Freetime	Dinner	Evening Activities Talent Show & Campfire		Settle and Bed by 10pm
DAY 5	Breakfast	Energizer Games	High Ropes Session Big Swing & Zip Wire		Lunch	Team Challenge	Pack-up, team photo & depart							

Our residential activity programmes can be adapted to meet the size, needs and age of your group as well as taking into account the time of year, weather conditions etc. If there are particular activities that you would like to be included in your programme or that you wish to avoid then please let us know. We will share the suggested programme with you before your visit and you can make changes right up to the day of your arrival. We normally operate a 'carousel' of activities so that each group gets to do every activity but not necessarily at the same time. Where possible we ensure that programmes are progressive and incremental in their level of challenge in order to maximise learning and development opportunities. Each activity group usually consists of 1 instructor, up to 10 participants and a supporting teacher or responsible adult.