



Single Day Activity Programme Examples

	10-10.15am	10.15am-12.30pm	12.30-1pm	1pm-2.30pm	2.30pm-4pm
Group 1	Arrive, Briefing and Energizer Activity	Activity 1 Team Challenges	LUNCH	Activity 2 Canoeing	Activity 3 Climbing
Group 2	Arrive, Briefing and Energizer Activity	Activity 1 Team Challenges	LUNCH	Activity 2 Caving	Activity 3 Canoeing
Group 3	Arrive, Briefing and Energizer Activity	Activity 1 Team Challenges	LUNCH	Activity 2 Climbing	Activity 3 Caving

Or

	10-10.15am	10.15am-12.45pm	12.45-1.30pm	1.30pm-4pm
Group 1	Arrive, Briefing and Energizer Activity	Low Ropes & Caving	LUNCH	Climbing, Powerfan & Zip Wire
Group 2	Arrive, Briefing and Energizer Activity	Climbing, Powerfan & Zip Wire	LUNCH	Low Ropes & Caving

Our day activity programmes are extremely flexible and can be tailored around your activity choices or desired learning outcomes. Depending on staff availability we can accommodate up to 100 people for activity days. Each activity group usually consists of 1 instructor, up to 10 participants and a supporting teacher or responsible adult.