



Adventure program sample (Hill Walk option)

		<u>GROUP 1 (15)</u>	<u>GROUP 2 (15)</u>	<u>GROUP 3 (15)</u>
<u>MON</u>	<u>PM</u>	Kayaking	3 Stack	Sailing
	<u>EVE</u>	SCAVENGER HUNT		
<u>TUE</u>	<u>AM</u>	Adventure Day (Hill Day)	Kayaking	3 Stack
	<u>PM</u>		Boat Trip + Mountain Bike	Kayaking
	<u>EVE</u>	TEAM BUILDING		
<u>WED</u>	<u>AM</u>	Sailing	Adventure Day (Hill Day)	Boat Trip + Mountain Bike
	<u>PM</u>	Boat Trip + Mountain Bike		All Aboard + Orienteering
	<u>EVE</u>	SELF PROGRAMMING		
<u>THUR</u>	<u>AM</u>	3 Stack	Burn Run	Adventure Day (Hill Day)
	<u>PM</u>	Burn Run	All Aboard + Orienteering	
	<u>EVE</u>	DISCO		
<u>FRI</u>	<u>AM</u>	All Aboard + Orienteering	Sailing	Burn Run
		<u>SESSION TIMES: AM : 09.15 – 12.15 PM: 13.30 – 16.15 EVE: 18.30 – 20.15</u>		

N.B: Based on the activity day choice you will not repeat these activities in your program

<u>ADVENTURE DAY OPTIONS (choose 1)</u>
<u>Sail and Climb Expedition</u>
<u>Full Day Hill Walk</u>
<u>Paddlesports Expedition + Walk</u>