



PRO-ACTIVE ADVENTURE

Pembrokeshire Hostels



	Day 1	Day 2	Day 3
Activity	Arrive	Instructors Meeting: 8:30	Instructors Meeting: 8:30
		School Briefing: 8:45	School Briefing: 8:45
		Activities: 9:00	Activities: 9:00
		Climbing & Abseiling Lydstep Cove	Bush Craft On Site
		Lunch: 12:00	Lunch: 12:00
	Activities: 12:30	Activities: 12:30	Depart
Activity	Archery On Site	Coasteering Lydstep Head	
	End Activities: 15:30	End Activities: 15:30	
	Evening Meal: T.B.C.	Evening Meal: T.B.C.	
Activity	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 your activities from the list below at no extra cost. All activities will be delivered at an age and ability appropriate level.

Other Options:

Sit On Top Kayaking/Canoeing, Archery, Body Boarding, Rock Hopping, Raft Building, Team Initiative Challenges, Visit To Local Sites Of Interest, Mountaineering, Coastal Trek, Full Day Coasteering & Beach Games, Bush Craft, Orienteering.