



# PRO-ACTIVE ADVENTURE

## Pembrokeshire Hostels

|          | Day 1                                      | Day 2                                      | Day 3                                      | Day 4                     |
|----------|--------------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------|
| Activity | Arrive                                     | Instructors Meeting: 8:30                  | Instructors Meeting: 8:30                  | Instructors Meeting: 8:30 |
|          |                                            | School Briefing: 8:45                      | School Briefing: 8:45                      | School Briefing: 8:45     |
|          |                                            | Activities: 9:00                           | Activities: 9:00                           | Activities: 9:00          |
|          |                                            | Coasteering<br>Lydstep Head                | Sit On Kayaking<br>Llanion Quay            | Archery<br>On Site        |
|          |                                            | Lunch: 12:00                               | Lunch: 12:00                               | Lunch: 12:00              |
| Activity | Activities: 12:30                          | Activities: 12:30                          | Activities: 12:30                          | Depart                    |
|          | Team Initiative Exercises<br>On Site       | Climbing & Abseiling<br>Lydstep Cove       | Bush Craft<br>On Site                      |                           |
|          | End Activities: 15:30                      | End Activities: 15:30                      | End Activities: 15:30                      |                           |
|          | Evening Meal: T.B.C.                       | Evening Meal: T.B.C.                       | Evening Meal: T.B.C.                       |                           |
| Activity | Optional Extra<br>Activities 18:00 – 19:30 | Optional Extra<br>Activities 18:00 – 19:30 | Optional Extra<br>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:

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.