



PRO-ACTIVE ADVENTURE

Pembrokeshire Hostels



	Day 1	Day 2	Day 3	Day 4	Day 5
Activity	Arrive	Inst Meeting: 8:30	Inst Meeting: 8:30	Inst Meeting: 8:30	Inst Meeting: 8:30
		School Briefing: 8:45	School Briefing: 8:45	School Briefing: 8:45	School Briefing: 8:45
		Activities: 9:00	Activities: 9:00	Activities: 9:00	Activities: 9:00
		Climbing & Abseiling Lydstep Cove	Sit On Kayaking Llanion Quay	Archery On Site	Orienteering On Site
		Lunch: 12:00	Lunch: 12:00	Lunch: 12:00	Lunch: 12:00
	Activities: 12:30	Activities: 12:30	Activities: 12:30	Activities: 12:30	Depart
Activity	Team Initiative Exercises On Site	Coasteering Lydstep Head	Coastal Trek Manorbier Head	Bush Craft On Site	
	End Activities: 15:30	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.	Evening Meal: T.B.C.	
Activity	Optional Extra 18:00 – 19:30	Optional Extra 18:00 – 19:30	Optional Extra 18:00 – 19:30	Optional Extra 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 Manorbier Castle, Mountaineering, Coastal Trek, Coasteering & Beach Games, Bush Craft, Orienteering.