

# DISCOVER ADVENTURE

This is your opportunity to have your first taste of the outdoors. You'll be sleeping in centre most nights, but there's plenty of adventure to be had!

You will have the same expert instructor throughout who will guide you through each and every experience plus a dedicated house parent to make sure you're happy and settled in.

This is an **example itinerary** for your programme, providing you with a **guideline** of the type of activities and level of challenge involved. Your actual programme will depend on weather conditions and your ability as a group.

**DAY 3:** Set off on a rock climbing adventure. Learn the basic techniques before beginning your ascent. You'll be out in the wild at a real rock climbing venue, taking in some spectacular surroundings. You may get the chance to try out abseiling. The day will help to build your communication skills, as you work with a partner and your group to complete the climbs.

**DAY 2:** Start the day with some energetic high challenge activities in our spectacular centre grounds.

Prepare for sleeping out - or bivving - in the woods or on a sandy shore.

You'll start to bond with your group and feel more self-assured and confident.

**DAY 1:** Sit down to dinner with your instructor and your new team mates. Grab your kit and prepare for the week ahead. Enjoy some icebreaker activities to get to know your group.

**DAY 7:** Depart after breakfast.

**DAY 5-6:** Head off into the hills for an overnight expedition. You'll carry your rucksack and hike on foot deep into the mountains.

Learn about navigation and map skills and feel more independent as you take on new responsibilities.

Spend the night in a cabin, cooking a meal as a team.

**DAY 4:** Hit the water and after learning the tricks of the trade, spend the day canoeing, kayaking, rafting or sailing. You'll be in open water working as a group to overcome the day's challenges.