

SERIOUS ADVENTURE

Your chance to try out an amazing range of adventures in just one week as you build your skills and confidence.

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 2: After breakfast, start the day with some energetic high challenge activities in the spectacular centre grounds. Test your nerve on the trapeze or a free abseil.

Later in the day, prepare to sleep out - or bivvy - in the woods or near the beach. You'll now begin to build your confidence and sense of independence.

DAY 1: Evening meal provided on arrival. Meet 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:

Say your goodbyes, take plenty of photos and exchange email addresses.

Depart after breakfast with a renewed feeling of determination and achievement.

DAY 5-6: Head out into the wilderness for a two night expedition, sleeping under canvas. You'll carry your rucksack and hike on foot deep into the mountains.

Gain firsthand experience in navigation, teamwork and leadership. Bring together all the skills you've learned and try an adventurous mountain scramble or work together as a group to complete an exciting journey on water.

Spend time with your instructor to review your experiences.

DAY 3-4: Venture out to a crag and learn the basics of rock climbing and abseiling. Alternatively, you might head out onto the water for a kayak or rafting challenge or try out gorge scrambling.

In the evening build your teamwork and communication skills with an orienteering activity. Pack and prepare for your expedition.