



TEAMBUILDING DAY

Sample Itinerary



Arrival at 10.00am

Welcome & Introduction



Morning Activities

Tug-of-War

Save the Ball

Ready Steady Cook Challenge

Archery

Lunch

Afternoon Activities

Team games on 12 metre high ropes course:

- Crate Stack Challenge
- Jacobs Ladder
- Leap of Faith
- High All Aboard

Ireland's Longest Zip Wire (375m)

