



Multi-Activity Course



Sample Itinerary

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|-------------------------|---|
| 10.00 am – 10.15am | Welcome/briefing |
| 10.15am – 11.15am | Teambuilding/Problem solving Games - hot stuff/spiders web/balance beam/ egg drop/stepping stone/ potato conveyor |
| 11.15am—12.30pm | Orienteering |
| 12.30pm – 1.00pm | LUNCH BREAK |
| 1.00pm – 2.00pm | Archery |
| 2.00pm—3.00pm | Tree climbing & abseiling |
| 3.00pm—4.00pm | Raftbuilding |

Price includes: Qualified instructors, insurance, specialised equipment i.e. helmet, waterproofs, harnesses etc

The following is a suggested list of clothing to be brought:

Fleece Top/Warm Jumper
Old Trainers – (they will get wet)
Water Proof Jacket
Hat/gloves