



## SAMPLE ITINERARY



**Arrival at 10.00am**

Welcome & Introduction

**Morning Activities**

Tug-of-War

Ready Steady Cook Challenge

Archery

**Lunch**

**Afternoon Activities**

Team games on 12 metre high ropes course:

- 'Jacobs Ladder'
- 'Leap of Faith'
- 'High All Aboard'

Ireland's Longest Zip Wire (300m)