



Upper / Secondary Programme Example

	Group 1	Group 2	Group 3	Group 4	Group 5	Evening Activity	DI	Notes
Sunday		Arrival 3.30pm. Welcome to centre and tour.				Kit Issue Local Walk		
Monday	Canoe Orienteer	Rock Climb Abseil	Rock Climb Abseil	Sea Level Traversing	Sea Level Traversing	Ropes Course Nightline Problem Solving		
Tuesday	Rock Climb Abseil	Sea Level Traversing	Sea Level Traversing	Canoe Orienteer	Canoe Orienteer	Ropes Course Nightline Problem Solving		
Wednesday	Sea Level Traversing	Canoe Orienteer	Canoe Orienteer	Rock Climb Abseil	Abseil Rock Climb	Mid Course review Choose option for Thursday		
Thursday	Option day – Choice of activity					Ropes Course Nightline Problem Solving		
Friday	Mountain Walk					End of course review Kit return		
Saturday	Clean Centre. Depart 9.30am							