

Sample Schools Activity Programme (Summer/Autumn Term)			<a href="http://www.morfabay.com">www.morfabay.com</a> 01994 453 588	
DAY ONE	AM	AM/PM	PM	EVE
GROUP NAME			14:00 – 16:00	17:00 -
AMROTH	School(s) arrive, receive welcome brief, settle in and have packed lunch		Assault Course	Evening meal, followed by Coastal Hike
CALDEY			Caving	
LAUGHARNE			Bushcraft	
TENBY			MTB Trail	
SKOMER			High Ropes	
GINST			Zip Line	
DAY TWO	AM	PM	PM	EVE
	09:30 – 11:30	13:00 – 15:00	15:00 – 17:00	17:00 -
AMROTH	Bushcraft	High Ropes	Zip Line	Evening meal, followed by Pendine Beach Walk
CALDEY	Zip Line	MTB Trail	Assault Course	
LAUGHARNE	High Ropes	Assault Course	MTB Trail	
TENBY	Assault Course	Zip Line	High Ropes	
SKOMER	Sea Activities	Bushcraft	Caving	
GINST	Sea Activities	Orienteering	Bushcraft	
DAY THREE	AM	PM	PM	
	09:30 – 11:30	13:00 – 15:00	15:00 – 17:00	Evening meal, Followed by Morfa Bychan Beach Walk
AMROTH	Sea Activities	MTB Trail	Caving	
CALDEY	Sea Activities	Orienteering	Archery	
LAUGHARNE	Orienteering	Archery	Abseil	
TENBY	Caving	Abseil	Orienteering	
SKOMER	Abseil	Zip Line	Assault Course	
GINST	Archery	Caving	MTB Trail	
DAY FOUR	AM	PM	PM	EVE
	09:30 – 11:30	13:00 – 15:00	15:00 – 17:00	Evening meal or BBQ, followed by DISCO
AMROTH	Orienteering	Archery	Abseil	
CALDEY	Abseil	High Ropes	Bushcraft	
LAUGHARNE	Sea Activities	Caving	Zip Line	
TENBY	Sea Activities	Bushcraft	Archery	
SKOMER	Archery	MTB Trail	Orienteering	
GINST	Assault Course	Abseil	High Ropes	
DAY FIVE	AM	PM	PM	EVE
ALL GROUPS	Breakfast followed by farewell & departure	N/A	N/A	

**\*\*Breakfast served at 08:30 from Day Two onwards**

**\*\*Lunch served at 12:00 from Day Two onwards**