

Sample programme for schools

Group	1	2	3	4
Monday				
11.00	Arrive and settle in			
12.30	Lunch			
1.30-4.45	Pool Canoe Team Exercise	Team Exercise Pool Canoe	Obstacles High Adventure	High Adventure Obstacles
5.30	Dinner			
Tuesday				
8.00	Breakfast			
8.50 - 12.05	Map Reading/ Orienteering		Pool Canoe Team Exercise	Team Exercise Archery
12.30	Lunch			
1.30-4.45	High Adventure Archery	Obstacles High Adventure	Ashdown Forest Walk	
5.30	Dinner			
Evening	Night walk			
Wednesday				
8.00	Breakfast			
8.50 - 12.05	Obstacles <i>Witch's Tree</i>	Archery <i>Witch's Tree</i>	Forest Adventure	
12.30	Lunch			
1.30-4.45	Ashdown Forest Walk		Archery <i>Witch's Tree</i>	Pool Canoe <i>Witch's Tree</i>
5.30	Dinner			
Thursday				
8.00	Breakfast			
8.50 - 12.05	Climbing Wall Ab/Zip	Ab/Zip Climbing Wall	Map Reading/ Orienteering	
12.30	Lunch			
1.30-4.45	Forest Adventure		Climbing Wall Ab/Zip	Ab/Zip Climbing Wall
5.30	Dinner			
Friday				
8.00	Breakfast			
8.50 - 12.05	Team Challenge <i>Earthwalks</i>	Team Challenge <i>Earthwalks</i>	<i>Earthwalks</i> Team Challenge	<i>Earthwalks</i> Team Challenge
11.45	Certificate Presentation			
12.30	Lunch			
1.30	Depart			

Notes:

Ashdown Forest Walk could be Canoeing (March – September) or off-site Rock Climbing
Sessions in green are Environmental Studies