

A typical weekend course might look like this:

		Group 1	Group 2	Group 3	Group 4
Friday		Arrive 19.30 Issue kit Night walk	Arrive 19.30 Issue kit Night walk	Arrive 19.30 Issue kit Night walk	Arrive 19.30 Issue kit Night walk
Saturday	am pm eve	Rock climb Gorge walk	Ropes course Rock climb	Gorge walk Mountain bike	Canoe Ropes course
Sunday	am pm	Mountain bike Kayak Depart 17.00	Gorge walk Mountain bike Depart 17.00	Kayak Caving Depart 17.00	Rock climbing Gorge walk Depart 17.00