



3 Nights Activity Itinerary (sample)			www.morfabay.com	
<b>FRI</b>	<b>AM - PM</b>		<b>14:00 – 16:00</b>	<b>EVE</b>
<b>AMROTH</b>	12:00 arrival, providing own packed lunches. Welcome and settle into accommodation.		Bushcraft	17:00 meal Coastal Hike
<b>ANGLE</b>			Archery	
<b>CALDEY</b>			High Ropes	
<b>DALE</b>			Zipline	
<b>SAT</b>	<b>09:30 – 11:30</b>	<b>13:00 – 15:00</b>	<b>15:00 – 17:00</b>	<b>EVE</b>
<b>AMROTH</b>	High Ropes	Archery	Assault Course	17:30 meal Pendine Sands
<b>ANGLE</b>	Bushcraft	Assault Course	Rocky Shore Study	
<b>CALDEY</b>	Sea Activities	Bushcraft	Rocky Shore Study	
<b>DALE</b>	Sea Activities	MTB Trail	Bushcraft	
<b>SUN</b>	<b>09:30 – 11:30</b>	<b>13:00 – 15:00</b>	<b>15:00 – 17:00</b>	<b>EVE</b>
<b>AMROTH</b>	Sea Activities	Crate Stack	Rocky Shore Study	17:30 meal Disco
<b>ANGLE</b>	Sea Activities	MTB Trail	Crate Stack	
<b>CALDEY</b>	Archery	Orienteering	Assault Course	
<b>DALE</b>	Bushcraft	Assault Course	Rocky Shore Study	
<b>MON</b>	<b>AM - PM</b>			
<b>ALL GROUPS</b>	Breakfast, farewell presentation, and departure Packed lunch provided		N/A	