

First Travel Solutions Limited.

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Island Adventure - 3 night Activity Programme

DAY	MORNING	AFTERNOON	EVENING
DAY 1	Arrive ~ midday Welcome to the centre Introduction to course Allocation of waterproofs	Smuggler's Team Challenges Can your team work together to complete Smugglers challenges such as escaping the sinking ship, preventing the dynamite from exploding in your hands, and getting through the escape tunnel as quickly as possible?	Orienteering Navigate your way around the grounds, learning about the past and present of the site (and tiring everyone out before a good night's sleep!)
DAY 2	Rocky Shore Exploration We will head down to the nearby rocky shore to explore the intertidal zone and learn about the amazing sea creatures that survive there.	Adventurous Activity Choose from: Archery Rock Climbing Rafting	What Wanders at Night Investigation into the nocturnal inhabitants of the woodlands surrounding the Centre including small mammals such as bank voles and wood mice.
DAY 3	Bushcraft We get our hands dirty and learn how to survive in the wilderness. Will your fire be hot enough to toast a marshmallow, and does your shelter stand up to a storm?	Isle of Cumbrae Walk A guided tour of the most scenic areas of Cumbrae looking out for birds, seals and dolphins. We will climb the hills for stunning views over the Firth of Clyde and learn about the area's history. We will finish up in Millport town for a chance to explore the museum and maybe even get an ice cream!	Campfire Gathered around a roaring campfire, we will exchange memories of the week, play campfire games and toast marshmallows.
DAY 4	Sandy Shore Discoveries We will head down to our local SSSI, Kames Bay, to hunt for animals that live in the sand. We will have a sandcastle building competition and, if time permits, try our hand at some beach art.	Review course Hand in equipment Depart ~ 13.00	<i>Please note: to ensure safe and quality learning experiences for students, the timetable may alter depending on weather conditions and local factors at centres.</i>