

A Week at Adventure Speyside

Sample five day programme



Monday Day 1

Arrive: Course introduction, settling in, centre tour and equipment issue

Adventure: Start to build relationships with your group in our team challenges

Evening: Explore course aims and personal responsibilities.

Activity: Head out to view the stars and discover the local forest at night on our night walk



Tuesday Day 2

Adventure: Immerse yourself in a completely new environment in our gorge walk.

Adventure: Discover ways of surviving in the wild during our wilderness skills sessions

Evening Activity: use all your senses in our



Wednesday Day 3

Adventure Challenge yourself to reach the lofty summits of one of the local mountains discovering plenty of things about the local environment whilst on your journey.

Evening Activity: Brace yourself for the chance of a wild swim in the local river



Thursday Day 4



Adventure Discover the local trails and challenge yourself on a Mountain biking journey

Adventure Challenge your fear of heights and push yourself to new limits during our visit to one of the local crags for some climbing and abseiling

Evening Activity: Use the knowledge you have gained to find the answers on our scavenger hunt

Friday Day 5

Adventure Use all the skills that you have learnt this week to complete a self supported journey with your group

Review of the week: Look at our weeks achievements and next steps

