



New Forest Outdoor Centre

Example Programme for an event for 10 delegates

Time From	Time to	Activity
Arrive 09:00	09:15	Bacon rolls, tea and coffee
0915	09:30	Introductions, overview of the day.
0930	1000	Group ice breaking task
1000	1100	Trust activities
1100	1115	Tea, coffee and cakes
1115	1300	Low ropes and problem solving tasks
1300	1345	Lunch Quality cold buffet
1345	1445	Climbing learn to climb and belay
1445	1630	High Ropes and zip line
1630	1700	Tea, coffee, and cake Final review and depart