

Wales Activity Breaks

Tel: (029) 20 831658 Fax: (029) 20 832734

Cwrt y Celyn Farm, Upper Boat, Pontypridd, Mid Glamorgan CF37 5BJ

Email: info@walesactivitybreaks.co.uk

Activity Day for a Sports Tour with activities of Quad Biking, RIB Speedboat and Paintball (Based on staying in Cardiff)

Suggested Itinerary

Split into 2 groups for the day

Group (A)

- 8.45am Walk from hotel to waterfront
- 9.00am Meet Mike the skipper, kit out
- 9.30am Adventure RIB Speedboat trip
- 10.30am Activity finishes, coach picks up and departs for Taff Valley
- 11.00am Coach arrives at bottom of our track, drops group off and picks up Group B, land rovers transfer group to the activity centre (coach goes back to Cardiff Bay)
- 11.15am Kit out for activity (youths only)
- 11.30am Quad Biking
- 12.45pm Activity finishes, coach departs for Cardiff Bay



Group (B)

- 8.45am Coach departs for Taff Valley
- 9.15am Arrive at bottom of track, land rovers transfer group to the activity centre (coach goes back to Cardiff Bay)
- 9.30am Kit out for activity (youths only)
- 9.45am Quad Biking
- 11.00am Activity finishes, group gets back on the coach and departs for Cardiff Bay (coach returns to Taff Valley after dropping them off)
- 12.00pm Arrive in the Bay, meet Mike, kit out
- 12.30pm Adventure RIB Speedboat ride
- 1.30pm Activity finishes, coach picks up



Both Groups (A) & (B)

- 1.45pm Coach departs Cardiff Bay for paintball centre, eats packed lunches on the way
- 2.30pm Arrive at centre, kit out
- 3.00pm Paintball
- 6.00pm Activity finishes, coach returns to hotel

