

Wales Activity Breaks

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Gorge Walking in the Brecon Beacons (inc packed lunch)

Suggested Itinerary

- 10.30am Group arrives at Pontneddfechan village hall and meets instructors. Coffee/tea and briefing on the days activity
- 11.00am Brainstorming session on teams and teamwork, identifying key words associated with successful teams. Discussion. Pair off and interview each other to discover new facts about your team members and present to the rest of the group
- 11.45am Kit out for the activity, with kit provided by us, including wetsuits, buoyancy aids, helmets and oversuits
- 12.00pm Gorge Walking experience in the rivers and waterfalls, including low level traverses, scrambling over rocks, tunnels/caves and jumping into plunge pools
- 3.00pm Activity finishes, walk back to the village hall to dry off and change
- 3.30pm Packed lunches at the village hall
- 4.00pm De-brief and review the day. Discuss training needs and goals to set.
- 4.30pm Depart

