

Wales Activity Breaks

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Quad Biking, Archery & Clay Shooting (inc buffet lunch)

Suggested Itinerary

9.30am Group arrives at the country pub conference room, coffee/tea, briefing on the day's activities

10.00am 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

10.45am Short drive down to the centre

11.00am Clay Shooting

12.30pm Archery

2.00pm Buffet Lunch back at the country pub

3.00pm Kit out for next activity

3.00pm Quad Biking

4.30pm Activities finish, return to the country pub for a de-brief and review the day. Discuss training needs and goals to set

5.30pm Depart

