

Wales Activity Breaks

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Quad Biking, Archery & Treasure Hunt (inc buffet lunch)

Suggested Itinerary

- 9.30am Group arrives at Abertridwr YMCA, 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 Split into 2 groups
- 11.15am Group (A) Cryptic treasure hunt around the village
Group (B) Problem Solving
- 12.00pm Swap over activities
- 1.00pm Buffet Lunch at the local cafe
- 1.45pm Short drive to the activity centre
- 2.00pm Group (A) Archery
Group (B) Quad Biking
- 3.15pm Swap over activities
- 4.30pm Activities finish, de-brief and review the day. Discuss training needs and goals to set. Announce winning team
- 5.30pm Depart

