

Sealyham 5 day trip

Day 1

ARRIVAL

Because journey times can vary, we keep the first day relaxed; starting with time to settle into your rooms, followed by a brief introduction to the Centre.

LUNCH

RAFT BUILDING

Raft building encourages lateral thinking. Each team needs designs a craft that will carry the whole team across the lake and complete a series of tasks. Creativity communication and perseverance all come into play to complete this fun challenging task.

DINNER

EVENING ACTIVITIES

Sealyham has a range of evening activities. These include campfire time, team games and team orientated outdoor activities such as obstacle courses and nightline.

Day 2

BREAKFAST

SURFING

Your instructor will issue you the kit required for the activity. Then you will head off to one of Pembrokeshire's beautiful beaches. Once there you will learn about beach & wave safety and how to surf safely. Then get ready to ride the waves!

LUNCH

HIGH / LOW ROPES

Your instructor will issue you the kit required for the activity. You will head off to our purpose built high ropes course where you will have all your senses challenged as you go around the course with the help of your friends and overseen by our instructors.

DINNER

EVENING ACTIVITIES

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Day 3

BREAKFAST

CLIMBING / ABSEILING

Climbing is about both physical and mental challenge. Participants set their own goals and will be encouraged by our instructors to achieve these goals. We use local inland crags which offer climbs of varying difficulty, suitable for all abilities.

LUNCH

COASTEERING

Coasteering is a team activity which our instructors will encourage individuals to lead the way and look after their fellow team members. The various challenges include, jumping from rocks into the sea, swimming and sometimes swimming through large caves.

DINNER

EVENING ACTIVITIES

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Day 4

BREAKFAST

PADDLESPO RTS

On our sheltered lake surrounded by cliffs and wildlife learn paddling skills. An enjoyable and adaptable session where we focus on fun whilst learning basic skills. This can be done in different types of craft - kayaks, sit-on-tops and paddle boards.

LUNCH

BUSHCRAFT

You will learn about how to survive in the wilderness with skills like shelter building, finding and cleaning water, fire building as well as understanding how to use tools safely and how to use natural environment responsibly by a "leave no trace" approach.

DINNER

EVENING ACTIVITIES

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Day 5

BREAKFAST

TARGET SPORTS

Accuracy, control and a steady hand are needed for achieving the best results and many individuals discover a talent for this new skill. We encourage a high level of safety awareness and teach the basic skills on our purpose built range.

DEPARTURE

As the trip comes to an end, students pack up their belongings and head home, carrying great memories from a trip full of adventure.



Please note this is an example itinerary and can be tailored to suit the specific needs of your school or group.