



## **Coniston Adventure Weekends** Schedule

This is a brief outline of what you can expect from your Adventure Weekend

### **Friday**

- Meet at The Munro Sports Centre for a 4pm departure
- Arrive in the Lake District around 8pm
- Your coach is met by our staff and your bags are taken to the Centre
- You glimpse your first site of the centre as you walk the 15 minutes down our driveway toward the lake – make sure you have a torch and a warm coat handy.
- Settle in and cook evening meal if required

### **Saturday**

- Eat breakfast and clear away in time to meet your Instructors at 9am
- Activities will be decided on the day depending on the weather
- There are normally 2 sessions (morning and afternoon) on the Saturday, if conditions/activities are appropriate there could be a full day activity. Make sure you bring a packed lunch that can be eaten away from the centre if necessary.
- Saturday evening meal can be cooked at the centre and then you are free to enjoy the log burning stove, watch the TV, use the games room or choose your own way to spend the evening.

### **Sunday**

- Another 9am meeting time. Sunday will consist of either 2 short sessions or one long session depending on the activities decided on. Again, pack lunch is needed.
- After activities there will be time to clean the centre.
- The coach departs at 4 pm after the short walk back up our driveway.