



## Low Mill Outdoor Centre Session Plan

### Sample Monday - Friday

	MORNING SESSION		AFTERNOON SESSION		EVENING SESSION
Monday	12noon Arrival Room allocation Group briefing & Own packed lunch		Local Walk	Evening Meal – 5.30pm	Evening Walk
Tuesday	1. Canoeing 2. Zip Wire 3. Archery	Lunch – 12.30pm	1. Caving 2. Gorge Walking 3. Abseiling		Team Games
Wednesday	1. Zip Wire 2. Archery 3. Canoeing		1. Gorge Walking 2. Abseiling 3. Caving		
Thursday	1. Archery 2. Canoeing 3. Zip Wire		1. Abseiling 2. Caving 3. Gorge Walking		Camp Fire
Friday	Orienteering		Presentation after lunch and depart by 1.30pm		

For details of individual sessions, please visit our website on the following link  
<https://www.lowmill.com/index.php/activities/>