



# Low Mill Outdoor Centre Session Plan

## Sample Monday - Wednesday

	MORNING SESSION		AFTERNOON SESSION		EVENING SESSION
Monday			<ol style="list-style-type: none"> <li>1. Abseiling</li> <li>2. Zip Wire</li> </ol>	Evening meal 5.30pm	Film Night
Tuesday	<ol style="list-style-type: none"> <li>1. Canoeing</li> <li>2. Gorge Walking</li> </ol>	Lunch time 12.30pm	<ol style="list-style-type: none"> <li>1. Gorge Walking</li> <li>2. Canoeing</li> </ol>		Camp Fire
Wednesday	<ol style="list-style-type: none"> <li>1. Zip Wire</li> <li>2. Abseiling</li> </ol>		Presentation and depart after lunch by 1.30pm		

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