



Low Mill Outdoor Centre Session Plan

Sample Wednesday to Friday

	MORNING SESSION		AFTERNOON SESSION		EVENING SESSION
Wednesday			3.30pm Arrival Room allocation Group briefing	Evening meal 5.30pm	Film Night
Thursday	1. Canoeing 2. Gorge Walking	Lunch time 12.30pm	1. Gorge Walking 2. Canoeing		Camp Fire
Friday	1. Zip Wire 2. Abseiling			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/>