



# Low Mill Outdoor Centre Session Plan

## Sample Weekend Programme

	MORNING SESSION		AFTERNOON SESSION		EVENING SESSION
Friday			Group Arrive 4.00pm Room Allocation Briefing	Buffet supper	Night Drop
Saturday	<ol style="list-style-type: none"> <li>Gorge Walking</li> <li>Abseiling</li> <li>Canoeing</li> </ol>	Lunchtime 12.30pm	<ol style="list-style-type: none"> <li>Abseiling</li> <li>Canoeing</li> <li>Gorge Walking</li> </ol>	Evening meal 5.30pm	Camp Fire
Sunday	<ol style="list-style-type: none"> <li>Canoeing</li> <li>Gorge Walking</li> <li>Abseiling</li> </ol>	Lunchtime 1.00pm	Presentation and depart after lunch by 2.00pm		

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