


## Low Mill Outdoor Centre Session Plan

### Sample Group Split Week Programme

	MORNING SESSION		AFTERNOON SESSION		EVENING SESSION
Monday	12noon Arrival Room allocation Group briefing & Own packed lunch		1. Caving 2. Abseiling 3. Canoeing		Night Drop
Tuesday	1. Abseiling 2. Canoeing 3. Caving	Lunchtime 12.30pm *New group arrive with packed lunch	1. Canoeing 2. Caving 3. Abseiling	Evening meal 5.30pm	Camp Fire
Wednesday *	Aysgarth Falls or Sleety Bank		1. Archery 2. Abseiling 3. Canoeing		Night Drop
Thursday	1. Zip Wire 2. Canoeing 3. Caving		1. Canoeing 2. Caving 3. Abseiling		Camp Fire
Friday	Aysgarth Falls or Sleety Bank		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/>