

## How to organise your programme at HA

At High Adventure each programme is tailored to suit the specific needs of your group. We find that the simplest way for you to organise your programme is to chat to us about what you would like your residential to achieve for your young people and allow us to advise you on some options that we feel, through experience, would benefit your particular group. We offer a wide range of activities that will enthrall and inspire your young people but not all activities fit well together, we will help you organise a programme which flows and offers a balance between simple excitement and rewarding achievement.

We do not offer simple generic programmes from which to choose because we are yet to have two groups whose needs are identical, we hope you appreciate this more personal approach and the benefits it has for your group.

Please use the lists of activities and the programme formats below to give you an idea of the possibilities and then contact

**Mick (E-mail works best) at [mick@highadventureoec.co.uk](mailto:mick@highadventureoec.co.uk) or telephone on 01535 630400.**

<b>Full Day</b>	<b>Half Day</b>	<b>Half Day (Stand Alone)</b>	Stand alone half day's can easily be altered to occupy less time without losing value.
Cave Day	Archery	Local Adventure Walk	
Cave & Low Ropes	Abseiling	Sumo Suits	
Cave & Archery	Bouldering	Orienteering	
Cave & Teambuilding	Bushcraft	Archery	
Cave & Sumo Suits	Canoeing or Raftbuilding	Teambuilding	
Cave & Café	Climbing	Labyrinth	
Mountain Activities (off-site)	High Ropes		Most of the half days will fit together nicely to form a full day, Mick will advise you about what options will work best for the needs of your group. <b>YOU CANNOT CHOOSE MORE THAN ONE ACTIVITY IN RED!</b>
Mountain Activities (on HA-site)	Labyrinth		
Gorge-Walking	Orienteering		
Hill Day	Team building		
	Sumo Suits		

### Week

Monday	Tuesday	Wednesday	Thursday	Friday
11am Arrival	Full	Full	Full	Half day (Stand alone)
Half day (Stand alone)	Day	Day	Day	1pm Departure
Eve. Activity	Eve. Activity	Eve. Activity	Own Thing	

Your group will be split into populations of no more than 12 and rotated around the three full day activities. Your arrival and departure day are made up of stand alone activities which can be shortened if required because of elements out of our control (late arrival for example)

When coming to us for a week we will ensure that one of your full days does not require any driving. This is an element that we may insist on so please be aware of this when booking.

### Split - Week

Monday	Tuesday	Wednesday	Wednesday	Thursday	Friday
11am Arrival	Full	Half day	11am Arrival	Full	Half day (Stand alone)
Half day	Day	1pm Departure	Day	Day	1pm Departure
Eve. Activity	Own Thing		Eve. Activity	Own Thing	

When your time with us is a split week or a weekend, especially if you are bringing a large group, there may be some activities which do not fit into the time frame we have available. **You may not be able to choose activities in red.** When you speak to Mick he will advise you on what options will work best for your group.

### Weekend

Friday	Saturday	Sunday
	Half day	Half day
5-7pm Arrival	Half day	1pm Departure
Eve. Activity	Own Thing	