

# Wales Activity Breaks

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## Hire of Meeting Room, Buffet Lunch & Climbing/Caving

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### Suggested Itinerary

- 9.00am Group arrives at the activity centre.  
Coffee/tea on arrival
- 9.30am Use of the a meeting room
- 1.30pm Buffet Lunch and refreshments
- 2.30pm Split into 2 groups for activities
- 3.00pm 10 people on Climbing  
10 people on Caving
- 5.00pm Activity finishes, de-brief and depart

