

# Wales Activity Breaks

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## Teambuild from £120.50 per person *(based on 20 people)* Quad Biking, Archery, Clay Shooting & 4x4 Off Road Driving *(inc BBQ lunch)*

### Suggested Itinerary

- 9.00am Group arrives at the Pine Lodge conference venue . Coffee/tea and briefing on the day's activity
- 9.30am Brainstorming session on teams and teamwork, identifying key words associated with successful teams. Discussion. Pair off and interview each other to discover new facts about your team members and present to the rest of the group
- 10.15am Split into 2 teams for the day
- 10.30am Group (A) Quad Biking  
Group (B) Clay Shooting
- 11.30am Group (A) Archery  
Group (B) Quad Biking
- 12.45pm BBQ Lunch at the Pine Lodge
- 2.15pm Group (A) 4x4 Off Road Driving  
Group (B) Archery
- 3.15pm Group (A) Clay Shooting  
Group (B) 4x4 Off Road Driving
- 4.30pm Activities finish, de-brief and review the day. Discuss training needs and goals to set.
- 4.30pm Depart

