

# **Wales Activity Breaks**

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## **Weekend Teambuilding Residential**

### **Staying at a self catering bunkhouse of Flatholm Island**

### **With activities of a Quad Biking safe driving session, Tour of the Millennium Stadium, Problem Solving & RIB Speedboat experience**

I would suggest an activity and attraction based on a 1 night stay culminating with a quad bike trek, tour of the Millennium Stadium, RIB Speedboat experience and problem solving/teambuilding workshops in the evening. We have built in a course facilitator who will guide the group to the various locations and destinations.

The following programme will be delivered in an informal and friendly way, with the emphasis on joining in and getting involved.

Accommodation has been based on Flatholm Island, a local authority run centre in the Bristol Channel. The Island has a Self-Catering bunkhouse accommodation, a farm, classroom and lots of natural and historically interesting factors. It is quite a unique place to stay, and would certainly add an element of adventure to the break! One thing you do need to bare in mind, strong winds and extreme weather can hinder the stay. Landing points and pick up points with the boats back to the mainland can be affected by the weather, and you need to bare in mind that you may have to alter the times for landing/leaving the island at short notice.

# Suggested Accommodation

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## Flat Holm Island

Rich in wildlife, steeped in history. Just 5 miles from Cardiff and Barry, the tiny island of Flat Holm is a different world with a wealth of history and wildlife. You will be amazed at how much there is to discover.

Since Dark Age times, Flat Holm has been a retreat for monks and since then has acted as sanctuary for Vikings, Anglo-Saxons, silver miners, smugglers and cholera victims. Fortified in Victorian times and again in World War II it is perhaps most famous for receiving the first ever radio message across water sent by Marconi in 1897. Flat Holm is now a site of special scientific interest and a local nature reserve. The island is a haven for wildlife, home to one of the largest colony of gulls in Wales. There are many other animals to see including shelduck, slow worms and George, our wild tortoise. Spring and summer bring a profusion of rare and interesting wild flowers. So follow in the footsteps of the first recorded Welsh saint and visit the most southerly point in Wales. Walk over Viking bones and explore the Victorian gun pits before coming face to face with a gull chick or slow worm.

Flat Holm can cater for educational and working groups. The farmhouse can sleep up to 24 people. Kitchen and dining facilities are available and groups are usually self-catering.

We also provide a wide range of activities, which have been developed for school groups. We use the outdoor classroom when weather allows. However, indoor facilities are available.

Working groups can get involved in a wide range of practical conservation tasks.

The boat departs from the Flat Holm Office at the Channel View Leisure Centre, Cardiff Bay, aboard the "Lewis Alexander". The crossing takes about 50 minutes. Please be at the departure point 30 minutes before the boat is due to leave. Parking is available at the project office nearby.

*All visits are dependent on weather and may be cancelled due to strong winds, sometimes at short notice. NB; If its extreme high winds or bad weather, you may not be able to leave or land at the suggested times.*



# Suggested Itinerary

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## Day 1

- 11.30am Arrive at Taff Valley, meet course facilitator, kit out for activity
- 11.45am Quad bike trek
- 1.00pm Activity finishes, depart for Cardiff
- 1.30pm Arrive at the stadium
- 2.00pm Millennium Stadium Tour
- 2.50pm Tour ends, short drive to Cardiff Bay
- 3.05pm Arrive in the bay, park in Harbour Authority car park
- 3.15pm Meet skipper of the Lewis Alexander
- 3.45pm Boat trip to the Island
- 5.00pm Arrive at the Island
- 5.30pm Prepare evening meal
- 7.00pm Problem Solving Exercises & Quiz
- 10.30pm Bunks for the night



## Day 2

- 8.30pm Prepare Breakfast
- 9.30pm Tour of the island
- 10.30am Walk down to shore
- 10.45am Meet skipper, kit out
- 11.00am RIB Speedboat trip
- 12.00pm Drop off at the car park, pick up vehicle

