



4 Nights Activity Itinerary (sample)			www.morfabay.com	
MON	AM - PM	13:00 – 15:00	14:00 – 16:00	EVE
AMROTH	12:00 arrival, providing own packed lunches. Welcome and settle into accommodation.		Bushcraft	17:00 meal Coastal Hike
ANGLE			Archery	
CALDEY			High Ropes	
DALE			Zipline	
TUES	09:30 – 11:30	13:00 – 15:00	15:00 – 17:00	EVE
AMROTH	High Ropes	Archery	Assault Course	17:30 meal Pendine Sands
ANGLE	Bushcraft	Assault Course	Rocky Shore Study	
CALDEY	Sea Activities	Bushcraft	Rocky Shore Study	
DALE	Sea Activities	MTB Trail	Bushcraft	
WED	09:30 – 11:30	13:00 – 15:00	15:00 – 17:00	EVE
AMROTH	Sea Activities	Crate Stack	Rocky Shore Study	17:30 meal Morfa Bychan
ANGLE	Sea Activities	MTB Trail	Crate Stack	
CALDEY	Archery	Orienteering	Assault Course	
DALE	Bushcraft	Assault Course	Rocky Shore Study	
THURS	09:30 – 11:30	13:00 – 15:00	15:00 – 17:00	EVE
AMROTH	Zipline	Orienteering	MTB Trail	17:30 meal Disco
ANGLE	Orienteering	Zipline	High Ropes	
CALDEY	MTB Trail	MTB Trail	Zipline	
DALE	Crate Stack	High Ropes	Archery	
FRI	AM - PM			
ALL GROUPS	Breakfast, farewell presentation, and departure Packed lunch provided		N/A	