

# Multi-Activity 1 Day College/University Sample Programme

Sailing, Powerboating & Sea Kayaking (Windsurfing and Yachting also available)



Arrive	Session 1 09:30—11:00	Session 2 11:00—12:30		Session 3 13:30—16:30	Depart	Comments
Ferry from Largs Pier or powerboat transfer from Largs Marina	Sailing	Powerboating	Lunch	Sea Kayaking	Ferry to Largs Pier or powerboat transfer to Largs Marina	Activities and timings can change to suit. Includes a hot 3 course lunch. Lecturer goes free with every 10 students.

# Multi-Activity 2 Day College/University Sample Programme

Sailing, Powerboating, Windsurfing and Sea Kayaking (Yachting also available)



		Morning 09:30—12:30		Afternoon 13:30—16:30		Comments
Day 1	Ferry from Largs Pier or powerboat transfer from Largs Marina	Sailing session	Lunch	Powerboating	<b>Dinner</b>	Activities and timings can change to suit. Includes 4 half day activities, lunch, dinner and 1 night B&B. Lecturer goes free with every 10 students.
Day 2	<b>Breakfast</b>	Windsurfing		Sea Kayaking	Ferry to Largs Pier or powerboat transfer to Largs Marina	

Cumbrae will supply all specialist equipment, logbooks and lecture materials.

We will work with you to achieve the correct blend of activities, course work and free time.

**The above are just examples; your group can choose to focus on a preferred activity/activities.**

For further information please feel free to call or email our office: 01475 530757 / [cumbraecentre@sportscotland.org.uk](mailto:cumbraecentre@sportscotland.org.uk)