



Primary Schools Residential Week

Sample Programme



	08:30	Morning	12:30	Afternoon	18:00	Evening
Monday		Arrive at 11.00am Welcome & introduction to Centre	Lunch	Kayaking / Canoeing	Dinner	Team tasks / Nightline
Tuesday	Breakfast	Sailing / Exploring Cumbrae's rocky shore		Exploring Cumbrae's rocky shore / Sailing		Bushcraft and art
Wednesday		Cumbrae Challenge Pupils will explore the island. They will be given tasks (e.g. navigation) and we shall aim to take a trip to 'Wee Cumbrae', potentially visiting the lighthouse there.				Hill top walk / Star gazing
Thursday		Sailing	Lunch	Kayaking / Canoeing		Review and Bonfire
Friday		Cumbrae cycle		Depart at 1.30pm		

Comments: Teacher goes free with every 10 pupils.

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