

Escape Pod Residential Programme

3-day, 2-night (Tuesday to Thursday) Residential package at Thorpe woodlands Adventure Centre, IP24 2RX

Staying in our 'Escape Pods' Up to 5 children in each pod –Maximum Group size 37 (minimum 20). Over 7 x 5 bed pods and 1 x 2 bed



Tuesday

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| Arrival from 10am | Welcome brief, settle in to pods, site tour and group games |
| 12pm-1pm | Lunch (Sub Roll, salad, cake) Served outside or in the Log Cabin |
| 1pm-3pm | Team Challenges |
| 3pm – 5pm | Group 1– Climbing/Fan, Group 2 – Zip Wire, Group 3 – Canoe |
| 5pm – 7pm | Free time, dinner and clear-up |
| 7pm – 9pm | Evening Activities (campfire, star gazing, wide games, night walk) |
| 9pm | Bedtime |

Wednesday

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| 8am | Cereal, fruit and Toast (Make your own) |
| 9.30am -12pm | Group 1 –Canoe, Group 2 –Biking, Group 3 –Caving/Archery |
| 12pm-1pm | Lunch (Sub Roll, salad, cake) Served outside or in the Log Cabin |
| 1pm-3pm | Group 1 –Biking, Group 2 – Archery/Caving, Group 3 – Zip Wire |
| 3pm-5pm | Group 1 – Zip Wire, Group 2 – Climbing/Fan, Group 3 – Archery/Caving, |
| 5pm – 7pm | Free time, dinner and clear-up |
| 7pm – 9pm | Evening Activities (campfire, star gazing, wide games, night walk) |
| 9pm | Bedtime |

Thursday

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| 8am | Cereal, fruit and Toast (Make your own), Pack up and empty Pods |
| 9.30am -12pm | Group 1 – Archery/Caving, Group 2– Canoeing, Group 3 – Climbing/Fan |
| 12pm-1pm | Lunch (Sub Roll, salad, cake) Served outside or in group shelter |
| 1pm-.3pm | Shelter Build and Depart |

£160 per participant, staff places are free (1 staff for every 10 participants). Price includes activities, accommodation, food and drink throughout your stay.

