

# ALTITUDE

INTERNATIONAL CAMPS

## Example Mountain Adventure Camp

Week One	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00		Firebuilding	Shelters	Map Work	Nature Studies	Hike	Olympic Museum
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:00	Arrivals	Mountain Hike	Golf	Excursion - Salt Mines	Swimming	Ropes Course	Cheese & Chocolate Factory
16:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:30	Games	Bread Making	Art Workshop	Camping	Treasure Hunt	Camp Fire	DVD Night

Week Two	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00	Kayaking	Mountain Biking	Outdoor Cooking	Compass Work	Mountain Arts	Ropes	Departures
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00	Chateau Chillon	Volleyball	Trotinette	Excursion - Aquaparc	Tennis	Climbing	
16:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:30	Bingo	Torchlight Walk	Bench Ball	Talent Night	Bowling	Prize Giving	