

LET US HELP BUILD YOUR TEAM

THE KEPPLEWRAY CENTRE

Join us in the southwest Lake District and let us help you strengthen your team. Spaces are available for meetings/training in our Centre before heading into the countryside for your chosen Kepplewray adventure. Price from **£85**per person
T&Cs apply

Activities Include:

- Ghyll Scamble
- **✓ Climbing/Abseiling**
- **⊘** Canoeing/Stand Up Paddle Boards
- Team Building Games

DISCOVER @ CEPPLEWRAY
DISCOVER ADVENTURE, DISCOVER LIFE



SAMPLE PROGRAMME

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8:30 am	Arrive at Kepplewray using own transport or if required Kepplewray Mini Buses can be used to collect.
8:45 am	Introduction / Housekeeping / Refreshements inc bacon roll, coffee, tea
9:15 am	Brief Introduction to Team Building Principles with Kepplewray's in-house coach / trainer
10:00am	Outdoor adventure or use of Kepplewray facilities for meetings
12:00 pm	Lunch followed by equipping & briefing for activity
1:00 pm	Activity
4:00 pm	Debrief session including some personal development suggestions and team building ideas

