

# Adventure

AT THE HEART OF YOUR STAY AT GLEDDOCH

	10am	2pm	3pm	4pm
Monday	<b>Guided Estate Walk</b> 45 minutes Age: All	<b>Yoga</b> 45 minutes All: 16yrs+	<b>Mindfulness</b> 30 minutes All: 16yrs+	<b>Cocktail Masterclass</b> 1 hour Age: 18yrs+ Cost: £20pp
Tuesday	<b>Cupcake Decorating</b> 45 minutes Age: 3 - 12yrs	<b>Children's Film Showing</b> 2 hours Age: 3yrs+	<b>Golf Swing Fundamentals</b> 1 hours Age: 12yrs+	<b>Children's Archery</b> 45 minutes Age: 3 - 16yrs
Wednesday	<b>Guided Estate Walk</b> 45 minutes Age: All	<b>Children's Yoga</b> 45 minutes All: 5 - 16yrs	<b>Meditation</b> 30 minutes All: 16yrs+	<b>Whisky Tasting</b> 1 hour Age: 18yrs+ Cost: £15pp
Thursday	<b>Children's Archery</b> 45 minutes Age: 8 - 16yrs	<b>Children's Film Showing</b> 2 hours Age: 3yrs+	<b>Golf Swing Fundamentals</b> 1 hours Age: 12yrs+	<b>Gin Tasting</b> 1 hours Age: 18yrs+ Cost: £15pp
Friday	<b>Guided Estate Walk</b> 45 minutes Age: All	<b>Den Making</b> Off-site (5 min drive) 1 hours Age: 3yrs+	<b>HIIT Workout</b> 45 minutes All: 16yrs+	<b>Cocktail Masterclass</b> 1 hour Age: 18yrs+ Cost: £20pp
Saturday	<b>Cupcake Decorating</b> 45 minutes Age: 3 - 12yrs	<b>Yoga</b> 45 minutes All: 16yrs+	<b>Meditation</b> 30 minutes All: 16yrs+	<b>Gin Tasting</b> 1 hours Age: 18yrs+ Cost: £15pp
Sunday	<b>HIIT Workout</b> 45 minutes All: 16yrs+	<b>Owls and Birds of Prey Experience</b> 1 hour Age: 3yrs+	<b>Alpaca Trekking</b> Off-site (2 min drive) 1 hour Age: 3yrs+	<b>Whisky Tasting</b> 1 hour Age: 18yrs+ Cost: £15pp

# Enjoy!