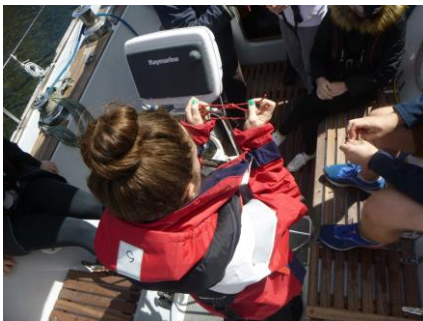


Sea & Tell Activity Programme

Jump aboard *Challenge Wales* or *Adventure Wales* and have a shore-based learning adventure



- Take a Boat tour: Learn about life onboard, sustainability and nautical terms
- Learn about the equipment; from anchors to winches
- Understand about the importance of sea safety
- Develop communication and listening skills
- Get tied up in knots and then learn the jobs that knots do
- Heave Ho Sail Hoisting – Develop teamwork skills and feel the force of the wind
- Where are we? Learn about where we are and the local area
- Become a Citizen Scientist – understand about microplastics and the environment



TO BOOK YOUR SEA & TELL SESSION:

029 20 704 657 | reservations@challengewales.org | www.challengewales.org