

Day	Date	Retreat/quiet day	Hours	Total daily hours
Wednesday	28th May	Camp set up	9-5.	7.5
Thursday	29th May	Camp set up	8-4.	7.5
Friday	30th May	Camp set up	8-4.	7.5
Saturday	31st May			
Sunday	1st June			
Monday	2nd June			
Tuesday	3rd June			
Wednesday	4th June			
Thursday	5th June	3 night mixed arrives	10-1 & 2-8	9
Friday	6th June	Mixed	7-2.	6.5
Saturday	7th June	Mixed	7-2.	6.5
Sunday	8th June	3 night departs	7-2.	6.5
Monday	9th June			
Tuesday	10th June			
Wednesday	11th June			
Thursday	12th June			
Friday	13th June			
Saturday	14th June	4 night canoeing arrives	10-1 & 2-8	9
Sunday	15th June	Canoeing	6:30-10 & 12-2	5.5
Monday	16th June	Canoeing	6:30-10 & 12-2	5.5
Tuesday	17th June	Canoeing	6:30-10 & 12-2	5.5
Wednesday	18th June	Canoeing departs	7-2.	6.5
Thursday	19th June			
Friday	20th June			
Saturday	21st June			
Sunday	22nd June			
Monday	23rd June			
Tuesday	24th June			
Wednesday	25th June			
Thursday	26th June			
Friday	27th June			
Saturday	28th June			
Sunday	29th June			
Monday	30th June			
Tuesday	1st July			
Wednesday	2nd July			
Thursday	3rd July			
Friday	4th July			
Saturday	5th July			
Sunday	6th July			
Monday	7th July			
Tuesday	8th July			
Wednesday	9th July			
Thursday	10th July			

Friday	11th July			
Saturday	12th July			
Sunday	13th July			
Monday	14th July	Mixed 3 night arrives	10-1 & 2-8	9
Tuesday	15th July	Mixed	7-2.	6.5
Wednesday	16th July	Mixed	7-2.	6.5
Thursday	17th July	3 night departs	7-2.	6.5
Friday	18th July			
Saturday	19th July			
Sunday	20th July			
Monday	21st July			
Tuesday	22nd July	Women's 3 night arrives	10-1 & 2-8	9
Wednesday	23rd July	Women's	7-2.	6.5
Thursday	24th July	Women's	7-2.	6.5
Friday	25th July	Women's departs	7-2.	6.5
Saturday	26th July			
Sunday	27th July			
Monday	28th July	Canoeing 4 nights arrives	10-1 & 2-8	9
Tuesday	29th July	Canoeing	6:30-10 & 12-2	5.5
Wednesday	30th July	Canoeing	6:30-10 & 12-2	5.5
Thursday	31st July	Canoeing	6:30-10 & 12-2	5.5
Friday	1st August	Canoeing departs	7-2.	6.5
Saturday	2nd August			
Sunday	3rd August			
Monday	4th August	5 night rewilding arrives	10-1 & 2-8	9
Tuesday	5th August	Rewilding	7-2.	6.5
Wednesday	6th August	Rewilding	7-2.	6.5
Thursday	7th August	Rewilding	7-2.	6.5
Friday	8th August	Rewilding	7-2.	6.5
Saturday	9th August	Rewilding departs	7-2.	6.5
Sunday	10th August			
Monday	11th August			
Tuesday	12th August			
Wednesday	13th August	4 night canoeing arrives	10-1 & 2-8	9
Thursday	14th August	Canoeing	6:30-10 & 12-2	5.5
Friday	15th August	Canoeing	6:30-10 & 12-2	5.5
Saturday	16th August	Canoeing	6:30-10 & 12-2	5.5
Sunday	17th August	Canoeing departs	7-2.	6.5
Monday	18th August			
Tuesday	19th August			
Wednesday	20th August	5 night mixed arrives	10-1 & 2-8	9
Thursday	21st August	Mixed	7-2.	6.5
Friday	22nd August	Mixed	7-2.	6.5
Saturday	23rd August	Mixed	7-2.	6.5
Sunday	24th August	Mixed	7-2.	6.5
Monday	25th August	Mixed departs	7-2.	6.5
Tuesday	26th August			
Wednesday	27th August			
Thursday	28th August	4 night canoeing arrives	10-1 & 2-8	9

Friday	29th August	Canoeing	6:30-10 & 12-2	5.5
Saturday	30th August	Canoeing	6:30-10 & 12-2	5.5
Sunday	31st August	Canoeing	6:30-10 & 12-2	5.5
Monday	1st September	Canoeing departs	7-2.	6.5
Tuesday	2nd September			
Wednesday	3rd September			
Thursday	4th September	3 night women's arrives	10-1 & 2-8	9
Friday	5th September	Women's	7-2.	6.5
Saturday	6th September	Women's	7-2.	6.5
Sunday	7th September	Women's departs	7-2.	6.5
Monday	8th September			
Tuesday	9th September			
Wednesday	10th September			
Thursday	11th September			
Friday	12th September			
Saturday	13th September	4 night canoeing arrives	10-1 & 2-8	9
Sunday	14th September	Canoeing	6:30-10 & 12-2	5.5
Monday	15th September	Canoeing	6:30-10 & 12-2	5.5
Tuesday	16th September	Canoeing	6:30-10 & 12-2	5.5
Wednesday	17th September	Canoeing departs	7-2.	6.5
Thursday	18th September			
Friday	19th September			
Saturday	20th September	Mixed 5 nights arrives	10-1 & 2-8	9
Sunday	21st September	Mixed	7-2.	6.5
Monday	22nd September	Mixed	7-2.	6.5
Tuesday	23rd September	Mixed	7-2.	6.5
Wednesday	24th September	Mixed	7-2.	6.5
Thursday	25th September	Mixed departs	7-2.	6.5
Friday	26th September	Pack down		
Saturday	27th September			
Sunday	28th September			
Monday	29th September	Pack down	8-4.	7.5
Tuesday	30th September		8-4.	7.5
Wednesday	1st October	Pack down	8-1.	4