

**Activity 1**

Sailing in the ocean with qualified instructors.  
We provide: life jacket, hot drinks on Belle Island  
You bring: swimsuit and towel, warm clothes  
Transportation from hotel to beach not included.  
Morning (9:00-12:00) or afternoon (3:00-6:00)

**Activity 2**

Rock climbing on Red Mountain with qualified instructors.  
We provide: rock-climbing equipment, helmets,  
transportation to Red Mountain  
You bring: appropriate clothing for weather, good tennis  
shoes or rock-climbing shoes  
All day 10:00 to 5:00