

DAY 1 - THURSDAY

FESTIVAL TIMETABLE

P = PREMIUM ACTIVITY

MAIN STAGE

HORRIBLE HISTORIES	14.30 - 15.30
SIR RANULPH FIENNES	16.00 - 17.00
DUTCH CRIMINAL RECORD	18.00 - 19.00
DICK AND DOM DJ SET	19.15 - 20.15

ADVENTURE COVE

JENNY GRAHAM	13.00 - 14.00
JONNY HUNTINGTON	14.30 - 15.30
HORRIBLE HISTORIES	17:15 - 18:15
FLASH: QUEEN TRIBUTE	20.15 - 21.45

GUERRILLA SCIENCE

MERMAIDS, MYTHS AND MONSTERS WITH INCREDIBLE OCEANS	14.30 - 15.30
SCIENCE RAPPER'S GUIDE TO THE SOLAR SYSTEM	16.00 - 17.00
SCHOOL OF NOISE	17.30 - 18.30

ROLLER DISCO 3+

GENERAL SKATING	11.00 - 18.00
ROLLER DISCO	18.00 - 21.00
RETRO DISCO	21.00 - 00.00

LAKE

KAYAK	11.00 - 18.30
SUP BOARD	11.00 - 18.30
P SUP YOGA 16+	17.00 - 18.00
RAFT BUILDING 6+	11.00 - 18.00

HISTORY ZONE NEW FOR 2024

KIDS ARCHERY (STONE AGE)	11.00 - 18.00
CATAPULT RANGE	11.00 - 18.00
STONE ARROW TIP MAKING	11.00 - 18.00
CLAY LAMPS	11.00 - 18.00
STONE AGE SELFIE BOOTH	11.00 - 18.00
STONE AGE INTERACTIVE TIMELINE	13.00 - 13.30
P STONE SLATE MINI AXE MAKING 5+	11.15 - 18.15
P STONE AGE NECKLACES & TALISMANS 5+	11.15 - 18.15
P ARROW MAKING 5+	11.15 - 18.15
P MASTERCLASS PRIMITIVE FIRE MAKING 5+	13.45 - 14.45 15.30 - 16.30
P DUTCH ARROW MAKING 5+	11.15 - 18.00

LAKESIDE

STEAM CO. CARDBOARD CREATIONS 5+	11.00 - 17.00	NEW
P STEAM CO. ROCKET WORKSHOP	11.00 - 17.00	NEW
P STEAM CO. TSHIRT DESIGN 5+	11:15 - 16:45	
STEAM CO. - PLANET DISCO DYNAMITE ROCKET LAUNCH	14.00 - 14.15	
DEFRIB & CPR TASTER 10+	11.15 - 18.15	NEW
P THE FORGE - BLACKSMITH WORKSHOPS 10+	11.30 - 17.30	
P MINI GOLF	11.15 - 17.15 19.00 - 22.00	NEW
P FULL QUAD ADVENTURE 14+	11.15 - 18.15	
P TEEN QUAD ADVENTURE 10-14	11.15 - 18.15	
P MINI QUAD SAFARI 6-10	11.15 - 18.15	
RUGBY COACHING SESSIONS 16-11	14.00 - 14.45	
P RISE & REWILD - INDIAN HEAD MASSAGE 18+	11.15 - 17.15	
P FORAGE & FEAST	11.00 - 13.00	

KRAV MAGA NEW FOR 2024

DEMOS/INTERACTION	11.00 - 12.00
HANDGUN AND LONG WEAPON DISARMS 16+	12.00 - 12.45
DEALING WITH KNIFE THREATS AND ATTACKS 13+	13.00 - 13.45
LIVE DEMONSTRATION	14.00 - 14.30
DEALING WITH COMMON GRABS CHOKES AND CLINCHES 7+	15.00 - 15.45
GROUND FIGHTING TECHNIQUES 10+	16.00 - 16.45
MULTIPLE ATTACKER SCENARIOS 10+	17.00 - 17.45

ONFIRE & RESCUE

DJ NEIL DIAMOND	14.00 - 15.00
KINGS OF PING	15.00 - 16.30
DODGEBALL	16.30 - 17.30
GIANT TWISTA	17.30 - 18.30
LEGENDARY OPENING PARTY	19.00 - 00.00

BATTLE ZONE

ARCHERY 6+	11.00 - 18.00	
AXE THROWING 8+	11.00 - 18.00	
SPEAR THROWING 12+	11.00 - 18.00	
COMBAT ARCHERY 9+	11.00 - 18.00	
GET MEDIEVAL 6+	11.15 - 18.30	NEW
P COMMANDO CLOSE QUARTER BATTLE 10+	11.30 - 18.30	
P SNIPER SHOOT COACHING 10+	11.30 - 18.30	
P STATIC SHOOTING RANGE 8+	11.15 - 18.30	
P NERF 8+	11.15 - 18.00	NEW

BEAR CHILLS WELLNESS AREA

P ANATOMY MASSAGE	11.15 - 18.15	
P BOWEN TECHNIQUE MASSAGE	11.15 - 18.15	
P WILD SAUNA 16+	14.00 - 21.00	NEW
P HYNO FACELIFT PAMPER 16+	11.30 - 12.00	
P GUT HEALTH HYPNOTHERAPY TASTER SESSION! 16+	12.30 - 13.00	
P ANXIETY RELIEF RELAXATION	14.00 - 14.30	
P STRESS RELEASE RELAXATION 16+	15.00 - 15.30	
P IMMUNE BOOSTER RELAXATION 16+	16.00 - 16.30	
P GOAL SETTING & ACHIEVING WORKSHOP 16+	17.00 - 17.30	
FAMILY YOGA	17.00 - 18.00	
P PELVIC POWER WORKSHOP	16.00 - 17.00	
P TRANSFORMATIONAL BREATHWORK	17.00 - 18.00	
P FAMILY BREATHWORK	15.00 - 16.00	
P SOUND EXPERIENCE	17.00 - 18.00	
P A SPACE TO BE	11.00 - 18.00	
P THE CALM ZONE	11.00 - 18.00	

ASSAULT COURSE 5+

SESSIONS	11.00 - 18.00
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FUN ZONE

CRAZY BIKES 4+	11.00 - 18.00	
CIRCUS SKILLS	11.00 - 18.00	
MEGA BALLS 6+	11.00 - 18.00	
TABLE TENNIS 6+	11.00 - 18.00	
COLOUR TOWN	11.00 - 18.00	NEW
HULA HOOP	11.00 - 18.00	

DINOMANIA

CREATE YOUR OWN FOSSIL	11.30 - 12.30
MEET AND GREET SPIKE	13.00 - 13.30
DESIGN YOUR OWN DINO	14.00 - 15.00
INTERACTIVE DINOSAUR QUIZ	15.30 - 16.30

OFFSITE

P COASTEERING 10+	12.00 - 16.00
P SCUBA DIVING 10+	14.00 - 18.00

CLIMBING ZONE

CLIMBING WALL 5+	11:00 - 18:00
INTERACTIVE DIGI WALL 3+	11.00 - 18.00
ACTIVITY WALL 6+	11.00 - 18.00
MOBILE CAVING 5+	11.00 - 18.00
P ABSEIL 5+	11.15 - 18.15
P TREE CLIMBING (TREE 1) 6+	11.15 - 17.30
P TREE CLIMBING (TREE 2) 6+	11.30 - 17.45

URBAN ZONE

PARKOUR 4+	11.15 - 18.00	
TRAMPOLINE 4+	11.15 - 18.00	
P ONE WHEELING 8+	11.30 - 14.30 15.30 - 17.30	NEW
P MOUNTAIN BOARDING 8+	11.30 - 14.30 15.30 - 17.30	NEW
P FREEDROP 6+	11.10 - 17.50	

SKATE RAMPS

GONE WILD SKATEPARK 4+	11.00 - 12.00 16.00 - 17.00
TRY SKATEBOARDING 4+	12.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

SURVIVAL SCHOOL

COMBAT SKILLS	11.00 - 18.00
FIRELIGHTING	11.00 - 18.00
GROSS EAT STATION	11.00 - 18.00
PARA BRACELETS	12:00 - 13:00 14.00 - 15.00 16.00 - 17.00
REGAINS AND KNOTS	11.00 - 18.00
SKILLS ASSAULT COURSE	11.00 - 18.00
SPEAR MAKING	11.00 - 12.00 13.00 - 14.00 15.00 - 16.00 17.00 - 18.00
STALK	11.00 - 18.00
SURVIVAL SHELTERS	11.00 - 18.00
P COMMANDO PAINTBALL AMBUSH	11.15 - 18.15
FIREMAKING	11.00 - 18.00
CAMO & CONCEALMENT	11.00 - 18.00
BUILD A SHELTER	11.00 - 18.00
FIELD COOKING	11.00 - 18.00

ALL TIMINGS SUBJECT TO CHANGE

DAY 2 - FRIDAY

FESTIVAL TIMETABLE

P = PREMIUM ACTIVITY

MAIN STAGE

MILITARY WORK OUT	12.00 - 12.45
OLLIE OLLERTON	13:30 - 14:30
MARK ORMROD	15.00 - 16.00
GERMEIN	16.30 - 17.15
TORS	17.45 - 18.30
JAKE SHEARS	19.00 - 20.00
SAM RYDER	20.30 - 22.00

ADVENTURE COVE

DEVON SCIENCE - FIZZ FRIDAY	08.30 - 09.30
TASKMASTER CLUB	10.00 - 11.00 11.30 - 12.30
LAMIN DEEN	13.00 - 14.00
LIV BOLTON	14.30 - 15.30
ANNA HEMMINGS	16.00 - 17.00
BINGO	17.15 - 18.15
SAM OFFENDER: SAM FENDER TRIBUTE	22.00 - 23.30

GUERRILLA SCIENCE

THE FIN-TASTIC WORKSHOP WITH INCREDIBLE OCEANS	10.00 - 11.00
EXPLOSIVE EXPERIMENTS	11.30 - 12.30
ANATOMICAL LIFE DRAWING - THE CARDIOVASCULAR SYSTEM	13.00 - 14.00
A-Z OF SOUND WITH SCHOOL OF NOISE	14.30 - 15.30 16.00 - 17.00
THRILL LABORATORY TALK WITH BRENDAN WALKER	17.30 - 18.30

ROLLER DISCO 3+

DANCE CLASSES	09.00 - 12.00
GENERAL SKATE	12.00 - 18.00
ROLLER DISCO	18.00 - 21.00
RETRO DISCO	21.00 - 00.00

BATTLE ZONE

ARCHERY 6+	08.30 - 17.30
AXE THROWING 8+	08.30 - 17.30
SPEAR THROWING 12+	08.30 - 17.30
COMBAT ARCHERY 9+	08.30 - 17.30
GET MEDIEVAL 6+	08.45 - 18.30 NEW
COMMANDO CLOSE QUARTER BATTLE 10+	09.00 - 18.00
SNIPER SHOOT COACHING 10+	09.00 - 18.00
STATIC SHOOTING RANGE 8+	08.30 - 18.00
NERF 8+	08.30 - 17.00 NEW

OFFSITE

CLIMB DARTMOOR 5+	08.00 - 16.00
COASTEERING 10+	08.30 - 12.30 13.30 - 17.30
CAVING 8+	09.00 - 13.00 14.00 - 18.00
SCUBA DIVING 10+	10.00 - 14.00

LAKESIDE

STEAM CO. CARDBOARD CREATIONS 5+	09.00 - 17.00
STEAM CO. ROCKET WORKSHOP	09.00 - 17.00
STEAM CO. TSHIRT DESIGN 5+	09.00 - 17.00 NEW
STEAM CO. PLANET DISCO DYNAMITE ROCKET LAUNCH	14.00 - 14.15
STEAM CO. PLANET DISCO KAREOKE	21.00 - 23.00
DEFRIB & CPR TASTER 10+	08.30 - 17.30 NEW
BLACKSMITH WORKSHOPS 10+	09.00 - 17.30
LEGOWALK UNDER 8	15.00 - 18.00
MINI GOLF	09.00 - 17.00 19.00 - 22.00 NEW
FULL QUAD ADVENTURE 14+	09.00 - 18.00
TEEN QUAD ADVENTURE 10-14	09.00 - 18.00
MINI QUAD SAFARI 6-10	09.00 - 18.00
RUGBY COACHING SESSIONS 6-11	11:00 - 11:45 14:00 - 14:45
FIREWALK	18.30 - 20.30
FORAGE & FEAST	11.00 - 13.00

RISE & REWILD

ENVIRONMENTAL ARTS AWARD	09.00 - 10.00
INTRO TO FOREST BATHING 14+	10.00 - 11.00 11.30 - 12.30
INDIAN HEAD MASSAGE 18+	11.15 - 17.15
CLAY PINCH POT MAKING 14+	14.00 - 14.30 15.00 - 15.30 16.00 - 16.30

KRAV MAGA **NEW FOR 2024**

DEMOS/INTERACTION	09.00 - 09.30
KRAZY 7 KICKBOXING FITNESS	09.30 - 10.15
HANDGUN AND LONG WEAPON DISARMS 16+	11.00 - 11.45
DEALING WITH KNIFE THREATS AND ATTACKS 13+	12.00 - 12.45
LIVE DEMONSTRATION	13.30 - 14.00
DEALING WITH COMMON GRABS CHOKES AND CLINCHES 7+	15.00 - 15.45
GROUND FIGHTING TECHNIQUES 10+	16.00 - 16.45
MULTIPLE ATTACKER SCENARIOS 10+	17.00 - 17.45

HISTORY ZONE **NEW FOR 2024**

KIDS ARCHERY (STONE AGE)	08.30 - 17.30
CATAPULT RANGE	08.30 - 17.30
STONE ARROW TIP MAKING	08.30 - 17.30
CLAY LAMPS	08.30 - 17.30
STONE AGE SELFIE BOOTH	08.30 - 17.30
STONE AGE INTERACTIVE TIMELINE	10.00 - 10.30 13.00 - 13.30
STONE SLATE MINI AXE MAKING 5+	09.00 - 18.00
STONE AGE NECKLACES & TALISMANS 5+	09.00 - 18.00
ARROW MAKING 5+	09.00 - 18.00
MASTERCLASS PRIMITIVE FIRE MAKING 5+	10.45 - 11.45 13.45 - 14.45 15.30 - 16.30
DUTCH ARROW MAKING 5+	08.30 - 17.30

LAKE

KAYAK	09.15 - 18.30
SUP BOARD	09.15 - 18.30
SUP YOGA 16+	08.15 - 09.15 17.00 - 18.00
RAFT BUILDING 6+	09.00 - 18.00

BEAR CHILLS WELLNESS AREA

ANATOMY MASSAGE	09.00 - 18.00
BOWEN TECHNIQUE MASSAGE	09.00 - 18.00
WILD SAUNA	09.00 - 18.00 NEW
ANXIETY WORKSHOP	09.30 - 10.00
ANXIETY RELIEF RELAXATION	10.30 - 11.00
STRESS RELEASE RELAXATION	11.30 - 12.00
CONFIDENCE BOOST	13.00 - 13.30
HYPNO FACELIFT PAMPER	14.00 - 14.30
HYPNOSIS FOR SLEEP IMPROVEMENT	15.00 - 15.30
PUBLIC SPEAKING MASTERY	16.00 - 16.30
GUT HEALTH HYPNOTHERAPY TASTER SESSION!	17.00 - 17.30
FAMILY YOGA	09.00 - 10.00 13.00 - 14.00
RISING SOUL DANCE	11.00 - 12.00
FAMILY MOVEMENT	15.00 - 16.00
KUNDALINI YOGA	17.00 - 18.00
CHAKRA HEALING	10.00 - 11.00
SELF MASSAGE WORKSHOP	12.00 - 13.00
EFT TAPPING WORKSHOP	14.00 - 15.00
9D BREATHWORK	16.00 - 17.30
FAMILY GUIDED MEDITATION	09.00 - 10.00
BREATHWORK TO ENERGISE	11.00 - 12.00
SOUND EXPERIENCE	13.00 - 14.00 17.00 - 18.00
BREATHWORK TO RESET	15.00 - 16.00
A SPACE TO BE	09.00 - 13.00 14.00 - 15.00 17.00 - 18.00
BELIEF CODING WORKSHOP	13.00 - 14.00
MACREME WORKSHOP	15.00 - 17.00
THE CALM ZONE	09.00 - 18.00

URBAN ZONE

PARKOUR 4+	08.30 - 17.00
TRAMPOLINE 4+	08.30 - 17.00
ONE WHEELING 8+	09.00 - 13.00 14.00 - 17.00 NEW
MOUNTAIN BOARDING 8+	09.00 - 13.00 14.00 - 17.00 NEW
FREEDROP 6+	08.30 - 17.50

SKATE RAMPS

PUBLIC SESSIONS 4+	08.30 - 11.00 16.00 - 17.00
SKATEBOARDING WORKSHOPS 4+	11.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

FIRE & FEAST **NEW FOR 2024**

SESSIONS	17:00 - 18:30 19:00 - 20:30
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FUN ZONE

CRAZY BIKES 4+	10.00 - 19.00
CIRCUS SKILLS	10.00 - 19.00
MEGA BALLS 6+	10.00 - 19.00
TABLE TENNIS 6+	10.00 - 19.00
COLOUR TOWN	08.30 - 17.30 NEW
HULA HOOP	08.30 - 17.30

CLIMBING ZONE

CLIMBING WALL 5+	08.30 - 18.00
INTERACTIVE DIGI WALL 3+	08.30 - 18.00
ACTIVITY WALL 6+	08.30 - 18.00
MOBILE CAVING 5+	08.30 - 18.00
ABSEIL 5+	08.30 - 18.00
TREE CLIMBING (TREE 1) 6+	09.00 - 17.30
TREE CLIMBING (TREE 2) 6+	09.15 - 17.45

SURVIVAL SCHOOL

COMBAT SKILLS	08.30 - 17.30
FIRELIGHTING	08.30 - 17.30
GROSS EAT STATION	08.30 - 17.30
PARA BRACELETS	10.00 - 11.00 12.00 - 13.00 14.00 - 15.00 16.00 - 17.00
REGAINS AND KNOTS	08.30 - 17.30
SKILLS ASSAULT COURSE	08.30 - 17.30
STALK	08.30 - 17.30
SPEAR MAKING	09:00 - 10:00 11:00 - 12:00 13:00 - 14:00 15:00 - 16:00 17:00 - 18:00
SURVIVAL SHELTERS	08.30 - 17.30
COMMANDO PAINTBALL AMBUSH	09.00 - 18.00
FIREMAKING	08.30 - 17.30
CAMO & CONCEALMENT	08.30 - 17.30
BUILD A SHELTER	08.30 - 17.30
FIELD COOKING	08.30 - 17.30
THE NIGHT SESSIONS	21.00 - 23.30

ONFIRE & RESCUE

SNOWGA	10.00 - 11.00
DJ NEIL DIAMOND	11.00 - 12.00
GIANT TWISTA	12.00 - 13.00
DISCO LIMBO	13.30 - 14.30
KINGS OF PING	15.00 - 16.00
NERF SHOOT OUT	16.30 - 17.30
BINGO N MASH	18.00 - 19.00
SILENT DISCO	20.00 - 00.00

ASSAULT COURSE 5+

SESSIONS	10.00 - 17.00
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DAY 3 - SATURDAY

FESTIVAL TIMETABLE

P = PREMIUM ACTIVITY

MAIN STAGE

MR MOTIVATOR	12.00 - 12.45
STEAM CO. ROCKET LAUNCH	12.45 - 13.30
NOT THE COWBOYS	13.45 - 14.30
DEVON	15.00 - 15.45
DIRTY BLONDE	16.15 - 17.15
TRUE STRAYS	17.45 - 18.30
THE FEELING	19.00 - 20.00
JAMES	20.30 - 22.00

ADVENTURE COVE

DEVON SCIENCE - SLIME SATURDAY	08.30 - 09.30 10.00 - 11.00
HARI BUDHA MAGAR	11.30 - 12.30
LIZ MCCONAGHY	13.00 - 14.00
MIKE BATES	16.00 - 17.00
GONE WILD PUB QUIZ!	17.15 - 18.15
THE RUNAWAY KILLERS: KILLERS TRIBUTE	22.00 - 23.30

GUERRILLA SCIENCE

ROCK-N-ROLL UNDERWATER DISCO WITH INCREDIBLE OCEANS	10.00 - 11.00
EXPLOSIVE EXPERIMENTS	11.30 - 12.30
ANATOMICAL LIFE DRAWING THE RESPIRATORY SYSTEM	13.00 - 14.00
THE SURPRISING SCIENCE OF THE SENSES WITH BRAINTASTIC	14.30 - 15.30
PLANT CHATTER WITH DR EMILY MAY ARMSTRONG	16.00 - 17.00
EXPLORER DOME'S 'STATES OF MATTER'	17.30 - 18.30

ONFIRE & RESCUE

SNOWGA	10.00 - 11.00
DJ NEIL DIAMOND	11.00 - 12.00
SILLY SPORTS DAY	12.00 - 17.00
MEDAL PRESENTATION	17.30 - 18.00
JUST4FUNK - BREAKDANCING WORKSHOP	18.00 - 19.00
SILENT DISCO	20.00 - 00.00

HISTORY ZONE NEW FOR 2024

KIDS ARCHERY (STONE AGE)	08.30 - 17.30
CATAPULT RANGE	08.30 - 17.30
STONE ARROW TIP MAKING	08.30 - 17.30
CLAY LAMPS	08.30 - 17.30
STONE AGE SELFIE BOOTH	08.30 - 17.30
STONE AGE INTERACTIVE TIMELINE	10.00 - 10.30 13.00 - 13.30
STONE SLATE MINI AXE MAKING 5+	09.00 - 18.00
STONE AGE NECKLACES & TALISMANS 5+	09.00 - 18.00
ARROW MAKING 5+	09.00 - 18.00
MASTERCLASS PRIMITIVE FIRE MAKING 5+	10.45 - 11.45 13.45 - 14.45 15.30 - 16.30
DUTCH ARROW MAKING 5+	08.30 - 17.30

ASSAULT COURSE 5+

SESSIONS	10.00 - 17.00
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LAKESIDE

STEAM CO. CARDBOARD CREATIONS 5+	09.00 - 17.00
STEAM CO. ROCKET WORKSHOP	09.00 - 17.00
STEAM CO. TSHIRT DESIGN 5+	09.00 - 17.00 NEW
STEAM CO. PLANET DISCO DYNAMITE ROCKET LAUNCH	14.00 - 14.15
STEAM CO. PLANET DISCO DANCING IN OUTER SPACE	21.00 - 23.00
DEFRIB & CPR TASTER 10+	08.30 - 17.30
BLACKSMITH WORKSHOPS 10+	09.00 - 17.30 NEW
LEGOWALK UNDER 8	10.00 - 12.00
FIREWALK 8+	18.30 - 20:30
MINI GOLF	09.00 - 17.00 19.00 - 22.00
FULL QUAD ADVENTURE 14+	09.00 - 18.00
TEEN QUAD ADVENTURE 10-14	09.00 - 18.00
MINI QUAD SAFARI 6-10	09.00 - 18.00
RUGBY COACHING SESSIONS 16-11	11:00 - 11:45 14:00 - 14:45
FORAGE & FEAST	11.00 - 13.00

KRAV MAGA NEW FOR 2024

DEMOS/INTERACTION	09.00 - 09.30
KRAZY 7 KICKBOXING FITNESS	09.30 - 10.15
HANDGUN AND LONG WEAPON DISARMS 16+	11.00 - 11.45
DEALING WITH KNIFE THREATS AND ATTACKS 13+	12.00 - 12.45
LIVE DEMONSTRATION	13.30 - 14.00
DEALING WITH COMMON GRABS CHOKES AND CLINCHES 7+	15.00 - 15.45
GROUND FIGHTING TECHNIQUES 10+	16.00 - 16.45
MULTIPLE ATTACKER SCENARIOS 10+	17.00 - 17.45

LAKE

KAYAK	09.15 - 18.30
SUP BOARD	09.15 - 18.30
SUP YOGA 16+	08.15 - 09.15 17.00 - 18.00
RAFT BUILDING 6+	09.00 - 18.00

BATTLE ZONE

ARCHERY 6+	08.30 - 17.30
AXE THROWING 8+	08.30 - 17.30
SPEAR THROWING 12+	08.30 - 17.30
COMBAT ARCHERY 9+	08.30 - 17.30
GET MEDIEVAL 6+	08.45 - 18.30 NEW
COMMANDO CLOSE QUARTER BATTLE 10+	09.00 - 18.00
SNIPER SHOOT COACHING 10+	09.00 - 18.00
STATIC SHOOTING RANGE 8+	08.30 - 18.00
NERF 8+	08.30 - 17.00 NEW

ROLLER DISCO 3+

DANCE CLASSES	09.00 - 12.00
GENERAL SKATE	12.00 - 18.00
ROLLER DISCO	18.00 - 21.00
RETRO DISCO	21.00 - 00.00

RISE & REWILD

ENVIRONMENTAL ARTS AWARD	09.00 - 10.00
CLAY PINCH POT MAKING 14+	09.30 - 10.00 10.15 - 10.45 11.00 - 11.30
INDIAN HEAD MASSAGE 18+	11.15 - 17.15

BEAR CHILLS WELLNESS AREA

ANATOMY MASSAGE	09.00 - 18.00
BOWEN TECHNIQUE MASSAGE	09.00 - 18.00
WILD SAUNA	09.00 - 18.00 NEW
CONFIDENCE BOOST	09.30 - 10.00
ANXIETY WORKSHOP	10.30 - 11.00
DISCOVER THE POWER OF EFT (TAPPING)	11.30 - 12.00
GOAL SETTING & ACHIEVING WORKSHOP	13.00 - 13.30
PAIN RELEASE	14.00 - 14.30
HYPNO FACELIFT PAMPER	15.00 - 15.30
STRESS RELEASE RELAXATION	16.00 - 16.30
IMMUNE BOOSTER RELAXATION	17.00 - 17.30
FAMILY YOGA	09.00 - 10.00 15.00 - 16.00
FAMILY DANCE CLASS	11.00 - 12.00
CARDIO BOXING	13.00 - 14.00
DISCO CARDIO	17.00 - 18.00
FINDING YOURSELF IN MOTHERHOOD WORKSHOP	10.00 - 11.00
SELF MASSAGE WORKSHOP	12.00 - 13.00
9D BREATHWORK	14.00 - 15.30
THE POWER OF FITNESS FOR WOMEN WORKSHOP	16.00 - 17.00
FAMILY GUIDED MEDITATION	09.00 - 10.00
BREATHWORK TO ENERGISE	11.00 - 12.00
SOUND EXPERIENCE	13.00 - 14.00 17.00 - 18.00
BREATHWORK TO RESET	15.00 - 16.00
A SPACE TO BE	09.00 - 13.00 14.00 - 18.00
MACRAME WORKSHOP	13.00 - 14.00
THE CALM ZONE	09.00 - 18.00

FUN ZONE

CRAZY BIKES 4+	10.00 - 19.00
CIRCUS SKILLS	10.00 - 19.00
MEGA BALLS 6+	10.00 - 19.00
TABLE TENNIS 16+	10.00 - 19.00
COLOUR TOWN	08.30 - 17.30 NEW
HULA HOOP	08.30 - 17.30

SKATE RAMPS

PUBLIC SESSIONS 4+	08.30 - 11.00 16.00 - 17.00
SKATEBOARDING WORKSHOPS 4+	11.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

FIRE & FEAST NEW FOR 2024

SESSIONS	17.00 - 18:30 19:00 - 20:30
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CLIMBING ZONE

CLIMBING WALL 5+	08.30 - 18.00
INTERACTIVE DIGI WALL 3+	08.30 - 18.00
ACTIVITY WALL 6+	08.30 - 18.00
MOBILE CAVING 5+	08.30 - 18.00
ABSEIL 5+	08.30 - 18.00
TREE CLIMBING (TREE 1) 6+	09.00 - 17.30
TREE CLIMBING (TREE 2) 6+	09.15 - 17.45

URBAN ZONE

PARKOUR 4+	08.30 - 17.00
TRAMPOLINE 4+	08.30 - 17.00
ONE WHEELING 8+	09.00 - 13.00 14.00 - 17.00 NEW
MOUNTAIN BOARDING 8+	09.00 - 13.00 14.00 - 17.00 NEW
FREEDROP 6+	08.30 - 17.50

DINOMANIA

BECOME A DINOSAUR RANGER	09.00 - 10.00
RAPTOR WORKSHOP	10.30 - 11.30
MEET AND GREET RONNIE	12.00 - 12.30
DINOMANIA SHOW	13.00 - 14.00
DINOSAUR COLOURING	14.30 - 15.30
INTERACTIVE DINOSAUR MUSEUM	16.00 - 17.00

SURVIVAL SCHOOL

COMBAT SKILLS	08.30 - 17.30
FIRELIGHTING	08.30 - 17.30
GROSS EAT STATION	08.30 - 17.30
PARA BRACELETS	10.00 - 11.00 12.00 - 13.00 14.00 - 15.00 16.00 - 17.00
REGAINS AND KNOTS	08.30 - 17.30
SKILLS ASSAULT COURSE	08.30 - 17.30
STALK	08.30 - 17.30
SPEAR MAKING	09.00 - 10.00 11.00 - 12.00 13.00 - 14.00 15.00 - 16.00 17.00 - 18.00
SURVIVAL SHELTERS	08.30 - 17.30
COMMANDO PAINTBALL AMBUSH	09.00 - 18.00
FIREMAKING	08.30 - 17.30
CAMO & CONCEALMENT	08.30 - 17.30
BUILD A SHELTER	08.30 - 17.30
FIELD COOKING	08.30 - 17.30
THE NIGHT SESSIONS	21.00 - 23.30

OFFSITE

CLIMB DARTMOOR 5+	08.00 - 16.00
COASTERING 10+	08.30 - 12.30 13.30 - 17.30
CAVING 8+	09.00 - 13.00 14.00 - 18.00
SCUBA DIVING 10+	10.00 - 14.00

DAY 4 - SUNDAY

FESTIVAL TIMETABLE

P = PREMIUM ACTIVITY

MAIN STAGE

COLOUR RUN	11.30 - 13.00
BRAINIAC LIVE	13.15 - 14.15
THE IN HERE BROTHERS	14.45 - 15.30
THE ROLLING PEOPLE	16.00 - 17.00
BAREFOOT BANDIT	17.30 - 18.30
ASH	19.00 - 20.00
OCEAN COLOUR SCENE	20.30 - 22.00

ADVENTURE COVE

DEVON SCIENCE - SLIME SUNDAY	08.30 - 09.30 10.00 - 11.00
LOUISE MINCHIN	11.30 - 12.30
HARRISON WARD	13.00 - 14.00
HELEN JENKINS	14.30 - 15.30
ALIX POPHAM	16.00 - 17.00

GUERRILLA SCIENCE

WATER WORKSHOP WITH INCREDIBLE OCEANS	10.00 - 11.00
EXPLOSIVE EXPERIMENTS	11.30 - 12.30
ANATOMICAL LIFE DRAWING - THE GUT	13.00 - 14.00
HACK YOUR BRAIN WITH BRAINTASTIC	14.30 - 15.30
MAKE YOUR OWN MEDICINE WITH DR ROWENA FLETCHER-WOOD	16.00 - 17.00
EXPLORER DOME'S 'SCIENCE TRICKS'	17.30 - 18.30

LAKE

KAYAK	09.15 - 18.30
SUP BOARD	09.15 - 18.30
P SUP YOGA 16+	08.15 - 09.15 17.00 - 18.00
RAFT BUILDING 6+	09.00 - 18.00

SKATE RAMPS

PUBLIC SESSIONS 4+	08.30 - 11.00 16.00 - 17.00
SKATEBOARDING WORKSHOPS 4+	11.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 17.00 - 18.00
CONTEST	15.00 - 16.00

FUN ZONE

CRAZY BIKES 4+	10.00 - 19.00
CIRCUS SKILLS	10.00 - 19.00
MEGA BALLS 6+	10.00 - 19.00
TABLE TENNIS 6+	10.00 - 19.00
COLOUR TOWN	08.30 - 17.30 NEW
HULA HOOP	08.30 - 17.30

ROLLER DISCO 3+

DANCE CLASSES	09.00 - 12.00
GENERAL SKATE	12.00 - 18.00
ROLLER DISCO	18.00 - 21.00
RETRO DISCO	21.00 - 00.00

LAKESIDE

STEAM CO. CARDBOARD CREATIONS 5+	09.00 - 17.00 NEW
P STEAM CO. ROCKET WORKSHOP	09.00 - 17.00 NEW
P STEAM CO. TSHIRT DESIGN 5+	09.00 - 17.00
STEAM CO. PLANET DISCO DYNAMITE ROCKET LAUNCH	14.00 - 14.15
DEFRIB & CPR TASTER 10+	08.30 - 17.30 NEW
P BLACKSMITH WORKSHOPS 10+	09.00 - 17.30
P MINI GOLF	09.00 - 17.00 19.00 - 22.00 NEW
P FULL QUAD ADVENTURE 14+	09.00 - 18.00
P TEEN QUAD ADVENTURE 10-14	09.00 - 18.00
P MINI QUAD SAFARI 6-10	09.00 - 18.00
RUGBY COACHING SESSIONS 16-11	11:00 - 11:45 14:00 - 14:45
P FORAGE & FEAST	11.00 - 13.00

RISE & REWILD

P ENVIRONMENTAL ARTS AWARD	09.00 - 10.00
P INTRO TO FOREST BATHING 14+	10.00 - 11.00 11.30 - 12.30
P INDIAN HEAD MASSAGE 18+	11.15 - 17.15
P CLAY PINCH POT MAKING 14+	14.00 - 14.30 15.00 - 15.30 16.00 - 16.30

KRAV MAGA **NEW FOR 2024**

DEMOS/INTERACTION	09.00 - 09.30
KRAZY 7 KICKBOXING FITNESS	09.30 - 10.15
HANDGUN AND LONG WEAPON DISARMS 16+	11.00 - 11.45
DEALING WITH KNIFE THREATS AND ATTACKS 13+	12.00 - 12.45
LIVE DEMONSTRATION	13.30 - 14.00
DEALING WITH COMMON GRABS CHOKES AND CLINCHES 7+	15.00 - 15.45
GROUND FIGHTING TECHNIQUES 10+	16.00 - 16.45
MULTIPLE ATTACKER SCENARIOS 10+	17.00 - 17.45

ONFIRE & RESCUE

SNOWGA	10.00 - 11.00
DJ NEIL DIAMOND	11.00 - 12.00
HOBBY HORSE RACING	12.30 - 16.30
JUST4FUNK - BREAKDANCING WORKSHOP	16.30 - 17.30
JUNIOR JUNGLE	18.00 - 19.00
SILENT DISCO	20.00 - 00.00

BATTLE ZONE

ARCHERY 6+	08.30 - 17.30
AXE THROWING 8+	08.30 - 17.30
SPEAR THROWING 12+	08.30 - 17.30
COMBAT ARCHERY 9+	08.30 - 17.30
GET MEDIEVAL 6+	08.45 - 18.30 NEW
P COMMANDO CLOSE QUARTER BATTLE 10+	09.00 - 18.00
P SNIPER SHOOT COACHING 10+	09.00 - 18.00
P STATIC SHOOTING RANGE 8+	08.30 - 18.00
NERF 8+	08.30 - 17.00 NEW

FIRE & FEAST **NEW FOR 2024**

SESSIONS	17:00 - 18:30 19:00 - 20:30
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BEAR CHILLS WELLNESS AREA

P ANATOMY MASSAGE	09.00 - 18.00
P BOWEN TECHNIQUE MASSAGE	09.00 - 18.00
P WILD SAUNA	09.00 - 18.00 NEW
P DISCOVER THE POWER OF EFT (TAPPING)	09.30 - 10.00
P PAIN RELEASE	10.30 - 11.00
P HYPNO FACELIFT PAMPER	11.30 - 12.00
P STRESS RELEASE RELAXATION	13.00 - 13.30
P CONFIDENCE BOOST	14.00 - 14.30
P HYPNOSIS FOR SLEEP IMPROVEMENT	15.00 - 15.30
P ANXIETY RELIEF RELAXATION	16.00 - 16.30
P ANXIETY WORKSHOP	17.00 - 17.30
FAMILY YOGA	09.00 - 10.00
P RISING SOUL DANCE	11.00 - 12.00
P CARDIO BOXING	13.00 - 14.00
P FAMILY MOVEMENT	15.00 - 16.00
P RESTORATIVE YIN YOGA WITH YOGA NIDRA	17.00 - 18.00
P PELVIC HEALTH	10.00 - 11.00
P BREATHWORK	12.00 - 13.00
P FINDING YOURSELF IN MOTHERHOOD WORKSHOP	14.00 - 15.00
P POWERFUL BREATHWORK	16.00 - 17.00
P FAMILY GUIDED MEDITATION	09.00 - 10.00
P BREATHWORK TO ENERGISE	11.00 - 12.00
P SOUND EXPERIENCE	13.00 - 14.00 17.00 - 18.00
P BREATHWORK TO RESET	15.00 - 16.00
P A SPACE TO BE	09.00 - 12.00 15.00 - 18.00
P CHAKRA HEALING WORKSHOP	12.00 - 13.00
P MACREME WORKSHOP	13.00 - 15.00
P THE CALM ZONE	09.00 - 18.00

HISTORY ZONE **NEW FOR 2024**

KIDS ARCHERY (STONE AGE)	08.30 - 17.30
CATAPULT RANGE	08.30 - 17.30
STONE ARROW TIP MAKING	08.30 - 17.30
CLAY LAMPS	08.30 - 17.30
STONE AGE SELFIE BOOTH	08.30 - 17.30
STONE AGE INTERACTIVE TIMELINE	10.00 - 10.30 13.00 - 13.30
P STONE SLATE MINI AXE MAKING 5+	09.00 - 18.00
P STONE AGE NECKLACES & TALISMANS 5+	09.00 - 18.00
P ARROW MAKING 5+	09.00 - 18.00
P MASTERCLASS PRIMITIVE FIRE MAKING 5+	10.45 - 11.45 13.45 - 14.45 15.30 - 16.30
P DUTCH ARROW MAKING 5+	08.30 - 17.30

ASSAULT COURSE 5+

SESSIONS	10.00 - 17.00
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CLIMBING ZONE

CLIMBING WALL 5+	08.30 - 18.00
INTERACTIVE DIGI WALL 3+	08.30 - 18.00
ACTIVITY WALL 6+	08.30 - 18.00
MOBILE CAVING 5+	08.30 - 18.00
P ABSEIL 5+	08.30 - 18.00
P TREE CLIMBING (TREE 1) 6+	09.00 - 17.30
P TREE CLIMBING (TREE 2) 6+	09.15 - 17.45

URBAN ZONE

PARKOUR 4+	08.30 - 17.00
TRAMPOLINE 4+	08.30 - 17.00
P ONE WHEELING 8+	09.00 - 13.00 14.00 - 17.00 NEW
P MOUNTAIN BOARDING 8+	09.00 - 13.00 14.00 - 17.00 NEW
P FREEDROP 6+	08.30 - 17.50

DINOMANIA

BECOME A DINOSAUR RANGER	09.00 - 10.00
MEET AND GREET SPIKE	10.30 - 11.30
EVOLUTION OF THE DINOSAURS	11.00 - 12.00
CREATE YOUR OWN FOSSIL	12.30 - 13.30
FEED THE BABY DINOSAURS	14.30 - 15.30
INTERACTIVE DINOSAUR QUIZ	16.00 - 17.00

SURVIVAL SCHOOL

COMBAT SKILLS	08.30 - 17.30
FIRELIGHTING	08.30 - 17.30
GROSS EAT STATION	08.30 - 17.30
PARA BRACELETS	10.00 - 11.00 12.00 - 13.00 14.00 - 15.00 16.00 - 17.00
REGAINS AND KNOTS	08.30 - 17.30
SKILLS ASSAULT COURSE	08.30 - 17.30
STALK	08.30 - 17.30
SPEAR MAKING	09.00 - 10.00 11.00 - 12.00 13.00 - 14.00 15.00 - 16.00 17.00 - 18.00
SURVIVAL SHELTERS	08.30 - 17.30
P COMMANDO PAINTBALL AMBUSH	09.00 - 18.00
FIREMAKING	08.30 - 17.30
CAMO & CONCEALMENT	08.30 - 17.30
BUILD A SHELTER	08.30 - 17.30
FIELD COOKING	08.30 - 17.30
THE NIGHT SESSIONS	21.00 - 23.30

OFFSITE

P CLIMB DARTMOOR 5+	08.00 - 16.00
P COASTSTEERING 10+	08.30 - 12.30 13.30 - 17.30
P CAVING 8+	09.00 - 13.00 14.00 - 18.00
P SCUBA DIVING 10+	10.00 - 14.00