

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM				Sea swimming South Sands			Sea swimming North Sands
10AM	Bootcamp on the beach	Bootcamp on the beach	Bootcamp on the beach	Bootcamp on the beach	Bootcamp on the beach	Bootcamp on the beach	
11AM	Guided coastal picnic walk <i>Salcombe - Bolt Head 5 miles</i>	Guided bird watching walk Salcombe	Guided coastal picnic walk <i>Salcombe - Soar Mill Cove 4 miles</i>	Guided bird watching walk Salcombe	Guided coastal picnic walk <i>Salcombe - Bolt Head 5 miles</i>	Guided coastal picnic walk <i>Salcombe - Soar Mill Cove 4 miles</i>	
12PM	Beach yoga	Beach yoga	Beach yoga		Beach yoga	Beach yoga	
DEPENDENT ON TIDES					Salcombe seal walk with Sea-n-Shore		

BEACHFRONT*	OUTDOORS*	WATER BASED
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*Beachfront activities are subject to tide. Guided coastal path walk routes are displayed in-room each week, finish times change based on route. Water-based activities are subject to weather.