

# Itinerary

## Activity Break

visit  
exeter

If you are looking for an activity break, Exeter is the perfect destination. Its location on the River Exe, surrounded by countryside and close to the coast, lends itself perfectly to exploring the great outdoors.



## Day One:

**9:00**

Start your adventure-fuelled day in the heart of the city – Exeter Quayside! Head to Haven Banks Outdoor Education Centre and hire out a paddleboard or kayak, to test your balance as you travel down the river. Then make your way over to the Quay Climbing Centre to push your strength to the limit, before you take on the Deep Water Solo challenge in the canal basin!

**13:00**

Head to Saddles and Paddles on the opposite side of the river where you'll become equipped for your cycling journey along the Exe Estuary Trail by bike.

**13:30**

Stop off for lunch at the Double Locks, for some hearty pub grub to fuel up for your journey along the river.

**15:00**

Begin the next part of your journey as you now cycle to Exmouth, keep an eye out for the wildlife along the estuary!

**16:00**

Embark on a Stuart Line Cruise in Exmouth, for a view of the coastline that you won't find anywhere else. Check online for events, the cruise occasionally hosts themed music nights!

**18:00**

Hop on a train to make your way back to Exeter, perhaps jump off at Topsham for an evening meal at The Salutation Inn or The Gallery Fish and Seafood restaurant!

## Day Two:

### All Day

You now have a spare day to explore the city to discover what activities you'd like to do next! Enjoy a round of golf with friends at Woodbury Park or Exeter Golf and Country Club, or book onto an assault course at The Bear Trail in Cullumpton for zip wires and obstacles over a 10 acre site!

Get your hiking boots on and make your way along the walking trail at Haldon Forest, if you're feeling brave climb the trees at Go Ape! for a zip-wire adventure!

For something a little more calming that still gets you outdoors, follow the Exeter Green Circle walking paths which add up to a 12-mile walk. Choose your own trail and intensity!

## Day Three:

### All Day

Sport is a major part of the culture in Exeter, which is an activity that must be experienced when you visit the city. Catch a home game at Exeter City Football Club or watch the Exeter Chiefs play their fixtures at Sandy Park Stadium!



For further itinerary inspiration go to:  
[www.visitexeter.com/things-to-do/group-visits](http://www.visitexeter.com/things-to-do/group-visits)

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