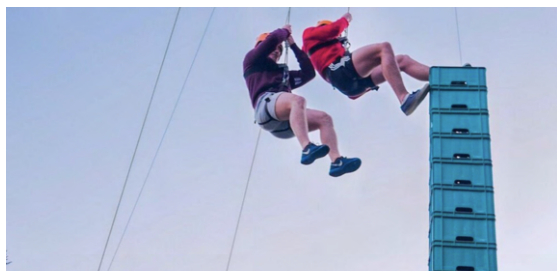


# Activities

## Instructor Led



**Price:** Contact Office for more details.

\*All Activities are subject to Instructor availability and are weather permitting. Limited Number of people per Activity.

**A waiver must be completed for each participant.**

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### CLIMBING WALL

The climbing wall is approximately 10 meters high. With our experienced instructors you will be guided up the climbing wall and safely directed back down again. All equipment is provided.

**Suitability:** min age 8 yrs **Duration:** 1hr - 1.5 hour depending on group size **No. of people per session:** min 8, max 10ppl

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### LEAP OF FAITH

Climb a pole to a tiny platform 8 meters above the ground, before taking a leap of faith and launching yourself out into thin air to grab hold of the trapeze bar. An exhilarating challenge for the brave and daring!

**Suitability:** min age 8 yrs **Duration:** min 1 hour **No. of people per session:** min 8, max 10ppl

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### CRATE STACKING

Test your balance, bravery and head for heights in this exciting team activity as you all race to build a tower of crates beneath you.

**Suitability:** min age 8 yrs **Duration:** min 1 hour **No. of people per session:** min 8, max 12ppl

# Activities

## Instructor Led



**Price:** Contact Office for more details.

\*All Activities are subject to Instructor availability and are weather permitting. Limited Number of people per Activity.

**A waiver must be completed for each participant.**

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### JACOBS LADDER

A fun and challenging team task where up to four climbers at a time scale ever dizzying heights and ever-widening ladder rungs to reach the top. The rest of the group assist in the belaying of the climbers.

**Suitability:** min age 8 yrs **Duration:** min 1 hour **No. of people per session:** min 8, max 12ppl

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### ARCHERY

Focus your mind and hone your coordination skills for a shot at our all-weather flood-lit archery range. Our trained instructors will help you hit the bulls eyes consistently.

**Suitability:** All ages and abilities **Duration:** min 1 hour **No. of people per session:** min 8, max 12ppl

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### BUSHCRAFT

Get back to nature as you head to the forest and learn the basics of surviving outdoors. Building a shelter, learning simple knife work techniques, fire lighting and cooking on open fires – discover your inner survival instincts.

**Suitability:** All ages & abilities **Duration:** min. 2 - 3 hours **No. of people per session:** 12 to 30ppl.

# Activities

## Self-Led



**Price:** Included in your booking - request in advance.

**Instructions:** Will be provided on arrival by the Duty Manager.

**All self-led activities must be supervised by a group Leader/Adult.**

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### TUBE SLIDE

Don your helmet, jump into a sack and experience the thrill of plunging down the hillside in our 120ft enclosed tube slide! This activity must be supervised by a group leader and be booked in advance with the Duty Manager.

**Suitability:** min age 7 yrs **No. of people per session:** No limit.

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### ASSAULT COURSE / LOW ROPES

Our purpose built low ropes challenge course is a brilliant team building facility. Working together your group will swing, balance, climb and problem solve in order to complete the course, without falling off. This activity must be supervised by a group leader or one of our trained instructors can guide you through the course.

**Suitability:** min age 7 yrs **Duration:** min 1 hour **No. of people per session:** max 12ppl

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### ORIENTEERING

Discover the secrets of basic navigation and map-reading skills through a series of engaging games. Then set off with your team to race against time and complete our on-site orienteering course. Choose from a Short, Medium or Long Course.

**Suitability:** All ages. **Duration:** from 45mins. **No. of people per session:** No limit.



# TEAM CHALLENGES

## Self-Led



**Price:** Included in your booking - request in advance.

**Instructions:** Will be provided on arrival by the Duty Manager.

**All self-led activities must be supervised by a group Leader/Adult.**

**HOLEY POLE** - This fun and WET team challenge is located beside the stream and lasts 15 – 30 mins and is designed for groups of 6 – 12 ppl. As a team retrieve the table tennis ball from the bottom of the pole using the stream water and the equipment available. The team must work out for themselves how to use the equipment available to achieve their goal.

**WALK THE PLANK** - The whole team must make it from one side to the other without touching the ground. The team crosses by placing the planks in the slots in the posts and walking across them. In order to reach the far side the planks need to be lifted and passed along the team to be reused. This team challenge lasts about 20 - 40 minutes and works best with 6 - 12 participants.

**SPIDERS WEB** - The object of the challenge is to get the whole team, without touching the ropes, through holes in the spider's web to finish on the far side. This team challenge lasts about 20 - 40 minutes and is intended for 6 - 15 participants.

**TEAM SKIS** - The object of the challenge is to work together in unison. 6 people stand one foot on each plank with rope handles and have to move in unison, 2 sets of skis race to the finish line. This team challenge lasts about 15 minutes and is intended for 6 - 12 participants.

**PROBLEM SOLVING** - Choose from a tangram puzzle or rope maze to challenge your team. This lasts about 20 minutes and is intended for 6 - 12 participants.