



Category "A" activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
Abseiling	Are you brave enough to lean out from the tower and put all your trust in the rope? Abseiling is a great personal development activity, requiring you to challenge yourself and get to the bottom as gracefully as possible. Don't worry, your instructor will guide you all the way down!	1.5 hours
Aerial Trek	Simply, an adventure course up in the air. Safely secured with a harness and ropes, you will bravely make your way across bridges, tightropes and balance beams. Have you got the balance to succeed?	1.5 hours
Archery	Requires precision, control and a steady hand. Learn and develop the techniques required to hit your targets, just like Robin Hood.	1.5 hours
Backwoods Cooking	Cooking in the great outdoors, without your typical kitchen utensils. Using an open fire, you might find yourself preparing anything from pizzas to eggs in oranges.	1.5 hours
Climbing	Fellow group members will master the art of belaying as you develop your climbing technique on our purpose-built walls. Develop your confidence at height and trust in your team-mates.	1.5 hours
Crate Stacking	Standing on top of the stack, how high can you build it before it comes crashing down? Requiring balance and confidence, this activity will push you to your personal limits whilst encouraging team working and communication.	1.5 hours



**Scout**  
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High All Aboard	Working together as a team of two, you will all aim to climb to the top of the pole and fit on a small platform high in the air – requires bravery and teamwork to succeed. Do you have the courage to lean out together?	1.5 hours
Jacobs Ladder	The only way to succeed in this challenge is to work together. How high can your team get off the ground? This activity tests teamwork and agility as the beams get further apart the higher you go.	1.5 hours
Leap Of Faith	Once you've scaled the 10-metre tree, will your jump be good enough to reach the trapeze bar suspended in front of you? Test your nerve and coordination, before being safely lowered to the ground.	1.5 hours
Rifle Shooting	An excellent opportunity to learn a skill that requires concentration and a good eye for accuracy to hit your targets. As this activity uses .177 air rifles, strict range discipline is maintained at all times. Requires parental consent.	1.5 hours



Tomahawk Throwing	In this exciting activity, participants are put through their paces testing skill and accuracy using specially made Throwing Tomahawks. Can you hit the target?	1.5 hours
Zip Wire	Travel at high speed while suspended and harnessed from an overhead cable. Determination and courage required.	1.5 hours

<b>Category "B" activities</b>		
<b>ACTIVITY TITLE</b>	<b>ACTIVITY DESCRIPTION</b>	<b>ACTIVITY DURATION</b>
Bushcraft	Thrive in our natural environments, and acquire the skills and knowledge to do so. From fire lighting and shelter-building to navigation and learning the use of tools such as knives and axes.	1.5 hours
Fire Lighting	Can you master this traditional skill? With our expert instruction, learn different techniques to build and light a fire using natural materials.	1.5 hours
Orienteering	A great opportunity for young people to experience decision making in a team situation. Learn navigation skills as you find the various markers around the course.	1.5 hours
Pioneering	A great way to develop teamwork, communication and logistical skills. With a large range of equipment and plenty of ideas, we can work with groups to build anything from giant gateways to swings.	1.5 hours



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Sensory Trail	How much do we really rely on our senses? Explore each of the five human senses through a number of games and challenges.	1.5 hours
Shelter Building	Using a range of materials from within the forest, can your team design a sturdy watertight structure? When it's put to the ultimate test, will your group stay dry?	1.5 hours
Team Building	A number of problem-solving exercises to get your group really working together. The tasks will vary depending on the group, but all are designed to be challenging and fun. Each task is reviewed to ensure that your group develop communication and logical thinking skills throughout the activity.	1.5 hours
<b>Self – Led activities</b> <b>ACTIVITY TITLE</b>	<b>ACTIVITY DESCRIPTION</b>	<b>ACTIVITY DURATION</b>
Activities In A Box	To supplement your instructed activities, book other activities that can be self-instructed to fill in any gaps or free-time you don't want! Choose from Giant jenga, Team games, Bats & Balls, Circus skills, Rocket launchers, Picture or Nature trail, Hike routes, Disc golf & Games in a Bag which includes Chess, Bingo, Playing cards, Dominos, Describe it, Copy that, Pass the pigs or Rummikib.	1.5 hours
Adventure Course	Make your way around this series of obstacles both individually and as a team. A number of challenges focusing on teamwork and communication will be set. How well will your team do?	1.5 hours



Campfire	A chance to unwind after a hard day testing yourself in our natural environments together with amazing onsite activities. Get cosy, get comfortable, sing songs and generally enjoy the great outdoors around an amazing campfire.	1.5 hours (30 minutes when instructor led)
Grass Sledging	No need to wait for the snow with these sledges on wheels. Keep your arms and legs inside as you zoom down our grass course.	1.5 hours
Jump Mats	Fully enclosed, these mats are a safe and fun way to try out your jumping skills.	1.5 hours
Pedal Go Karts	Travel round our purpose-built course on go karts. You'll need a good combination of strength and coordination to keep pedalling during a range of fun games and tasks.	1.5 hours
Pioneering	A great way to develop teamwork, communication and logistical skills. With a large range of equipment and plenty of ideas, we can work with groups to build anything from giant gateways to swings.	3 hours
Tunnel Trail	Navigate your way around our tunnel system – can you and your team-mates find your way around?	1.5 hours



**NOTE:**

**The roped activities at this centre are not offered for under 8 year olds.**

**Instructed:** Standard Activity Session times: AM: 9:30 – 11 & 11 – 12:30. PM: 1:30 – 3 & 3 – 4:30. Eve: Enquire for timings.

All of our activity sessions are instructed by a member of our activities team. They can accommodate a maximum of 12 participants plus 1 supervising adult. Session timings incorporate travel, briefing and debriefing time. Please check the suitability of activities for your group at the time of booking. A weight limit of 120kg (18 stone) applies to all roped activities.

**Self - Instructed:** Self-instructed and self-led activities are available at our standard session times and should be booked in advance. All supervision is carried out by the leader. Where permits are requested for self-instruct sessions the permit should be recorded on compass for staff to check before the session can begin. Activities in a box are available on request at any time during reception opening hours but are subject to availability. Boxes should be booked in advance whenever possible.