



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
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
Bell Boats	A cross between dragon boating and canoeing, with up to 12 people in each boat. A great way to get moving on the water and develop teamwork, coordination and leadership. Own transport may be required.	1.5 hours
Canoeing	These large open boats can carry two or three people. You will explore the beautiful surroundings out on the water whilst developing your paddling skills. Own transport may be required.	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



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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
Kayaking	Once you've mastered the basic paddle strokes on land, take to the water in your own personal kayak. Using a variety of games, your instructor will help you develop your skill and precision moving through the water. Can be offered self-instructed at Gilwell Park also.	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
Monkey Climb	Scale trees like a monkey using the hand and foot holds to reach the treetops. The higher you climb, the more nerve you need!	1.5 hours
Off-Site Adventures	Why not try some of our local attractions, including Monkey World, Tank Museum, Brownsea Island, Corfe Castle and Swanage Beach.	1.5 hours
Rifle Shooting	Your team builds a raft to carry them across the water – hopefully without sinking or falling in! Develop communication, teamwork and logistical skills. Instructors will provide support and ideas, but ultimately it's planning and cooperation that are vital to success. Can be offered self-instructed at Gilwell Park also.	1.5 hours



Stand Up Paddle Boarding	Stand up on your paddleboard and propel yourself through the water. Go fast, take it slow, either way it's a great way to take in the landscape.	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

Category "B" activities		
ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
Bouldering	Unlimited climbing – how long will you last?	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



Raft Building	Your team builds a raft to carry them across the water – hopefully without sinking or falling in! Develop communication, teamwork and logistical skills. Instructors will provide support and ideas, but ultimately it's planning and cooperation that are vital to success. Own transport may be required.	1.5 hours
Tunnel Trail	Navigate your way around our tunnel system – can you and your team-mates find your way around?	1.5 hours

Self – Led activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
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 Circus skills, Disc golf, Geocaching, Giant Jenga, Orienteering Power kites, Slacklining & Volleyball.	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
Bouldering	Unlimited climbing – how long will you last?	1.5 hours



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Bridge Build	Work as a team to build your bridge across the water. Succeed and the team stay dry, fail to work together and you'll get wet and muddy!	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
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
Dragon Boats	Hear the bang of the drums and the roar of the dragon. Take part in one of the fastest growing and most exciting water sports here on our lake!	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.	1.5 hours
Rifle Shooting	Your team builds a raft to carry them across the water – hopefully without sinking or falling in! Develop communication, teamwork and logistical skills. Instructors will provide support and ideas, but ultimately it's planning and cooperation that are vital to success.	1.5 hours



	Can be offered self-instructed at Gilwell Park also.	
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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: 6:30 - 8.

All of our activity sessions are instructed by a member of our activities team. Then 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.