

You will find a list of all the activities we have on offer below. Images and videos can be found on our website so you can get a feel for each one!



All activities are for a maximum of **12 participants plus 1 adult**. Sessions run for 1.5 hours to the below times unless they are half day, full day or expedition activities.

In some cases we may be able to run two or more sessions at the same time and this is also indicated below where it says 'x 2'.

Session Times:

Session 1	Session 2	Session 3	Session 4	Session 5 (summer holidays only)
9:15-10:45	11:00-12:30	13:45-15:15	15:30-17:00	18:30-20:00

Category "A" activities	Activity Description	Duration	Suitable for ages
Archery (x2)	Requires precision, control and a steady hand. Learn and develop the techniques required to hit your targets, just like Robin Hood	1.5 hours	6+
Crate stacking (x2)	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	6+
Crag climbing– on site (x2)	Experience climbing on natural rock faces within Great Tower. Build your confidence and team work skills, helping each other to reach new heights.	Half day	6+
Fell walking (x2)	Our trained and experienced staff will lead you on an adventure through the fells starting from the centre. There are routes to suit all abilities.	Half day	Ability dependent
Gauntlet	Work with a partner to travel up this vertical assault course. Negotiate the balance beam, hanging tyres and cargo nets to reach the summit. A real challenge.	1.5 hours	8+
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	6+
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	8+
Leap of faith	Once you've scaled the 10-metre pole, 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	6+
Rifle Shooting (x2)	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	8+
Tree climbing (x2)	How high up the tree can you get? Don't worry, you'll have a safety harness and your team will be using ropes to belay you as you ascend. There are holds to help you on your way up into the treetops!	1.5 hours	6+
Tomahawk and angel throwing (x2)	In this exciting activity, participants are put through their paces testing skill and accuracy using specially made throwing tomahawks. Can you hit the bullseye?	1.5 hours	8+

Category “B” activities	Activity Description	Duration	Suitable for ages
Bouldering	A form of rock climbing performed on our indoor climbing wall. Challenge yourself by traversing the indoor wall and test your rock climbing skills with some bouldering games.	1.5 hours	6+
Bridge building (x2)	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!	3 hours	8+
Fire lighting and Wild game preparation	Can you master this traditional skill? With our expert instruction, learn different techniques to build and light a fire using natural materials. Then learn how to prepare your catch from rabbits, squirrels, wood pigeon or fish for consumption. This session will focus on knife and axe safety as well as cooking skills. The group will be expected to be involved in the preparation of the animal.	3 hours	10+
Low ropes	Designed to encourage problem solving, balance and communication. Our purpose-built low ropes course is less than one metre off the ground, so it's ideal as an activity on its own, or great for building up confidence before tackling some of our higher activities.	1.5 hours	8+
Orienteering (x2)	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 or 3 hours	6+
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	6+
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 on an obstacle course outside.	1.5 hours	6+
Survival skills (x2)	This session will teach the skills needed to survive and thrive in the wilderness and woodlands. Learn the skills and techniques to light fires, identify edible plants, build shelters, purify water, and prepare food to cook on an open fire.	3 hours	10+
Team building (x3)	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	6+
Woggleopoly (x4)	This problem solving, team building activity is based on the classic board game Monopoly. Work in small teams to complete tasks and buy squares on the board.	3 hours	6+

Book your half day or full water day with our activities listed below. Great Tower's Waterside is located YMCA's south camp based at Newby Bridge. Travel time takes 20 minutes traffic dependent. **Session time does not include transport time.** Session time includes collecting kit, craft preparation, and changing. Own transport may be required.

Waterside Activities	Activity Description	Duration	Suitable for ages
Bell boat	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. Explore Lake Windermere whilst learning the basics of paddling a craft.	3 hours	6+
Canoeing (x2)	These large open boats can carry two or three people. You will explore the beautiful surroundings out on Lake Windermere whilst developing your paddling skills. Canoeing involves team work, communication, confidence building and a real sense of adventure.	3 hours	8+
Rafted canoeing (x2)	Using large open boats to create a stable raft, you will be able to explore the beautiful surroundings of Lake Windermere whilst developing your paddle skills, team work and getting a taste of adventure.	3 hours	8+
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.	3 hours	8+
Stand up paddle board	The paddle board looks similar to a surf board and is propelled with a single blade paddle to move you through the water whilst in a standing or kneeling position. This activity is easy to learn and is great fun.	3 hours	8+
Raft building (x2)	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.	3 hours	6+
Sailing	Learn the basic skills to helm a small dinghy. Supported by our experienced centre instructors, you'll be out exploring on the water in no time.	3 hours	8+
Drascombe sailing	Two groups of 6 can sail together in our Drascombe gig keelboats. Originally designed as a teaching boat for sailing schools, it is a great boat for little sailors to learn in. This can be a fantastic taster session or great day out sailing.	3 hours	6+

Make sure you book early for our popular Ultimate Adventure Activities! Session time includes transport time, kit collection and changing time. Own transport may be required.

Ultimate Adventure activities	Activity Description	Duration	Suitable for ages
Offsite Abseil day	We will take you to one of our favourite off-site abseiling ventures with dramatic scenery and a challenging descent. Venue will depend on group and how much of a challenge they are up for. Our abseils can range up to 50ft – 120ft so be ready for an adrenaline fuelled day.	Full day 9:15 – 17:00	10+
Caving (x2)	Teamwork and communication will be developed as you explore a challenging underground environment, learning about the geological makeup of the Yorkshire Dales. This is often a wet session.	Full day 9:15 – 17:00	10+
Ghyll scrambling (x2)	A full-day, high adrenaline activity involving scrambling up a Lakeland river (or ghyll). Wetsuits not included.	Full day 9:15 – 17:00	8 +
Mountain day (x2)	Our trained and experienced staff will lead you on an adventure through the Lake District hills and mountains. There are routes to suit all abilities.	Full day 9:15 – 17:00	Ability dependent
Offsite Climbing and Abseil day	Experience climbing on natural rock faces partnered with abseiling back to the ground. This is a fantastic opportunity to explore our wonderful surroundings whilst building confidence and overcoming new challenges.	Full day 9:15 – 17:00	10+
Offsite Climb day	Experience a day's rock climbing in areas within the Lake District. The venue will depend on the group and how much of a challenge they are up for, but be sure to enjoy a great day out on real rock absorbing all the benefits climbing has available	Full day 9:15 – 17:00	10+
Overnight Mountain expedition	Experience hiking in the Lake District with a two day trek and overnight wild camp on the fell side. Routes for all abilities available. Own transport may be required. Own kit required for expedition, can be hired from ourselves.	2 days + Overnight	10 +
Overnight Canoe expedition	Improve your paddling and explore Windermere over two days of canoeing with an overnight camp. Own transport may be required. Own kit required for expedition, can be hired from ourselves.	2 days + Overnight	10 +

Free Activities	Activity Description	Duration
Nature trail	Follow an exciting trail – identifying trees, plants, bugs and insects. Will you be able to find them all?	1.5 hours
Picture trail	Can you locate different areas of the site with only a close-up picture? Who will be the first to find them all in time?	1.5 hours
World tour	How well do you know your countries? See how many answers you can answer correctly. First you must find the questions!	1.5 hours
Site service	See how the centre works behind the scenes and give a helping hand.	1.5 hours
Self-led camp fire	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.	Book any time!

Self-Led Activities	Activity Description	Duration	Suitable for ages
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 Orienteering, Geocaching, Angry birds, Pond dipping, Water rockets, Parachute games, Circus skills & Team games.	1.5 hours	6+
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 can be set. How well will your team do?	1.5 hours	6-10
Bouldering	A form of rock climbing performed on our indoor climbing wall. Challenge yourself by traversing the wall and test your rock climbing skills with some bouldering games.	1.5 hours	6+
Bridge Building	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	8+
Pioneering	A great way to develop teamwork, communication and engineering 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	8 +

A range of our activities that are listed can be delivered self-led with the correct permit. Contact Great Tower to discuss this further.