

You'll find a list of all the activities we have on offer below. If you'd like to book the activity with us, please complete your online booking form with the number of sessions you require and your preferred times. We'll then take a look at our availability and book the activities for you. A full list of our activities with 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 TITLE	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+
Backwoods Cooking (x2)	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	6+
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. Own transport may be required.	1.5 hours	8+
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	8+
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	8+
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	8+
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+
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. Own transport may be required.	1.5 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. Own transport may be required.	3 hours	10+

Category "A" activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	DURATION	Suitable for ages
Tomahawk 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+
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+
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+

Category "B" activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	DURATION	Suitable for ages
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 (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	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	8+
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	8-14
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.	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+
Pond Dipping	What will you find in our freshwater pond? Using our collection equipment and identification keys, you'll be amazed at what's living and growing in there.	1.5 hours	6-10
Shelter Building (x2)	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	6+

Category “B” activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	DURATION	Suitable for ages
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+
Wild Game Preparation (x2)	Discover how to prepare your catch for consumption. Please Note: Food will not be consumed after the session.	1.5 hours	8+
Foraging & Water Purification	Learn about edible plants, foraging and water treatment in the wilderness.	1.5 hours	6+
Woggleopoly (x4)	This problem solving activity is based on the classic board game. Work in small teams to complete tasks and buy squares on the board.	3 hours	6+

Ultimate Adventure activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	DURATION	Suitable for ages
Ghyll Scrambling (x2)	A full-day, high adrenaline activity involving scrambling up a lakeland river (or ghyll). Own transport may be required.	Full day 10 – 16:00	8 +
Fell Walking (x2)	Our trained and experienced staff will lead you on an adventure through the fells surrounding the centre. There are routes to suit all abilities. Own transport may be required.	Half day	Ability dependent
Jurassic Abseil	We will take you to one of our favourite off-site abseiling venues with dramatic scenery and a challenging descent. Own transport may be required.	Full day 10 – 16:00	10+
Mountain Day	Our trained and experienced staff will lead you on an adventure through the hills and mountains surrounding the centre. There are routes to suit all abilities. Own transport may be required.	Full day from 9:15am	Ability dependent
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.	Full day from 9:15am	8 +

Ultimate Adventure activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	DURATION	Suitable for ages
Canoe Expedition	Improve your paddling and explore Windermere over two days of canoeing with an overnight camp. Own transport may be required.	2 days + Overnight	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 very wet session. Own transport may be required.	Full day from 9:15am	10+
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	10+
Crag Climbing – Off Site	If you have already tried our on-site climbing or have experienced natural crag climbing before you might want to try some more challenging routes in our local area. Own transport may be required for off-site sessions.	Full day 10 – 16:00	10+
Drascombe Sailing	Maximum 6 participants. Great for little sailors. Our Drascombe allows up to 6 people to sail in a single boat with one of our instructors. This is a fantastic taster session for younger age groups. Own transport may be required.	Half Day	8+
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. Own transport may be required.	Half Day	8+

Self-Led Activities ACTIVITY TITLE	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, Explorer trail, 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+

Self-Led Activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	DURATION	Suitable for ages
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 +
Pond Dipping	What will you find in our freshwater pond? Using our collection equipment and identification keys, you'll be amazed at what's living and growing in there.	1.5 hours	6 - 10

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

Free Activities ACTIVITY TITLE	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
Table Tennis Tournament	Which team will win? Come to reception to collect a ping pong ball and your paddles for 20p	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!