

ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
3G Swing	As a team you will pull 1 person at a time towards the top of the swing. The person will go as high as they dare and once suspended, will pull the ripcord – releasing them into an exhilarating swing as gravity takes its force!	2 hours
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!	2 hours
Activities In A Box	To supplement your instructed activities, book other activities that can be self-instructed to fill in any gaps of free-time you don't want! Choose from Skittles Alley, Rockets, Didi Cars and Water balloon sling shots.	2 hours
Adventure Challenge 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 hour
Archery	Requires precision, control and a steady hand. Learn and develop the techniques required to hit your targets, just like Robin Hood.	1 hour
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.	2 hours
BMX Trial	Ride our BMX's over a series of mini obstacles. How fast will you complete the course?	1 hour
Bungee Trampoline	Want to reach heights impossible on a regular trampoline? The fun starts straight away on the bungee trampoline, even first timers will soon be jumping high, doing somersaults and flips!	1 hour

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Bushcraft	Learn more about our environment and how to use it sustainably for survival. You'll learn a range of woodland skills including plant and tree identification, animal tracking, natural shelter building, fire lighting and environmental awareness.	2 hours
Caving	Develop teamwork and communication as you explore a challenging underground environment.	1 hour
Circus Skills	From juggling and diablo to plate spinning, stilts and balancing acts. These and much more!	1 hour
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.	2 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.	2 hours
Dry Tooling	Ice wall climbing without the ice! But still using ice picks to climb – all the fun but none of the cold.	2 hours
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 hour
Inflatables	A great range of inflatable systems, from the gladiator challenge and Sumo Suits, to Spacehoppers and Bouncy castles. Run and bounce around until your hearts content.	1 hour
Jacob's 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.	2 hours

ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
Low Ropes	Designed to encourage problem solving, balance and communication. Our purpose-built low ropes course is less than one meter 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. Try out our giant seesaw – all the team need to do is balance it out, but it's not as simple as you think.	1 hour
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 hour
Pedal Go Karts	You'll need a good combination of strength and coordination to keep pedalling during a range of fun games and tasks.	1 hour
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 hour
Rockets	Fun Science – Create your very own rocket made out of a bottle, water and pump. The water will act as its reaction mass and be forced out by compressed air. Watch them go!	1 hour
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 hour
Water Slide	Protected from sliding off by side bumpers and a splash pool at the bottom to provide a safe landing, this 40 metre slide will give you an adrenaline rush and lots of laughs..... Awesome fun and refreshing on a hot day	1 hour

Zip Wire	Travel at high speed while suspended and harnessed from an overhead cable. Determination and courage required.	2 hours
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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: 10 – 12. PM: 1:30 – 3:30 & 3:30 – 5:30. Times can be made to suit group. Evening activities are available, again can be made to suit group.

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.