



Category "A" activities ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
3G Swing	As a team, you will pull two people at a time towards the top of the swing. The pair 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!	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. Can be offered self-instructed at Gilwell Park also.	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
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. Can be offered self-instructed at Gilwell Park also.	1.5 hours



Coracle	Learn to build a coracle (a simple basket-like boat) and paddle across the water. Instructors will provide support and ideas, but ultimately it's planning and construction skills that are vital to success.	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
Dry tooling	Ice wall climbing without the ice! But still using ice picks to climb – all the fun but none of the cold!	1.5 hours
Fencing	Learn the techniques and etiquette of Fencing based on the traditional skills of swordsmanship - en-guard. Discover techniques and tactics as your instructors take you through the moves associated with this art.	1.5 hours
Free fall	Just jump... and then experience the exhilarating feeling of freefalling before being comfortably lowered to the ground.	1.5 hours
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
High all aboard	Working together as a team of four, 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



Ladder climb	Go head to head with an opponent as you both attempt to scale the flexible indoor ladders suspended from the ceiling. Don't be fooled by this activity, the ladders will swing and sway, making your journey even more challenging.	1.5 hours
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
Medium ropes	Aiming to develop your confidence at height, these five-metre high balance beams will really test your balance and nerve. Once you've mastered the balance required, your instructor will test you with some more challenging activities.	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. Can be offered self-instructed at Gilwell Park also.	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
Wobbly pole	Scale the indoor pole suspended high from the ceiling – it's not going to be easy for you as it wobbles around. With the help of your team supporting you from below, will you be able to reach the top?	1.5 hours



Zip wire	Travel at high speed while suspended and harnessed from an overhead cable. Determination and courage required.	1.5 hours
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Category "B" activities		
ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
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
Hike routes	With a huge selection of routes surrounding our centres, ranging from 3 to 30km, there's something suitable for every group. Explore and make the most of the stunning surroundings.	1.5 hours
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. Try out our giant seesaw – all the team need to do is balance it out, but it's not as simple as you think.	1.5 hours
Minibeast safari	A fun filled activity discovering various minibeasts from the Bomb Hole water area and the surrounding forest area. Participants will then have a chance to observe, examine and discuss captured creatures in detail and find out why they maybe suited to the local natural habitats, where they were found.	1.5 hours



Nature trail	Follow an exciting trail – identifying trees, plants, bugs and insects. Will you be able to find them all?	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
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
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 bullseye?	1.5 hours
Wide games	A great evening activity! Team games are played on one of our large fields to engage and entertain.	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: Outdoor games box: to include sports day, team games, giant Jenga type games. Explorer games box: to include a choice of activities that explore the site, including heritage trail and hikes. Orienteering box and Frisbee golf box.	1.5 hours
Aeroball	A combination of volleyball, basketball and trampolining makes an energetic and exciting individual or team game.	1.5 hours
Bouldering	Unlimited climbing – how long will you last?	1.5 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.	1.5 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



NOTE:

Standard Activity Session times: AM: 9:15 – 10:45 & 11 – 12:30. PM: 1:30 – 3 & 3:15 – 4:45.

Our instructed activities have a maximum of 12 participants per session. Each session must have an accompanying adult.

For safety and comfort, closed-toe footwear must be worn on all sessions. Shorts should be knee length (no skirts) and tops should cover all of the upper body. Long hair should be tied back, and anything around the neck removed. You may get muddy or wet during our activities, so please bring a change of clothes and dress appropriately.

All of our off-ground activities have a weight limit of 18 stone or 115kg.

If you have booked a self-instructed session that requires a permit or qualification, please contact the centre for further information on the documentation that will need to be presented.

If you have booked Rifle Shooting, written permission is required for those under the age of 18. This form is on the final page of this document. These should be presented to the instructor at the start of the session. An accompanying adult over the age of 21 will need to be present at each session.

The meeting point for all activities is Camp Square. Please arrive a few minutes prior to your activity. If you have booked an activity in a box with us, this will be available from Scout Adventures reception.