



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
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
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.	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
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.	1.5 hours



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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
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.	1.5 hours
Launch trips	Set sail aboard our motor powered launch. The perfect way to enjoy the beautiful surroundings of either Kielder Reservoir at Hawkhirst or St Helen's Bay at Crawfordsburn.	1.5 hours
Off-site adventures	Why not try some of our local partner attractions, including Birds of Prey, Hareshaw Linn or the Heritage Centre.	1.5 hours



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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.	1.5 hours
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.	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 bullseye?	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
Bushcraft	Thrive in our natural environments, and acquire the skills and knowledge to do so. From fire lighting and shelter-building to navigation and learning the use of tools such as knives and axes.	1.5 hours
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
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
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
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



Category "B" activities		
ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
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
Nature trail	Follow an exciting trail – identifying trees, plants, bugs and insects. Will you be able to find them all?	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

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 Geocaching, Hike routes, Orienteering and team games.	1.5 hours
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 will be set. How well will your team do?	1.5 hours



Bouldering	Unlimited climbing – how long will you last?	1.5 hours
Mini beast trail	Take your group hunting for mini beasts in the local woodland. Armed with collection pots, nets and magnifying glasses, the group will discuss and identify what they find.	1.5 hours
Environmental	Get close to nature and learn about the natural environments of our centres, as well as wider global issues. Choose from G8 and night lines, to a range of trails.	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

NOTE:

Instructed: Standard Activity Session times: AM: 9:30 – 11 & 11 – 12:30. PM: 1:30 – 3 & 3 – 4:30. Eve: Enquire for timings.

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