

ACTIVITY TITLE	ACTIVITY DESCRIPTION	ACTIVITY DURATION
Archery	Requires precision, control and a steady hand. Learn and develop the techniques required to hit your targets, just like Robin Hood.	1 hour
Bat Walk	Using our state of the art bat detectors, you'll be able to tune into a frequency that humans normally cannot hear and listen to the bats using echolocation.	1.5 hours
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.	1.5 - 2hrs
Environmental / Estate Walks	Get close to nature and learn about the natural environments of our centre and the surrounding glen. Discover the glen residents past and present.	1.5 - 4 hours
Slippery Slope	How far can you slide down our infamous slippery slope? You'll experience fun and laughter on our wet slide!	1 hour
Tyrolean Crossing	Are you brave and strong enough to cross the River Lyon? Get ready to be thrilled on Meggernie's Tyrolyon Crossing.	1.5 – 2 hours

Self-instructed ACTIVITY TITLE	Self-instructed ACTIVITY DESCRIPTION	Self-instructed ACTIVITY DURATION
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
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
Traversing Wall	Horizontal climbing – stamina and determination required, how far will you get?	1 hour

'Activities In A Box' ACTIVITY TITLE	'Activities In A Box' ACTIVITY DESCRIPTION	'Activities In A Box' ACTIVITY DURATION
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.	Self-instructed
Circus Skills	From juggling and diablo to plate spinning, stilts and balancing acts. These and much more!	1 hour
Disc Golf	Imagine mini golf, only this time with flying discs. Fill in your scorecard as you make your way around the course, set in beautiful surroundings. But whose score will be the best, and who will be below par?	1 hour
Nature Trail	Follow an exciting trail – identify trees, plants, bugs and insects. Will you be able to find them all?	1hour
Nightline	Do you trust your team enough to guide you around our trail? A fun activity that's great for teambuilding and communication skills.	1 hour
Off Site Adventures	As well as a wide range of walking opportunities we can point you in the direction of some local attractions and providers too.	Self-instructed
Pioneering	A great way to develop teamwork, communication and logistical skills. With a large range of equipment and plenty of ideas, your group can build anything from giant gateways to swings.	Self-instructed
Pond Dipping	What will you find in our freshwater stream? Using our collection equipment and identification keys, you'll be amazed at what's living and growing in there.	1 hour
Star Gazing	Make the most of low light pollution using our telescopes to see how many stars you can spot. Can you name any constellations?	1 hour

**NOTE:**

**At Meggernie we will work with you to ensure your programme will suit the needs of your group. We are able to adjust the way activities are run in order to accommodate different groups requirements.**

**The roped activities at this centre are not offered for under 10 year olds.**

**Instructed:** Standard Activity Sessions run between AM: 10 – 12. PM: 2 – 4. Eve: By Arrangement.

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 but are subject to availability. Boxes should be booked in advance whenever possible.