

# Activity Sessions

Activity	Duration	Description
Paddles SUP	90 Minutes	Enjoy Kayaking and Stand Up Paddleboarding on our lake with our qualified instructors
SUP Adventure	3 Hours	Paddle down the river Hamble on SUPs. Adults must accompany children
Canoe Adventure	3 Hours	Take a Canoe trip down the river Hamble. Adults must accompany children. Session is 3 hours
High Ropes Adventure	2 Hours	Enjoy Climbing, Vertical Assault & Aerial Runway in this 2 hour session ** Maximum weight 120kg**
Watersports Hire	1 Hour	Hire one of our SUPs or Sit on top Kayaks and have self led fun on our lake. Children under 10 must have an Adult on the water with them **See our water craft hire agreement for further information**
Jumpy Pillow and Lawn Games	1 Hour	Bounce til you drop on our brand new Jumpy Pillow, with lawn games to enjoy too.
Aqua Slide	1 Hour	Slip and slide down our Aqua Slide. Great fun for the whole family
Archery	90 Minutes	Pretend you are Robin Hood as you shoot arrows down our indoor archery range
Fire Lighting	90 Minutes	Learn how to light and build a fire
Climbing	90 Minutes	Learn climbing skills and techniques as you scale our purpose-built climbing wall. **Maximum weight 120kg**
Abseiling	90 Minutes	Test your nerve as you lean out & make your way down our purpose built abseil wall. **Maximum weight 120kg**
Vertical Assault	90 Minutes	Test your agility as you navigate your way up through cargo nets, tyres and ladders. **Maximum weight 120kg**
Crate Challenge	90 Minutes	Build a crate tower as you climb, using balance, co-ordination and communication **Maximum weight 120kg**
Jacobs Ladder	90 Minutes	Ascend the giant ladder in small teams, but beware the rungs get further apart the higher you go **Maximum weight 120kg**
Raft Building	90 Minutes	Work together to design & build your own raft using barrels, logs & straps before launching on our lake
Stand up Paddleboarding	90 Minutes	Use your balance & newly discovered co-ordination skills as you build your water confidence on our lake
Kayaking	90 Minutes	Learn paddling skills and develop technique and confidence through games and exercises on our sheltered lake.
Aerial Runway	90 Minutes	Experience the thrill of the ride as you launch yourself along our zip wire from a raised platform. **Maximum weight 120kg**