

Sample Programmes

Consider the reason for your visit and the needs of your group and we will work with you to create an exciting and relevant programme. Options include teamwork, communication or personal challenge days with sample programmes below to help guide your decision making. With over 25 activities, we can create exciting programmes for all ages, group sizes and frequency of visit to meet your needs.

Option 1: TEAMWORK CHALLENGE

Work together to clamber through the spider's web, use your initiative to dispose of the 'bomb' before taking on the team challenge obstacle course. The day culminates with the ultimate teamworking test as you conquer the Jacob's Ladder together. Alternatives include a final raft building challenge instead, as your group use credits gained throughout the day to exchange for useful equipment to construct and float your craft. A day to truly work together to achieve your goals.



20 mins	30 mins	30 mins	90 mins	45 mins	120 mins	10 mins
Arrival Briefing	Initiative tests – Spider's Web & Bomb Disposal		Team Challenge	Lunch	Jacob's Ladder	Departure Debrief

Option 2: COMMUNICATION CHALLENGE

Working on your communication will ensure you conquer our blind trail successfully before you head to the water for stream exploration. A visit to the initiative tests follows for a trip across the 'minefield'. In the afternoon, you'll face the challenge of working together to paddle your canoe in a straight line. Can your team connect to win all the communication challenges?



20 mins	60 mins	60 mins	45 mins	30 mins	120 mins	10 mins
Arrival Briefing	Blind Trail	Stream Exploration	Initiative Tests	Lunch	Canoeing	Departure Debrief

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Option 3: PERSONAL CHALLENGE

Your day will be packed full of personal challenges! Brave the exhilarating Leap of Faith on the obstacle course, get mucky and blend in with the natural surroundings in an exciting camo and tracking session, find your balance on the stand up paddleboards (whatever the weather!) before finally lowering yourself backwards over the abseiling tower. So much adrenaline in one day you'll be coming back for more!



20 mins	50 mins	50 mins	90 mins	35 mins	90 mins	10 mins
Arrival Briefing	Obstacle Course	Camo & Tracking	Stand Up Paddleboard	Lunch	Abseiling	Departure Debrief