**Activity List & Descriptions**

**Water Based Activities**

Kayaking 1:10

Single person sit-on-top kayaks are used to master the basics whilst having fun and playing games in a safe environment, always under the supervision of a British Canoe Union coach.

Canoeing 1:10

Take to the water in a craft designed for 2 or 3 people, communication and team work are a must to succeed. You will learn the simple strokes required to enable a safe journey around the lake with the emphasis on fun!

Canoe Treasure Hunt 1:12

Do you have the combination of map reading and paddling skills to follow a treasure map and uncover your treasure box? Under the guidance of our activity leaders they will teach you everything you need to know for your team to succeed. This activity can take place on our super stable Kata-Kanus, meaning capsizing is impossible!

Raft Building 1:12

As a team you will design your raft before putting your knot tying skills to practice. Once you are happy with your creation its time to test it on the water

Water Freedom 1:16

Canoes, kayaks and windsurf boards will be made available. This is a participant led session, were they are free to explore the lake and have fun with friends always safe in the knowledge that an activity leader is keeping a watchful eye on them.

Water Safety 1: 10

The group will learn about what to do if they see somebody in difficulty and how they can help without putting themselves in danger. This is an excellent session to prepare swimmers and non-swimmers a like for the very real threat of open water environments. It starts with dry land practice drills and a talk on water safety followed by the group entering the water to experience the effects of cold water and putting their new skills to the test in a real environment.

Water sports 1:12

Your group will be split into two teams and you will compete in a range of challenges and races be prepared to get wet and bring you’re A game. Good for building confidence and bringing out your competitive edge.

**Land Based Activities**

Climbing 1:12

Under the guidance of your instructor you will learn the belaying technique that will see you responsible for your friend’s rope and vice-versa! Climbing as high as you can and if it’s too easy put on a blind fold!

Triple Traverse 1:12

Test your balancing skills and head for heights on the pole before going up a level to postman’s walk, finally up to the final level were you will meet the jungle vines! Coming down is the easy bit!

Gladiator Challenge1;12

This is a vertical challenge which features tyres, cargo netting & vertical poles.

Whether you want to race your friends to the top or work as a team this element can offer a bit of everything.

Crate Stack 1: 12

You have the use of 100 crates, it’s up to your team to design and build them as high as you can but they have to be stable as you will need a team member standing on top!

Leap of Faith 1:12

Ascend the vertical pole and stand on the platform high above your friends.

Decide how far the trapeze bar should be pulled away from you; think carefully as you’re going to jump for it!

Low Ropes 1:12

A low level obstacle course, that will test your team work and problem solving skills.

Archery 1:16

After a comprehensive safety brief and instruction from your activity leader you will train your aim for gold via various exercises and games.

Problem Solving 1:16

Working together as a team to overcome the challenges and solve the problems.

Local Area Walk 1:16

This activity takes you offsite. It is 2.8 Miles/4.5 Kilometres long

Following the footpaths and bridleways from the centre you will be taken on a flat walk where the group can experience map reading, a nature hunt, relax or find a field to play some games.

Bush Craft 1: 16

 Under the expert instruction of our activity leaders learn about the basics of survival in the woods. You will master the art of shelter building and learn how to start a fire!