

FOR SAFETY REASONS PLEASE ENSURE PARTICIPANTS WEAR STURDY RUNNING SHOES (JOGGERS) FOR ALL ACTIVITIES. NO CANVAS SHOES.

Adventure Training Activities

<p>Climbing Wall - Personal Challenge Approx. 12m high with a variety of holds on two climbs for the participants to choose from offering varying levels of difficulty. One wall is vertical and the other has a major overhang; provides a great competition opportunity between groups.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 8+</p>
<p>Raft Building – Team Building All participants require shoes that can get wet for this activity. This activity provides the opportunity for groups to utilise their team skills to work together to achieve their goals, building a raft using two different methods of construction. The rafts are put to the test during a variety of activities.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 10+</p>
<p>Canoeing - Team Building Learn skills to successfully canoe on flat water. Depending on the age of the group the skills learnt are increased.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 10+</p>
<p>Low Ropes – Team Building This activity is based on a series of challenges low to the ground. This is a group activity designed to promote teamwork, trust, leadership skills and communication. The activities consist of groups spotting each other while undertaking a balance course, climbing over walls, lifting, undergoing “trust” falls, problem solving and much more!</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 10+</p>
<p>Mid Ropes – Personal Challenge Our Mid Ropes course is designed for younger groups who are not yet ready to tackle the High Ropes. We have two sides to the course; each builds confidence and balance in the participants. Older groups still find this course a fun challenge and can be utilised to build skills required at our High Ropes course.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 8+</p>
<p>High Ropes – Personal Challenge Involving a variety of elements and approximately 10m high, designed to challenge Personal goals and promote co-operation and trust in working groups. This activity requires the group to have a minimum of 2 active adult supervisors.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 13+</p>

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<p>Initiative Games & Ice Breakers Great fun for the first activity of a camp. It encourages team involvement for groups with lots of energy to burn. By arrangement, large groups can request to have the whole group combined.</p>	<p>Session time: 3 Hours Group size: negotiable Age: No limit</p>
<p>Abseiling – Personal Challenge This activity provides an experience of outdoor adventure and can be customised to suit your group’s needs. Most of our abseils are from our 10m platform, and can either be flat cage or overhang. For the more advanced groups you have the option of a 20m abseil.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 10+</p>
<p>Bush Biking – Personal Challenge Bush Bikes start with skill sets on the oval followed by different levels of riding tracks throughout our 117ha property. The program may be modified as required e.g. problem solving and navigational emphasis. The session includes all equipment and qualified instruction.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 10+</p>
<p>Shelter Build – Team Building Shelter Building puts the group into a controlled survival scenario and allows the entire group to use imagination and skills to accomplish the task to “survive”. As a part of the scenario participants are required to build a shelter and get the opportunity to cook damper on an open fire (fire bans permitting). Groups are given a chance to discuss and learn varying skills they may require to complete this activity.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: No limit</p>
<p>Orienteering with Activities A mixture of navigation and problem solving, this activity is an extension of conventional Orienteering aimed at developing teamwork and divergent thinking. This activity is a Basic course for primary school age students using maps and basic directions to find their next task to complete; approx 3km course.</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: 10+</p>

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<p>Crate Climbing – Team Building This indoor activity has participants make and climb on stacks of crates to reach the roof of our gymnasium. Great fun and generates teamwork and communication with a series of games and team challenges</p>	<p>Session time: 3 Hours Group size: Up to 20 Age: suitable for most ages</p>
<p>Orienteering – Team Building In two small teams make your way around our 117 hectare property using only a map and compass and complete a series of challenges. Each team will be awarded points as they complete the challenges, the team with the most points wins.</p>	<p>Session time: 3 Hours Group Size: Up to 20 Age: suitable for most ages</p>
<p>Archery – Personal Challenge Learn about bow design and safety before being instructed on how to shoot at a designated target. Then compete against each other to see who can get the highest score</p>	<p>Session time: 3 Hours Group Size: Up to 20 Age: 11+</p>

Other Activities Available

NOTE: Additional activities can be used by groups as a ‘booster’ when paid activities have been booked

<p>Swimming Pool The pool is available for your use. No children will be allowed in the pool without adequate adult supervision.</p> <p>NOTE: Our instructors may be available as lifeguards with advanced notice!</p>	<p>Session time: optional Group Size: self-select Age: no limit providing properly supervised</p>
<p>Flying Fox This activity can be run with your own adult supervision and is suitable for primary school age. Instructions will be given prior to use.</p>	<p>Session time: optional Group size: self-select Age: 5+</p>
<p>Sports Equipment Various sporting items are available to be used by groups wishing to carry out their own activity after hours or as a support to their paid activities.</p>	
<p>Tug ‘O’ War/4-Way Tug ‘O’ War Team activities designed to develop strategic thinking and team work. These activities are very different to the conventional tug ‘o’ war and uses a process of elimination to uncover the winning team.</p>	

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