



HIGH ADVENTURE
Outdoor Education Centre

		3 Activity Rotation	2 Activity Rotation	Half Day	Full Day	Evening
Onsite	Abseiling		✓			
	Archery	✓	✓			✓
	Bouldering	✓	✓			
	Bushcraft	✓	✓	✓		
	Campfire & Circus Skills					✓
	Circus Skills	✓	✓			
	Climbing (Indoors)			✓		
	Climbing (Indoors) & Abseil			✓		
	Eggbert					✓
	Fencing	✓	✓			
	High Ropes			✓		
	High Ropes & Zipwire			✓		
	Labyrinth	✓	✓			✓
	Nightline	✓	✓			✓
	Onsite Caving			✓		
	Orienteering	✓				
	Sumo Suits	✓				✓
	Team Building	✓	✓	✓		
	• Moon Walk	✓				
	• Spider's Web	✓				
	• Stompers	✓				
	• Marble Run	✓				
Zip Wire			✓			
Offsite	Local Adventure Walk (LAW)			✓		
	Mountain Activities Day				✓	
	Stream Scramble			✓		
Minibus use	Canoe-Rafts			✓		
	Caving				✓	
	Orienteering			✓		
	Raft Building			✓		

General information:

At High Adventure each programme can be tailored to suit the specific needs of your group or your objectives for the trip. We find that the simplest way for you to organise your programme is to chat to us about what you would like your residential to achieve for your young people and allow us to advise you on some options that we feel would benefit your particular group. We offer a wide range of activities that will enthrall and inspire your young people but not all activities fit well together, we will help you organise a programme which flows and offers a balance between simple excitement and rewarding achievement.

Programme Planning:

If you do have specific activities in mind that you would like to include in your visit then please use the table on the first page of this document to see what activities can fit into your trip and get in touch with your preferences, we can then put together a provisional itinerary including those options.

Please note: the number of half days of activity, amount of minibus use and number of evening activities included in your visit will be specified in the quote you have received.

Items to note:

Activity groups will all do the same activities but may work through them in different orders.

If your itinerary includes "Own Thing" evening activities then High Adventure staff will be available to help through to the end of the evening meal only, before leaving the group in the care of your staff.

The itinerary, activities included and/or order of activities may have to change due to unforeseen events beyond our control eg. Weather being unsuitable

Abseiling

Duration: 2 activity half day rotation or combined into Climbing & Abseil half day

During abseiling participants will take charge (backed up by an instructor) of the speed of their own descent from the top of our onsite climbing wall. A challenge to be proud of.

Archery

Duration: 2 or 3 activity half day rotations or evening activity

Archery is the sport or skill of shooting with a bow and arrows at a target. Archery is fun and very easy to learn. The session will include coaching, games and competitions.

Bouldering

Duration: 2 or 3 activity half day rotations

Low level climbing without the need for ropes and harnesses. This session focusses on climbing techniques and putting them to the test through various games and challenges.

Bushcraft

Duration: Half day, 2 or 3 activity half day rotations

Bushcraft develops a broad range of skills and knowledge. Activities include shelter, camp craft and fire lighting. It's a great way to teach young people about living and working sustainably and in an eco-friendly manner. Longer sessions will include more in depth activities.

Campfire & Circus Skills

Duration: evening activity

Combining an evening around the campfire (including marshmallow toasting!) with learning (and showing off!) some new skills. Including juggling, plate spinning, diablos and poi.

Circus Skills

Duration: 2 or 3 activity half day rotations

Learn (and show off!) some new skills. Including juggling, plate spinning, diablos and poi.

Climbing (Indoors)

Duration: half day, can also include abseiling

In our on-site climbing wall the group is supervised belaying each other whilst climbers are encouraged to go as high as they can before being lowered back to the ground. Can also include abseiling

Eggbert

Duration: evening activity

A team, craft activity. Can your group construct something from the materials earned/provided to make sure your egg survives a fall from height? The least successful team is likely to be helping with cleanup duty!

Fencing

Duration: 2 or 3 activity half day rotations

An introduction to the sport of fencing. Learn about the protective equipment the basics of movement, stances, attack and defence and combine these to compete against other group members.

High Ropes

Duration: half day, can also include Zip wire

In the high ropes course the group is supervised belaying each other whilst climbers are encouraged to go as far as they can on a variety of elements which could include: All Aboard, Leap of Faith, Jacob's Ladder, Gladiator Challenge and Crate Stack. Can also include Zip Wire.

Labyrinth

Duration: 2 or 3 activity half day rotations or evening activity

Explore our indoor, underfloor maze and the obstacles it contains. The session will involve exploration, challenges, races and competitions with some challenge for all.

Nightline

Duration: 2 or 3 activity half day rotations or evening activity

Participants guide each other through a challenge course whilst blindfolded. This activity helps develop communication, trust and teamwork skills whilst also being a fun way to explore the use of all other senses.

Onsite Caving

Duration: half day

A "real" caving experience without leaving the site! Groups are equipped with cave suits, wellies, lights and helmets before being led through the various challenges of the system including crawls, climbs, getting muddy and traversing water pools.

Orienteering

Duration: 3 activity half day rotations

Learn how to read a map, locate yourself and use it to navigate before competing around the site to collect more points than the other teams.

Zip Wire

Duration: 2 activity half day rotation or combined into High Ropes & Zip Wire half day

The zip wire runs the whole length of the High Adventure site. Even with encouragement from the rest of the group, stepping off the starting platform is quite the personal challenge.

Sumo Suits

Duration: 3 activity half day rotations or evening activity

Sumo suits are all about fun and laughter; dress in our oversized padded sumo suits and try to wrestle you partner to the floor. Padded matting, and suits ensure comfort and safety.

Team Building

Duration: Half day, 2 or 3 activity half day rotations

A session, tailored to each group, to challenge their initiative, planning skills, communication skills and overcoming failure. A team building session may include any of the following activities:

Moon Walk

Navigate the Moon Walk course as a team using the crates provided, avoid the obstacles and reach the end without losing any equipment, stepping on the floor or earning any forfeits.

Spider's Web

A physical and hands on challenge where all you need to do is get your whole team from one side of the web to the other, not as simple as it sounds!

Stompers

A co ordination and leadership challenge. Groups must navigate the course set out for them, on the stompers, without falling over or tripping over each other.

Marble Run

Just get the ball from where the instructor releases it to the bucket a short distance away... the problem is that the ball can only touch the piece of guttering each team member is holding, you can't move when it's in your piece of guttering, the bucket's too far away for them to reach in one go and that's all before we start putting obstacles in your way.

Local Adventure Walk

Duration: Half Day

Pupils will explore and learn about the local area. Taking in Earl Crag and the pinnacle monuments, views across The Yorkshire Dales, Lancashire, and West Yorkshire, scrambling and weaselling along the rock outcrops, playing games and exploring the natural environment.

A fun, educational adventure where everyone will work up an appetite and get some exercise

Mountain Activities Day

Duration: Full Day

A Mountain Activities Day is a full day out on the hill combining everything included on a Local Adventure Walk with an outdoor climbing and abseiling session on the local crag.

Stream Scramble

Duration: Half Day

An exciting, wet session focusing on personal challenge and resilience. Scrambling along the stream, fun games and challenges will see personal confidence increase as the group support and encourage each other along the way.

Canoe-Rafts

Duration: Half Day

Offsite at our watersports venue. Canoe rafts provide a stable, confidence inspiring platform to get everyone out on the water. They need teamwork and coordination to control and are a great craft to play games and have races on. Sessions can include a chance for jumping in for those who want to get

Caving

Duration: Full Day

A session exploring the underground world of limestone caves and passageways in the Yorkshire Dales. Groups will learn about the processes involved in the creation of caves and the unusual formations seen. Personal challenge opportunities will be offered as they attempt a range of passageways that involve anything from walking to crawling to navigating in the dark. A great personal and team challenge. Caving days can stand alone or combine with one of the "3 activity rotation" activities.

Orienteering

Duration: Half Day

The same content as an onsite orienteering session but using one of our minibuses we'll travel to a larger, more adventurous, local orienteering course.

Raft Building

Duration: Half Day

Offsite at our watersports venue. This session challenges your group to design and construct their own raft using the materials provided. Before testing if it works by all climbing aboard and attempting to cross the reservoir!

