



## Activity Descriptions (Land based)

### Outdoor Climbing:

With the North East providing some of the best climbing venues in the country, we explore what the region has to offer. The venues in this locality present fantastic climbs for all levels of ability. With adrenaline filled overhangs and relaxed climbs our sessions offer exhilarating experiences and the chance to progress and learn new skills. For an even further enhanced climbing experience we offer a multi-pitch session set in the picturesque location of the Lake District. (See Courses)

### Worming:

This is the name given to an activity that is similar to caving but above the ground! You will walk, crawl and squeeze through gaps and fissures in boulder fields and rock outcrops. The activity is fun and challenging and combined with an abseil session, provides an action packed day.

### Forest Skills /Team Building Exercises:

This activity will find you in a survival situation where you and your fellow survivors are stranded in a remote rain forest. You'll have to make a suitable shelter, manufacture hunting tools and cook over an open fire. Successful completion of a series of challenges could make your life much more comfortable whilst in the rain forest.

### Hill / Mountain Experience:

Depending upon the groups' ability they will experience a day in the hills or mountains of the North of England, If they wish they'll have the opportunity to learn new skills, perhaps engaging a little scrambling up and over a series of rock steps in order to get to the summit. This will then enable them to appreciate some spectacular scenery, weather permitting?

### What you need to bring for all Land based activities:

- Packed Lunch inc enough fluid for the activity. You can bring uncooked sausages for Forest Skills session
- Water proofs - top and bottoms
- Sun hat, gloves, sun cream - hopefully
- Trainers - you can get wet
- Walking boots – can be supplied
- Towel & complete change of clothes inc footwear to change into after the activity
- Black bin liner – for all your dirty gear
- Happy smiley face - essential



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