



Activity List



HIGH ROPES

Zip Wire

Ever wanted to fly down a 375m zip wire – the longest in Ireland?

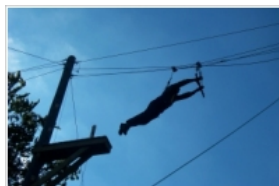
Crate Stack Challenge

Team members must work together to build a tower of crates as high as they can. The higher the tower, the more unstable it becomes and if it topples over so does the team. A fun way to test communication and teamwork skills!



High All Aboard

A test of team work and trust, the objective is to get 4 people to climb the 14m pole to stand on a small platform. Sounds easy? Now try holding hands and lean back!



Jacob's Ladder

Help each other to climb the swinging Jacob's Ladder which gets progressively harder to climb as you get closer to the top. One person cannot do it alone – it requires problem solving, physical strength, balance, and determination.



Leap of Faith

Jump out of your comfort zone and take a 'leap of faith' to reach the trapeze bar in front of you. Not as easy as it sounds whilst balancing on a wobbly pole and 14m off the ground.

High Wild Woozy

The High Wild Woozy presents an excellent visual dichotomy between perceived risk and ultimate safety



Balance Beams

The Inclined Log, wobbly beam and high beam proves to be a real balance test. This element tends to be mentally challenging of the initial high elements.

Grapevine

If height's are not a problem then this is for you! Trying to hold on to those vines while you cross the divide is not as easy as you think! (Especially when you are 35 feet in the air!)

OUTDOOR PURSUITS

Archery

Hone your shooting skills with an archery session including all the instruction you'll need to get you to your shooting peak – a fun activity with a competitive element added in if you wish.

Ready Steady Cook

A race to find stove components located in the surrounding land using map and compass. First team to assemble the camping stove and boil an egg wins a prize.

The Rope Crawl (operates in summer months only)

A 2" diameter rope, strung between two posts across a small lake - to cross it you can either crawl on your stomach, commando style or hang up side down and pull your self along - "a bit tiring on the arms!"

Orienteering

Working in pairs or small groups, complete an orienteering course using a map and compass Your challenge is to find 12 controls in under 45 minutes.

Raft Building (operates in summer months only)

Barrels, planks, ropes and water are a recipe for a thorough soaking and great fun. The sheltered waters at Lurgaboy are a great place, to spend a few hours raft building

Low Level Ropes Course

A complete circuit of fascinating elements involving teamwork, communication and trust. Only 1 metre off the ground! Tasks are incorporated.

Tug-of-War

A great challenge to kick-off the day requiring strength, stamina and teamwork.

TEAM BUILDING & PROBLEM SOLVING GAMES

Worlds Tallest Building

Design & building a free standing structure using the limited resources provided.

Spiders Web

The objective of the exercise is to pass each member of the group, one at a time, through the web without touching the strands and without using any hole more than once.

Hot Stuff

Inside a radioactive zone sits a container of excess radioactive material. The radioactive material must be neutralized within a given period of time or resulting meltdown could produce an ecological disaster.

Ball Conveyor

To design and construct a structure for a ball to roll down by gravity. The journey taken by the potato should be as interesting as possible. There should be at least two main bends and a drop along the route

Poles Apart

The team must construct a permanent structure using the limited resources provided that will support team members 2ft above the ground for a specified time period.

Save the Ball

A small plastic ball is located at the bottom of the pipe. The objective is to move the entire team and bucket of water across the finish line and rescue the ball by using only the one plank in the time allocated.

Stepping Stones

Cross the proverbial acid river, burning dessert sands, alligator infested swamp and toxic area without touching it! Theme – multi group collaboration.

Team Ski

Standing astride one large set of skis, the team must work together to negotiate their way across a glacier, looking out for the crevasse along the way. Not as easy as it sounds!

The Great Nail Puzzle

A real brain-teaser - using only the resources provided balance all 16 nails upon the head of the embedded single nail.