



Frequently Asked Questions

Q. How long are the vouchers valid for?

A. Vouchers are valid for 6 months from date of purchase

Q. Are there any age or weight restrictions?

A. Minimum age: 9 years
Maximum weight: 17 stone

Q. What are the restrictions for supervising children?

A. Under 18's must be supervised by an accompanying adult. Supervising adults may or may not participate.

Q. Do I need to be fit or strong?

A. The course is not designed to be a test of fitness or strength but an average degree of both is required. If you can climb up a rope ladder you should be fine.

Q. Can we watch our friend and family from whilst they participate?

A. Spectators are more than welcome to watch their friends and family as they take part. There is no charge for this.

Q. What should I wear?

A. Wear something that you don't mind getting grubby or even slightly damaged. Dress for the weather. Please wear appropriate footwear with soles with good grips. No sandals or slip-off shoes. Ankle supporting boots are best. Some people recommend fingerless gloves. Long hair must be tied back. Body piercings should be removed or taped over and midriffs should not be bare as harnesses may chafe.

Q. Do I need to book in advance?

A. It is essential to pre-book. You can book by calling 028 3755 2425 or email info@lurgaboylodge.com

Q. Does an instructor accompany participants?

A. A fully qualified instructor will accompany the participants at all times.

Q. Is it safe?

A. Lurgaboy Adventure Centre's High & Low Ropes Challenge Courses have been completed against the International standard of 'The Association for Challenge Course Technology (ACCT)' and 'The European Ropes Course Association (ECRA)' construction standards. All participants must wear a safety harness and helmet when participating in the activities.

Q. What happens in bad weather?

A. The ropes course is an excellent wet weather activity but is even better when dry! The course remains open in all weathers, except when it is icy, stormy or during lightning. Rain makes the course muddier than usual – which all adds to the fun for many people! Dress for the weather. You may want to bring a change of clothing for the journey home.

If you have any other questions contact **Tel: 028 3755 2425**