

# HIGH AND LOW LEVEL ROPES COURSE

Are you ready for the ultimate team challenge?



## Ireland's Longest Zip Wire

Take a fast and furious ride on our adrenalin pumping 450m zip wire and admire the panoramic view below if you can bear to look down!

## 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 All Aboard

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

## 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.

## 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 takes teamwork and motivation to reach the top.

## Low Ropes

Lots of fun and perfect for all ages, our low level ropes course involves completing a series of elements whilst 1 metre off the ground.

### ESSENTIAL INFO.

With a range of different elements to choose from, our high & low level ropes course has something for everyone.

#### Suitable For

Groups of young people or adults.  
Minimum age 9 yrs

#### Learning Objectives

- A unique way of building teams
- Tap into undiscovered strengths & qualities
- Remove barriers and build trust
- Achieve a great morale boost

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[www.lurgaboylodge.com](http://www.lurgaboylodge.com)

