



# Activities



## Zip Line

For those who are brave enough—a chance to fly down Ireland's longest zip wire. At 375 m long and 14 m high, its fast and furious!

(availability depends on group numbers - please check at time of booking )



## 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 which is 14m high!



## 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.



## Crate Stack

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!



## Balance Beams

The Inclined Log, Wobbly Beam and High Beam proves to be a real balance test. This element tends to be the most mentally challenging of the high ropes elements.



### 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.



### Low Ropes Course

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



### Rope Crawl

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!"



### Raft Building

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.



### Tug of War Competition

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



### Nightline

Group participants are blindfolded and asked to work together to navigate their way through a series of obstacles and mazes. A great activity to encourage trust and cooperation amongst team members.



### '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.



# Activities

## Coasteering

A 'must-do' activity at Lurgaboy - 100% satisfaction guaranteed - a fun way to see and enjoy our beautiful coast.

Spend approx. 3 hours (time flies when you're having fun) traversing rocks, swimming between gaps, playing team games such as the 'washing machine' and the 'angle run', cliff jumping (choose your own comfortable height that suits your nerve) and exploring caves.



## Mountain Biking

Want to feel inspired? Join Lurgaboy on a Mountain Biking Adventure. The location of our trails include Northern Ireland (Davagh, Kilbroney, Castlewellan), Scotland (7stanes) and Nepal (Annapurna Region)



## Kayaking

Paddling a kayak is fun! Do we really need any other reason to go kayaking?



## Rock Climbing

Another passion of Lurgaboy Adventure is rock climbing....all levels and abilities catered for.

