



## A-Z list of activities

This is a full list of all the activities that Adventure Unlimited can offer for individuals and groups. Activities take place at a range of locations in the South-East and some we can even bring to you.

Choose from these activities to plan a birthday party (children or adults), stag / hen day, or other group activity. Then contact us to put together your own unique event.

Note: We have ready-made activity packages for 'schools, youth groups and community groups' and for 'corporate teams' – see our website for details.

You can also take part in many of these activities as an individual – have a look at the website to see what we are currently offering.

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**Abseiling** was invented by rock climbers as a means of descending a rock face when there was no other way down. It is now one of our most popular activities – for fun, challenge, or charity fund-raising. Abseil down a wall, a purpose-built tower or building near you. A great adrenaline rush!

**Archery** will test your hand-eye coordination skills and makes a great birthday or group activity. Over 4 sessions you can even achieve our archery award.

**Bouldering** is a fast moving activity, exciting in its own right and an excellent introduction to climbing. A combination of fun, challenge and exploration as you negotiate the sandstone tunnels, gullies and boulders.

**Bushcraft** is the art of using materials found in nature to live. You can build your own shelters, create a fire and cook over it, learn to make tools, identify wild foods and medicines and much more.

**Camping** is always lots of fun, especially with a camp fire to cook over and the beautiful surrounds of Brook Farm. Whether you want to spend the night with us or practice camping skills without actually doing the camping, we can provide for your group.

**Chasm crossing** is an exciting challenge where people must work as a team to cross an (imaginary!) scary chasm. You'll have the chance to develop better communication and team work skills, whilst having a lot of fun.

**Climbing** sessions can be indoor or outdoors. You will be given lots of support to tackle beginners' routes or more challenging overhang routes, whether at the indoor climbing wall, an outdoor venue, on our mobile climbing tower or our own Brook Farm. You can even attempt our climbing award.

**Games** can be high energy or low energy, small scale or large scale. They include ice-breakers, warming up and winding down. Great for team building, co-operation, and trust-building. A games session has endless permutations and is highly recommended for all groups.

**Get Out Of That!** is the ideal activity for team building. Tasks requiring teamwork, initiative and communication. Blindfolds, barrels, webs and dinosaur eggs are among the props. We set the problem, you get out of it!

**Hiking** is a relaxing if sometimes physically challenging activity. Groups can take part in games and team tasks on the way and learn to navigate.

**Horse riding** is across the beautiful South Downs. Whether for a beginner or those with a bit of experience, AU can arrange fun horse riding sessions.

**Kayaking** can be done with or without spray decks. **Canadian Canoes** are open boats. Beginners' fun sessions include plenty of games and we teach you some basic strokes. Those who book a full day can learn many more moves including rescues and rolls. Over a three day course you can even aim for your 1\* kayak award, including a river trip.

**Mountain biking** can take place all over the South Downs. You can take it easy or tackle some more exciting routes.

The **Obstacle Course** at Brook Farm includes balancing, swamp crossing, zip wire, fairy loops and many other challenges to get you laughing at yourself and others! You can hop in and out of this one, so if you love some of it or hate some of it you can choose which bits to do.

**Orienteering** can be competitive or team building. Learn the basics of navigation and find your way around the route to all the targets.

**Raft building** is a great team challenge with lots of laughs. Take part in team games to collect the parts of your raft, or skip straight to the raft building and put it to test by paddling across the lake and (hopefully) back again.

**Stargazing** on Sussex Downs, or on a night-walk at Brook Farm, is a fun night-time activity including games and stories about the stars.

**Tree abseil** is an awesome 40ft abseil from an oak tree at Brook Farm. See above for other abseiling challenges.

**Zip wire** NEW! our super-fast exciting zip wire hidden amongst the trees is both a challenge and an adrenaline rush.

**For more information or to book, call us on 01273 681058 or email [info@aultd.org](mailto:info@aultd.org)**