



ADVENTURE ACTIVITIES GUIDE

MANAGED BY:



HIGH ROPES CHALLENGE COURSE

While wearing a harness and attached to a belay system, participants climb to platforms and navigate a series of obstacles and challenge 35 feet off the ground. This activity provides the perfect medium to explore personal leadership development, confidence building and team support.

Staff required: 2



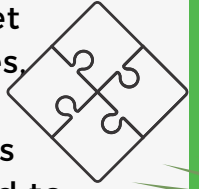
"AN EXPERIENCE THAT LASTS A LIFETIME!"





LOW ROPES CHALLENGE COURSE

A series of obstacles built 2-3 feet above the forest floor with cables, ropes and wooden platforms. Intentionally facilitated exercises and team initiatives are designed to challenge individuals and groups to work together, communicate effectively, problem solve and build trust.



Staff Required: 1



ARCHERY



Participants will learn about the different parts of a bow and arrow, develop technique and practice shooting. Participants will focus on safety competencies, goal setting and personal challenge while enjoying this artful sport.

Staff Required: 1



CLIMBING WALL

A 24ft climbing wall where participants can test their strengths while learning basic climbing techniques, professional belay methods, bouldering strategies and spotting considerations. A great metaphor for goal setting, personal challenge and celebration.

Staff Required: 1





ORIENTEERING

Participants will learn the necessary skills required to use a map and compass before participating in a scavenger hunt that will take them to hidden check points around the area. Groups will learn the value of effective teamwork as they navigate the trails and complete challenges along the way.

Staff Required: 1



RAFT BUILDING

With a set time limit and a variety of supplies, participants will learn the components of designing and building a functional raft that will require groups to work together, communicate clearly and strategize in order to keep afloat!

Staff Required: 1



CANOEING

Participants of all ages can develop skills in one of Canada's traditional pastimes. Learn effective paddling techniques, master partner communication, play games and discover the beautiful flora and fauna of Lake Shawnigan from the water.

Staff Required: 2





SURVIVAL SKILLS

Participants will learn various wilderness safety skills and techniques through various challenges and practices. Hard & soft skills can include environment reading, shelter and fire building, water collection and purification, and basic first aid administration.



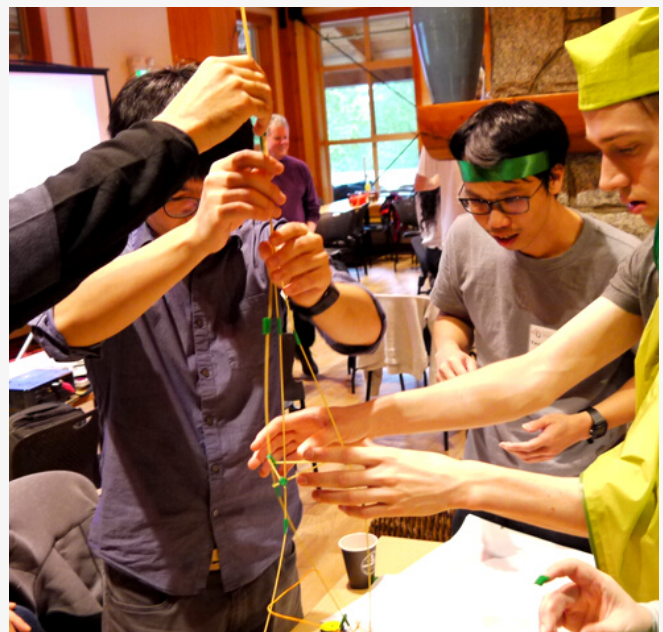
Staff Required: 1

CUSTOM WORKSHOPS

Tailored to meet your group needs, these are customized and interactive experiences that take learning outside the classroom and achieve core curriculum mandates. Topics may include:

- Group dynamics and leadership
- Creative and critical thinking
- Personal and social awareness

Staff Required: Custom



TEAM SPIRIT CHALLENGE AKA. SURVIVOR PURSUITS (2-2.5 HR SESSION AS LARGE GROUP)

Team members must learn to work together effectively to successfully complete various physical and mental challenges which can include solving giant puzzles, transporting valuable resources, designing and building structures and much more. Energizing, refreshing and fun!

Staff Required: Custom

