

What the activities involve at High Adventure.

- Archery** A beginner's course in safe practise and good technique followed by a competition to test new found skills.
- Abseiling** Our purpose built abseil platform or local rock face provide the venue for this exciting activity.
- Bouldering** A great way to get lots of climbing experience. No ropes are used and climbing is limited to boulders so each person gets significantly more done than in a traditional roped session.
- Bushcraft** An introduction in the skills needed to survive outdoors!
- Canoeing** We use open canoes, not kayaks, and sheltered inland water. The session can be dry and so is good all year around - But it can also be very wet and great fun on a summers day
- Caving** With all appropriate gear and instruction participants will tour a suitable cave system. This is the most misunderstood and most enjoyed activities. It's not all crawling and small spaces, it's about exploring a new environment and having fun.
- Climbing** A traditional, roped climbing session either outdoors or indoors in our new climbing wall.
- High Ropes** Our new and exciting vertical course designed to take your group out of their comfort zone and challenge even the bravest of souls. A fantastic teambuilding activity.
- Labyrinth** 3D maze of epic proportions, your group will love exploring the unique labyrinth - which we think is the only one in the country.
- LocalAdventure Walk** A walk with added spice! Our introductory session allows us to view the group in a low level activity and assess their nature and dynamics.
- Low Ropes** A roped course where the object is staying off the ground. Lots of fun and very active.
- Mountain Activities Day** Traditional roped climbing session combined with bouldering, stream walk, rope bridge build to provide an active full day out at Ilkley 'Cow and Calf' rocks. (on-site version available)
- Orienteering** Following some coaching, participants take part in a competition based at a British Orienteering Federation permanent course.
- Raft Building** In teams participants are given the 'bits' required to make a raft. Then it's time to build, then race then usually swim!!
- Sumo Suits** Plenty of fun in our oversized padded suits, let battle commence!
- Team Building** Working together to solve a task, the better the team the better the result.