

# Adventurous Activities



The Centre is AALA licensed and runs activities to develop team building, personal skills and environmental understanding as well as give students a different view of Snowdonia and its unique environments.

## Climbing & Abseiling

At the local crag above the Centre. This can be combined with a heart rate monitoring activity to develop students' numeracy skills. (Half day challenge.)

## Gorge scrambling

Where students experience the energy of water by journeying up a series of rapids and waterfalls. Groups must work together to overcome obstacles and see the erosive power of a mountain stream first hand. (Half day challenge.)

## Orienteering

In the Centre grounds (evening challenge) or in the local forest, which involves students finding the means to make hot chocolate at the end of the activity (half day). This helps students develop their map and interpersonal skills as they work as a team to navigate through the area.



## Mountain Walk

A day walk exploring the hills of Snowdonia, weather permitting this can include a 3000 ft mountain such as Snowdon or Siabod. (Full day challenge.)

## Team building Games

Including a spider's web, pipe challenge and crate races (half day or evening challenge). These activities are each debriefed to ensure students have a chance to consider how well they worked together and what they could do to be even more effective.

## Rope Courses

We can also organise trips to the high ropes course and run team building sessions on the low ropes course adjacent to the centre. (Half day or evening challenges.) For more information visit: <http://www.ttadventure.co.uk/>

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