

ADVENTURE ACTIVITY WEEKENDS.CO.UK

ACTIVITIES



Abseiling

There's only one way down - experience the thrill of rock abseiling. After a safety briefing your instructor will show you the basics and before you know it you'll be a natural. If you are experienced you will be taught on a higher teaching level.

Location: North & South Wales



Coasteering

Geronamo ! - this is one of the best value fun wet activity experiences we offer. After getting kitted up, follow your qualified guides around the coastal rocks playing team games, rock traversing, scrambling, swimming and of course plenty of optional low and high level jumps. There are challenges along the way such as the 'washing machine', 45 degree angled 'slab run' and the Blue Lagoon (pictured). You may even see some seals or dolphins on your way around the course.

Location: North & South Wales



4x4 Driving

Slow and controlled is the key to handling a 4x4 - experiences ranging from a 2 hour introduction to a full day's Woodland off road driving course to teach you how to handle an off-road vehicle. In South Wales this is combined with JCB Driving Games.

Location: North & South Wales



Fishing

A relaxing 3-4 hr activity - whether it be out at sea or inland at a picturesque coarse fishery. Of course your instructor is on hand to show you the basics and improve you if you are familiar to this fun sport.

Location: North & South Wales



Fun Mud Assault Course

Get muddy - a fun quarter day activity which can be combined with 3 of the following quarter day activities to fill your day: High Level Ropes Course, Archery, Sumo Wrestling in inflatable suits, Sea Kayaking (sit on top surf skis), Rock Abseiling (intro), Caving (May-September only) or Axe Throwing. Can also be combined with any other listed half day activity.

Location: South Wales



Gorge Scrambling/Canyoning

Take the plunge - similar to Coasteering but set inland using a deep gorge and river as your base for this fun adventure - you will soon be wading through rivers, squeezing through crevasses, playing team games, slippery rock scrambling and doing some optional low and high level canyon waterfall pool jumps.

Location: North & South Wales



Horse Riding

Your going to be walking like John Wayne the next day! Be it a mountain, beach or idyllic countryside ride, the Horse Riding treks suit all levels, and vary in length from an easy 2hr to a 5hr ride via a pub lunch.

Location: North & South Wales



Hovercrafting

You've never cornered so well - a unique experience on an unconventional machine, time trials and general hovering fun follow your safety briefing. A secondary activity of archery is introduced to keep you busy if you are a large group. In South Wales group size needs to be min 8 and must be combined with Woodland 4x4 Driving for an all day motorised experience.

Location: North & South Wales



High Level Ropes Course

Get high - a fun activity combinable with other activities such as Fun Mud Assault Course, Archery, Sumo Wrestling in inflatable suits, Sea Kayaking (sit on top surf skis), Rock Abseiling (intro), Caving (May-September).

Can also be combined with any other listed half day activity.

Location: North & South Wales



Karting Grand Prix

Push your pedal to the metal - a good old favourite great for competitive groups, this F1 or Grand Prix style event with heats and timed laps is a surprisingly tiring activity. Will you be the one holding the trophy and bottle of bubbly at the end of your session?

Location: North & South Wales



Mountain Biking

Let's go - a guided trip (including bike and helmet) around some of Wales best and famous mountain biking routes. We highly recommend the newly laid out Brechfa Forests new crisp and fun routes in South Wales. All levels catered for.

Location: North & South Wales



Paintball & Laser Combat Games

Are you trigger happy? It will work out cheaper if you're not! After all, skill and precision is the name of the game. Available as a half day or full day activity, whether you have done it before or not, Paintball games never fails to please. Laser Woodland Combat Games are also available (no bruises or paint involved).

Location: North & South Wales



Pottery

Learn pottery and re-enact the 'Ghost' scene - a half or full day course.

Location: South Wales



Quad Biking

Depending on where you are staying will depend on the terrain (either Mountain Quad Biking or a Quad Bike Woodland Skills Trail), either way both are great fun. In South Wales you can add on an Argocat (8-wheeler lever controlled vehicle) Driving Experience for an extra small fee.

Location: North & South Wales



Real Clay Pigeon Shooting

No lasers here - this is the real thing. Your instructor will show you the basics of how to aim and be a natural when shooting (the key is to relax and let your eyes do the work!). After instruction and practice shots you can learn new styles of shooting such as the two-bird cross-shot and the session finishes with a competition bird shoot to see who has the best eye for the gun - no real pigeons are harmed during this activity!

Location: North & South Wales



River Canoeing/Sea Kayaking

Depending on where you are staying and your 2nd choice of activity, either Sea Kayaking or River Canoeing make an relaxing choice of activity, taking in some spectacular scenery. The leaders introduce a great fun element making the trips exciting and challenging you to your limits.

Location: North & South Wales



Rock Climbing

Going up - a challenging and rewarding activity mastering the technical art of Rock Climbing.

Location: North & South Wales



Sand Yachting

Feel the power of the wind in these fun fixed sail sand buggies. After instruction you are left to master the art of 'sand yachting'.

Location: South Wales



Spa Pamper

Relax - spa hotels can offer the basic facilities (usually sauna/steam/Jacuzzi/pool) or with treatments such as massage, facials, manicures as well. Perfect for a treat on Sunday morning before heading home or after a days adventure activities.

Location: North & South Wales



Surfing

Surf's up - if you don't fancy the big board then you can try a boogey board. If you've never done this before we aim to get you standing on your board, and the rest will come naturally to you, 'dude'.

Location: North & South Wales



Survival and Bushcraft

Very Ray Mears - available either as a full day or with an overnight in self-build accommodation out in the wilds. Includes most of the following topics - sources of fuel, sources of tinder, feather sticks, building a fire, types of fire, navigation, traps and tracking, camouflage and concealment, wilderness cooking, basket and spoon making, stone tool making and wild foods.

Location: North & South Wales



White Water Rafting

Ride the rapids - a fun experience on Wales' best rivers. North Wales 2hr (Jan - Nov), South Wales 2.5hr (Oct - Feb).

Location: North & South Wales



Yoga

An introduction to Hatha Yoga weekend. Suitable for adults and children. Please ask for more information.

Location: South Wales

How to book

Simply contact us by telephone (07919 244549 | 01559 363911 | 01267 281202) or email bookings@adventureactivityweekends.co.uk and let us know the following information:

- 1) Group size and ages of any children
- 2) Mobile number (important for email sent confirmation, your mobile number is not passed on to 3rd parties)
- 3) Activities or packages that appeal to you
- 4) Any dates for us to check availability
- 5) Whereabouts you are coming from

We will then send you some example scenarios and prices with further accommodation and local area information. You then simply choose which scenario you would like, pay a booking deposit, and we then email you a full itinerary with directions, contacts, evening options and kit list to ensure a trouble-free, fun visit to Wales !

At Adventure Activity Weekends we accept all major credit and debit cards, cheque and BACS transfers. Please visit our website – www.adventureactivityweekends.co.uk for booking terms and conditions.

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