

Program Options:



Giant Swing – You are in a full body harness, goggles and helmet. We connect you to wires suspended between two poles. Your group then pulls you up by a series of pulleys connected to a 15m high pole, until you are dangling in mid-air. In front of you hangs a thin cord – your release cord that will begin your fall.....are you ready?

Tree Climb – Tucked away in the bush are two trees, one 12m high, the other 15m high. Up their trunks are giant ‘staples’, foot and hand holds that can allow you to climb to the top. It’s rock-climbing without the rocks, you’ll be amazed at how small your friends look when you reach the top!

Low Ropes – A series of challenges suspended between trees in the bush that will test you physically and mentally. Some are easy, some are not! Challenge yourself and your group to make it all the way around without touching the ground. It’s harder than it looks!

Group Challenges – This activity will be tailored to your group and the imagination of the instructor! From spiders’ webs to sinking ships, toxic waste to peanut butter eating pygmies, your group will be challenged to work together, show leadership and initiative, and think outside the square.

Archery – A classic group activity, but just as fun as ever. Whether you’ve just watched a Robin Hood movie, or you have tried archery many times, you can be challenged and enjoy the timeless enjoyment of firing arrows and trying to get that bullseye!

Challenge Ladder – Suspended in mid air is a ladder. You may have climbed a normal ladder many times, but this is no normal ladder! See if you can reach the top.

Bush / Lake Walk – A great activity for a change of pace, and one that can be run yourself to keep a program cost down. Not far up the road is the Fitzroy Fall reservoir, a beautiful lake and an important link in Sydney’s drinking water system. Check it out, relax, take a ball, or even do some sketching or journal writing while you are there!

Bush Cooking – a dying art form! Learn some fire safety, then start to cook! From the favourites like damper and billy tea, to orange flavoured chocolate muffins or a full lunch. Enjoy the serenity of the bush with the satisfaction of cooking on a fire.

Campfire – An activity that you can run yourself, most effective at night! We will set up the fire and light it for you. Let us know if you would like marshmallows!

Large group activities: Get your group thinking, having a great time, or both with a large interactive activity.

Reptiles Up Close! – get up close and personal with some native Australian reptiles. A very entertaining and informative session from an external professional reptile handler.

NPWS discovery program – held at our site, or just around the corner at Fitzroy Falls. A NPWS ranger takes you through our natural environment explaining the plants, animals and ecology in an interesting/fun way. Also available – indigenous guides.

Predator/Prey is a great wide game that also gets your group thinking about animal food webs and gets them into the head of some carnivores and herbivores!

Coming soon –

Orienteering – *Depending on the age of your group, we will take you through the important skill of map-reading, and compass work in a fun, informative way. Groups can test their skill on short courses through to a serious “rogain”!*

Life Juice – *We hear a lot about water these days, how precious it is, how it’s running out in the middle of the country and getting higher at the edges. In the midst of a warm temperate rainforest onsite, we can look at how the water cycle actually works, and how our interaction with our environment effects water quality.*

Wilderness Survival – *How would you react if you found yourself in the middle of nowhere, with no help in sight. Lots of people have survived for days, even weeks.....but many haven’t. What do our bodies actually need to survive, and how can we provide those things in the bush?*

Spy vs Spy – *a fun and exciting wide game that can be run during the day or at night. Can your group work out the clues to solve the puzzle?*

NOTE: Program options can all be combined and arranged to best suit the needs, or the theme of your group. Let us know what you are trying to achieve and we will design a program that meets those goals.
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