



Daytime Activities

	<p>Aeroball – An exhilarating, high-energy sport that’s a cross between trampolining, basketball and volleyball. After learning the basics participants jump into action! The aim is to get the ball in the opposing player’s net. A lot of fun for all and develops team tactics and communication skills along the way.</p>
	<p>Archery – Accuracy, control, a steady hand and of course safety awareness are vital for achieving the best results. The experience of handling bows and arrows presents a variety of new challenges and many discover a talent for a new skill. With encouragement from the outset participants are taught the basic skills on our range.</p>
	<p>Body Zorbing – Is fun and massively entertaining for all taking part. In the Zorb you can run, walk, jump, flip, back roll and bounce into other Zorbs. The session includes a variety of team games including Last Man Standing, Sumo and the very popular Body Zorb football in our Body Zorb Arena.</p>
	<p>Buggy Building – Split into teams your group complete a series of challenges to win the materials needed to build a moving buggy. Creativity and lateral thinking are vital skills needed in designing, building and then competing as a team with the Buggy in a series of races and challenges.</p>
	<p>Bushcraft – Encourages participants to think about their perception of the natural world, while teaching useful survival skills including, safely lighting a campfire using natural materials, purifying water, hunting for food and tracking, but also above all respecting the countryside and nature.</p>
	<p>Crate Stack Challenge – Innovative thinking, construction, balance, courage – and above all effective teamwork, all are needed to build the tallest tower of crates. With 4 of the group standing on top as the tower grows, you must come up with ever more innovative ways of getting more crates to the top, the higher the tower becomes the more those on top become precariously balanced!</p>



Den Building – Participants will develop their teamwork skills and build confidence as they learn how to find materials to build the structure, then strengthen and waterproof their own Den. Once built, the Dens can be decorated using natural materials to make each Den unique.



Escape & Evasion – Your group will be given Mission training and briefing before they are dropped into a ‘hot zone’. To complete their mission they must locate then complete a variety of challenges and tasks to find the extraction point, and signal to be rescued. This activity will involve them using teamwork, map reading, problems solving skills and coding techniques.



Escape the Room – Experience our themed escape room. Participants need to use their intuition, teamwork skills and intelligence to solve the problems and overcome the challenges to ultimately discover the code to exit the room within the time limit.



Jacobs Ladder – It’s an exercise in teamwork and cooperation. In teams of 4 working together, the aim is to climb to the top of a suspended ladder of logs. The higher you go the wider the gaps between each log becomes. By pushing up, pulling up, standing on shoulders – it’s all about working together and encouraging each other to achieve the team’s success



Mission X – Relying on teamwork and communication your group will negotiate the series of obstacles, challenges and problem-solving missions around the centre, including our purpose-built Low Ropes Course.



Olympics – The chance to experience the thrill of being an Olympian during this high energy session by taking part in a selection of Track, Field and Sports Events in the lead up to the finale our Obstacle Steeplechase.



Pedal Karting – Learn to master steering, braking and skidding in our turbo twist karts around the racetrack. Participants are split into teams and take part in a host of time trials, games and challenges before taking part in the Grand Prix



Problem Solving – Line Challenge, Hanoi’s Tower and Croc Swamp are just some of problems to solve that will test your group’s initiative and ingenuity. Working in small teams all are encouraged in their planning, communication and decision making – the skills needed to achieve the objectives in each task.



Sensory Adventure – Discover what happens when one of your senses is removed by learning how to navigate through a series of challenges, games and obstacles, while blindfolded – using just their remaining senses and the other members of the group for guidance. It’s a challenge that requires mutual trust, self-belief, and effective communication to complete the course successfully.



The Cube - Participants are split into teams and complete against each other by taking on a series of different challenges to score the most points possible to become the winning team. Some Challenges involve the whole team working together other challenges are for individual team members but all score points to add to the team total.



Water Wars – An exciting land-based activity involving various water-based games. Participants will be split into teams to compete in and play different games involving races, ball games and the ultimate gauntlet. Tremendous fun with the likelihood of anyone remaining dry through this activity very low!!

Evening Activities



Campfire – A great social occasion where your group can get together at the end of the day. Our instructors lead the group in singing songs, playing games and swapping stories.



Construction Challenge – Towers of marshmallows and spaghetti, Karts powered by balloons or designing the strongest bridge are just some of the construction challenges that await your group and will earn them points to see who the champion construction team is.



Celebration Night – A fantastic final night celebration that includes a vast range activities, music, sports and games to enjoy for all. An activity packed with fun and set across the whole centre – a perfect way to end your Grittleton Adventure!!



Night Hike – A night-time walk through the grounds or surrounding area, discovering about nature, learning interesting facts to take home to impress family or friends. Plus, a history of Grittleton House itself.



Quiz – Split into teams your group compete against each other in a series of rounds including General Knowledge, Sports, TV, Animals, Name that Tune, to see which team become the Quiz Champions.



Sports Evening – Bring your group together to take part in a selection of fun sports and games for the evening.



Team Challenge – In teams your group will take part in multiple different challenges to earn team points, from moving together on Caterpillar Tracks to forming a Human Knot all challenges are fun and are aimed at building teamwork.