

# HALF DAY AND OTHER ACTIVITIES

We have a number of other activities on offer at Trewern that can be combined with others from this list or from the main activities to make a full day. A few do also work as evening activities. Most are on-site.

## ARCHERY

A test of skill and calmness, can you hold your nerve to hit gold? It is a fascinating, inclusive and accessible sport that can be enjoyed by any group or the whole family. Archery has a fun and sociable activity, and it encourages friendly competition. Target archery is the type of archery practiced at the Olympics, and is the version most beginners learn first. Archers shoot a set number of arrows at targets set at specified distances on a flat surface. While there are exacting safety rules, we have fun sessions full of games and challenges.

We have just refurbished our Archery course so take up the challenge and let your arrow go.

## BMX

Trewern has its own outdoor pump track, to test and challenge even the best riders. No prior skills required, because we develop those as we progress; we regularly get people learning to ride a bike here.

We have a large fleet of BMX bikes, our teachers explain and assess individual skills, they will help you develop at your speed offer different challenges including obstacle courses, skills development and the Pump Track. Are you ready for the Rollers and Berms? There is nothing like the feeling when you put together a good lap of the track, or do better than you did before.

We will provide helmets, pads, gloves and tuition. What you will gain depends on what you put in.

## BUSHCRAFT

Bushcraft is a wonderful way to enjoy spending time outdoors, as well as learning more about the natural environment and how cultures have interacted with and lived in nature since time immemorial.

The experience has been designed to be safe as well as educational, and above all fun, where you will learn how to survive by working together as a team, helping to develop self confidence and social interaction. Activities such as friction fire-lighting and the use of knives and other tools help you develop skills and dexterity.

The ultimate low intensity activity learning to provide your basic needs in the wilds: we generally build shelters in our small woodland, learn fire-lighting skills, do some cooking and enjoy the environment. It's great for teambuilding and personal development, but is also an opportunity for reflective practice and mindfulness. Could be extended to a full day, which might include making pizzas in our [pizza oven](#) or other creative projects.

## CLIMBING

Our [climbing wall](#) means we can climb whenever we want to, for as long as is needed. We have a range of routes on our wall, offering climbs on slabs, vertical walls and overhangs, as well as bouldering throughout. Climbing sessions can be done with ropes or without, focused on skills or games, and always offers the opportunity for progression.

We also have rigged some climbs in one of the biggest trees on site to provide the next level of challenge.

Outdoor climbing means going offsite to one of the quarries in South Wales, or even further to the cliffs of the Gower coast and would typically take a full day. This is a proper challenge, as you need to find your route, find the grip and find the courage to keep going higher!

## ORIENTEERING

Advanced treasure hunting. Trewern's orienteering courses will test your map skills as you try to find all of our control markers. We also have an innovative electronic marker course. This activity can be an evening activity or a half day in its own right. We also have an indoor course for residential trips.

The aim is to navigate between checkpoints or controls marked on a special orienteering map. There is no set route so the skill and fun comes from trying to find the best way to go.

Orienteering is a fun and challenging activity that gets you exploring the great outdoors, gaining new skills in finding your way in unknown terrain and crossing rough and sometimes hilly ground. You are always discovering somewhere new! It's a competitive sport with something for everyone. Orienteering offers the development of individual skills in navigating while problem solving to locate each control. Decision making is paramount: Should I go left or right? Should I climb that hill or go the long way around it? These decisions that constantly arise require thinking more than quick reactions or instinct; again, that is why orienteering is often called the thinking sport. The ultimate quest for the orienteer is to find that balance between mental and physical exertion, to know how fast they can go and still be able to interpret the terrain around them and execute their route choice successfully.

## LOW ROPES

A test of agility, co-ordination and teamwork, as you attempt to make the full circuit without touching the floor. Great for an evening activity.

We have a new and exciting low ropes course installed at Trewern. It is a ground-based obstacle course designed to encourage team building and personal development. The course is an ideal way for teams to get know each other better. Participants are placed in positions where they are challenged to break out of their comfort zone and try new things. This activity tests a person's physical strength, stamina, balance, agility and flexibility. Participants will be faced with the fear of falling, failure, and the fear of losing control. These activities are designed to make team members coach each other through their fears and work together to complete the tasks at hand.

## PROBLEM SOLVING

We have a few problem solving activities set-up designed to test team work, communication and co-ordination. They range from small hand-held games to larger installations in the grounds. The possibilities are endless, and we love setting challenges. We have a huge number of short teambuilding problems that can be used as icebreakers or as an evening session, indoors or out. We like to get visiting staff involved too!

## MUDDY PUDDLE

The ultimate challenge! Can you swing across our muddy puddle without falling in?!

## OTHER ACTIVITIES

We are also able to run the British Heart Foundation's Heart Start programme, which aims to deliver basic first aid skills to all, young and old. Sessions can last anything from a couple of hours upwards. We also offer town visits, camp fires, and occasionally cook lunch in our pizza oven.

We have tablets, laptops and an interactive touchscreen that can be used if that's what you'd like to do.

We are also really flexible, so if there's something you'd like to do that's not listed, let us know and we'll see what we can do.