



GILWELL PARK SCOUT ACTIVITY CENTRE

3G Swing... This amazing activity starts with 2 people being hauled 10 metres into the air by the rest of the group. When both people agree, they pull the ripcord and swing towards the ground at high speed. How high will you go?	Age range: 8 years + Time: 1.5 hour session – max 12
Archery... A chance to learn a skill that requires concentration, a steady hand and measuring of distance and power.	Age range: 8 years + Time: 1.5 hour sessions – max 12 people (can have 2 sessions running at the same time subject to availability)
Aerial Trek (Indoor High Ropes)... Working on your own, with encouragement from your fellow team mates, can you work your way across the course of elements.	Age Range: 10 years + Time: 1.5 hour sessions – max 12 people
Aeroball... Combining volleyball, basketball and trampolining, this activity is guaranteed to leave your heart pounding as you compete for points against your opponents	Age range: 8 years + Time: 1.5 hour sessions – max 12 people
Kayaking... Challenging and fun. Learn different strokes and skills using a combination of games and instruction both on shore and afloat.	Age range: 8 years + (must be able to swim 10m un-aided) Time: 1.5 hour sessions – max 12 people
Climbing... As you move up the wall you will feel your confidence grow as you push for the summit on one of our purpose built climbs.	Age range: 8 years + Time: 1.5 hour sessions – max 12 people (can have more than 1 group at a time, subject to availability)
Crate Stacking... Balance, confidence and pushing yourself to the limit are all key to this activity. As the stack gets higher with you on top holding your nerve is key to success.	Age range: 8 years + Time: 1.5 hour sessions – max 12 people
Chase Trail... A fantastic way to get young children working as a team, make decisions and communicate with each other to get over a series of obstacles and challenges.	Age range: 6 years + Time: 1.5 hour sessions – max 12 people
Fan Descender (High Ropes)... Do you dare to experience free fall from the top of our high ropes course? Of course the Fan Descender will gently stop you before you reach the ground.	Age range: 10 years + Time: 1.5 hour sessions – max 12 people

The Scout Association

Gilwell Park Scout Activity Centre Chingford London E4 7QW

Tel: (+44) 208 498 5411 Fax: (+44) 208 498 5429 email: gilwell.activity.centre@scout.org.uk scouts.org.uk/sac

Patron HM The Queen President HRH The Duke of Kent Founder Robert Baden-Powell OM Chief Scout Bear Grylls

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G8... Our flagship global awareness programme allows young people to learn about global issues such as poverty and fair trade through our specially designed games and activities.	Age range: 10 years + Time: 1.5 hour session –max number 12
Grass Sledging... Keep your arms and legs in the sled as you zoom down our sledging course.	Age range: 6 – 10 years only Time: 1.5 hour sessions – 6 sledges provided, max 12 people
High All Aboard (High Ropes)... This high ropes element challenges the group to get close and fit them selves on a small platform at the top of the high ropes course. Can you all work together to get you and you team mates on top?	Age Range: 10 years + Time: 1.5 hour sessions – max 12 people
High See-Saw (High Ropes)... Can you and your team balance the see-saw? The only catch being the see-saw is high in the air so if you fall off it, it's a long way to climb back up!	Age Range: 10 years + Time: 1.5 hour sessions – max 12 people
Hike Routes... Set in and around the beautiful historic Epping Forest we have a number of hike routes available from 3 – 30 km.	Age range: 6 years + Time: Various – contact the office for info
Jacobs Ladder (High Ropes)... Working in small groups to climb the ladder, it gets harder the higher you get, how close to the top will you get. This is a great activity for getting groups working together – it's the only way they'll get off the ground!	Age Range: 14 years + Time: 1.5 hour sessions – max 12 people (can have more than 1 group at a time, subject to availability)
Jump mats... Fully enclosed safety nets make this a safe and fun way to try out your jumping skills.	Age range: 6 years + Time: 1.5 hour session – 2 jump mats provided, max 12 people
Ladder Climb... Challenge your partner to climb higher or faster on our twin ladders as they sway. This activity is good for improving coordination working towards your personal goal.	Age Range: 8 years + Time: 1.5 hour sessions – max 12 people
Leap of Faith (High Ropes)... Will you make it to the trapeze bar suspended in front of you? Individuals take it in turns to test their nerve, will they or won't they make it to the bar before being lowered to safety?	Age Range: 10 years + Time: 1.5 hour sessions – max 12 people

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Low Ropes... An excellent activity that lowers the physical difficulty to allow teamwork to take a stronger role.	Age range: 6 years + Time: 1.5 hour session – max 12 people
Medium Ropes... As the name suggests this activity isn't as high as the high ropes elements. This activity is made up of several activities all designed to challenge groups to work together in a off ground environment.	Age Range: 8 years + Time: 1.5 hour sessions – max 12 people
Orienteering... A great opportunity for young people to experience decision making in a team situation. Basic navigation skills are learnt in finding the various way markers around the course.	Age range: 6 years + Time: 1.5 hour sessions – no max number
Pedal go karts... On our purpose built track, control is as important as perseverance as like life every action has an immediate consequence.	Age range: 6 years + Time: 1.5 hour session – 4 karts provided, max 12 people
Picture Trail... A selection of close up pictures from around Gilwell that require teams to identify the locations and pictures.	Age range: 6 years + Time: 1.5 hour session
Pioneering... A great way to develop teamwork, communication and logistical skills. With a large store and plenty of ideas groups can build anything from giant gateways to swings.	Age range: 10 ½ years + Time: 1.5 hour session – max 12 people
Raft Building... The team builds a raft to carry them across the water while developing communication, teamwork and logistical skills. The amount of instructor input on design and build depends on the individual group leaders requirements.	Age range: 10 years + Time: 1.5 hour session – max 12 people (must be able to swim 10m un-aided)
Revolving Climbing Wall... Round and round it goes but can you keep up! With the ability to alter the speed and pitch this challenging activity requires determination and skill.	Age range: 6 years + Time: 1.5 hour session – max 12 people

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Rifle Shooting... An excellent opportunity to learn a skill that requires concentration, steady breathing and a good eye for accuracy. Using 0.177 air rifles strict range discipline is maintained at all times.	Age range: 8 years + (requires parental Permission, forms available from office) Time: 1.5 hour session – max 12 people
Swimming Pool... A great way to cool off in our heated open-air pool. Depth min 1m – Depth max 1.3m	Age range: 6 years + (must be able to swim 10m un-aided) Time: 1.5 hour session – max 40 people
Team Building... A number of small problems and tasks to get your group really working together. The tasks will vary depending on the group but all are designed to challenge them. Each task is reviewed to ensure that the group develop their skills throughout the activity.	Age range: 6 years + Time: 1.5 hour session – max number 12
The Gauntlet... Our answer to a vertical obstacle course. Work with your partner to scramble the cargo net, climb onto the horizontal bar to reach over the tyres, and it's just one more stretch to the top.	Age Range: 10 years + (minimum height 5') Time: 1.5 hour sessions – max 12 people
Wobbly Pole... Coordination and timing will help you to meet your goal on this vertical pole climb. Reach for the next hold as the pole sways and wobbles under both of your movements. Will you work with or against your partner as you aim higher?	Age Range: 8 years + Time: 1.5 hour sessions – max 12 people
Zip Wire... Travel at high speed, whilst suspended and harnessed from an overhead cable. Determination and courage required!	Age range: 10 years + Time: 1.5 hours session – max 12 people

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