



## Team Adventure Activities

With so many options, we have grouped them into categories to make it easier for you to get an overview of what's on offer. Remember of course that our highly experienced and friendly consultants have a wealth of knowledge and will help clients tailor the best choice for their team.

### Team Adventure Activities

Does your team need:

- A "stretch experience" to build confidence, gain commitment and team cohesion?
- To try something more adventurous outdoors.
- An adventure pitched at appropriate physical levels.
- Our adventure consultants will help you select the best activity or the best combination of activities for your team.



### Enhancing Team & Management Skills for Twenty Years

With over twenty years experience Corporate TEAM Solutions and OUTDOOR Training are experts in the design and delivery of Team Building and Team Development initiatives and leadership programs.

The finest tailored Development Programs are available to your team with combined business expertise:

Corporate Team Solutions (CTS) is one of Australia's leading providers of Team Management Systems, an integrated process that provides teams and leaders with practical workplace tools for achieving high performance. CTS can work alongside you to provide personal & team profiles, team development workshops, team leader training, stress management and executive & life coaching.

Corporate OUTDOOR Training (COT) provides expertly tailored outdoor leadership, corporate team building and management development programs. These include facilitated problem solving activities plus adventure learning, high ropes courses, rock climbing, whitewater rafting and bushland "Journey programs".

Our experience spans Australia, Asia, Europe and the USA, and can complement your own in-house or conference-based staff development initiatives.

Also ask us about:

**Team Building & Conference Options**

**Team & Leadership Workshops**

**Graduate Development Programs**

### Activity Selection Guide



Size of group



Length of activity



Benefits



Single team



Multiple teams



Indoor



Outdoor



Indoor or outdoor

# Team Adventure Activities

## HIGH ROPES COURSE



Ever wondered what it would be like to stand on a 30 cm wide platform 15 metres above the ground and leap head first into space? The element of height presents an opportunity to set and meet a personal challenge by stretching the “comfort zone”. Whilst it is very much a personal experience when up on the cables, support and encouragement from the rest of the team play a big part in helping others overcome a perceived barrier.

*Trust and support play a big part in this experience!*

*If your team works in a demanding business environment where challenging the status-quo is critical for success, then the high & low ropes is for you!*

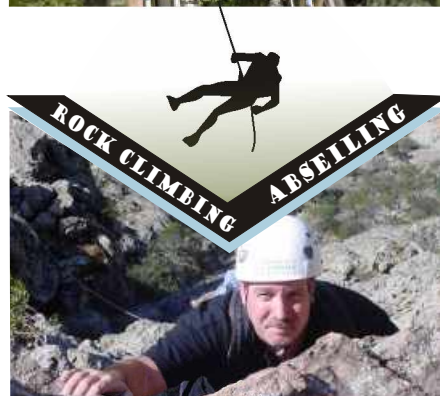
# 15 - 40 120 to 180 mins

● Give and receive support and encouragement  
 ● Stretch comfort zones  
 ● Trust team members



## MOUNTAIN BIKING

- A customised team adventure experience
- Suits daring adventurers or nature lovers alike
- Enjoy some remarkable scenery and historic locations.
- Teams can search for an illusive destination or just enjoy the trails



## ROCK CLIMBING & ABSEILING

- Set and meet a personal challenge
- Differing heights and difficulty
- Team support and encouragement
- Stretching the “comfort zone”
- Suitable challenge for all fitness levels
- Overcome perceived barriers



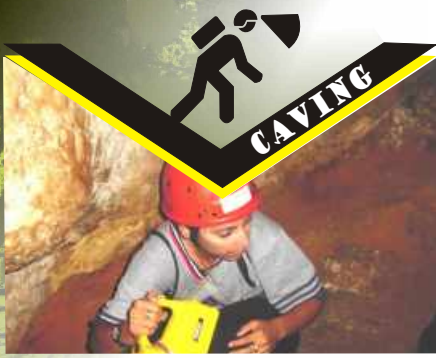
## CANOEING & KAYAKING

- Get in touch with nature and the environment
- Paddling as a team activity
- Beach, river or harbourside locations
- Choose your own degree of challenge and length of time



## ORIENTEERING

- Navigate on foot or mountain bike in search of checkpoints
- Time efficiency is an added challenge
- Fun, enjoyment and teamwork skills are all part of the journey
- Fresh air team competition using detailed maps, compass and two-way radios



## CAVING

- Check out the glow-worms and discover the secrets of an underground maze
- Understand comfort zones of team members
- Navigate through tight spots - just like at work!
- An epic underground team activity providing a great sense of achievement



## TREKKING

- Extremes of terrain and climate ensure personal and group development
- Choose from ancient mountain ranges, magnificent gorges, waterfalls, tropical rainforest and stunning coastline
- One day or a week, the network, leadership and team benefits will be obvious



## COASTEERING

- Everything you were told never to do as a child by the sea
- A novel mix of exploration, adrenaline and adventure at your chosen level
- An exhilarating mix of swimming, sunbaking, trekking and climbing
- A great alternative team challenge on a stunning coastline near you



15 - 150  
Please enquire



90 mins -full day



- Personal challenge
- Stretch
- Goal setting
- Can be tailored for competitive teams



## TREE TOPS AERIAL SKYWALK

Attempt an array of thrilling treetop challenges between aerial platforms suspended high above the ground. Suitable for all skill and energy levels. from basic to thrill seeking. Its completely safe using state of the art equipment with fully qualified instructors. Do it fast or slow, high or low either way your whole team will find a level of enjoyment.



5 - 30



1-2.5 hrs



- Fun
- Personal challenge
- Fresh Air & inspiring natural surroundings



## ADVENTURE JOURNEY

For those teams wanting a more physical challenge this is a “journey” that combines a range of adventure activities into an action packed experience. Various combinations are possible depending on the local area. Typical inclusions are mountain biking, rock-climbing, abseiling navigational trekking, coasteering, rafting, canoeing, caving and camp outs.



10 - 30



90 mins up to full day



- Situations leadership
- Stretch comfort zones
- Risk management
- Succeeding through adversity
- Meeting challenges

