



2017 COURSE GUIDE

This unique team challenge is extremely challenging, fun and for a good cause...to inspire, transform and give life enhancing experiences to young people in our local area.



1

Climb and abseil the tower

Your challenge starts with the ascent of our massive climbing wall with a rapid abseil down the other side. Helmets and harnesses provided, you'll be in the safe hands of our instructors.



2

Scramble the wall

To get over the scramble wall teamwork is essential, pull together and beat the obstacle.



3

Crawl the tunnels

We dare you to navigate our underground tunnel system; deep, dark and sometimes narrow.



4

Hit the archery target

Each team must score 3 golds for maximum points.



5

Canoe the lake

Paddle round the course on Caldecotte Lake.



6

The 5k run

Run or walk for 5k around the lake as you head to the finish.



7

Wade to the finish

The final challenge, wade across the river to the opposite bank and then push the last 100 metres to the finish.



THANK YOU FOR SUPPORTING ACTION4YOUTH

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INSPIRING YOUNG PEOPLE