

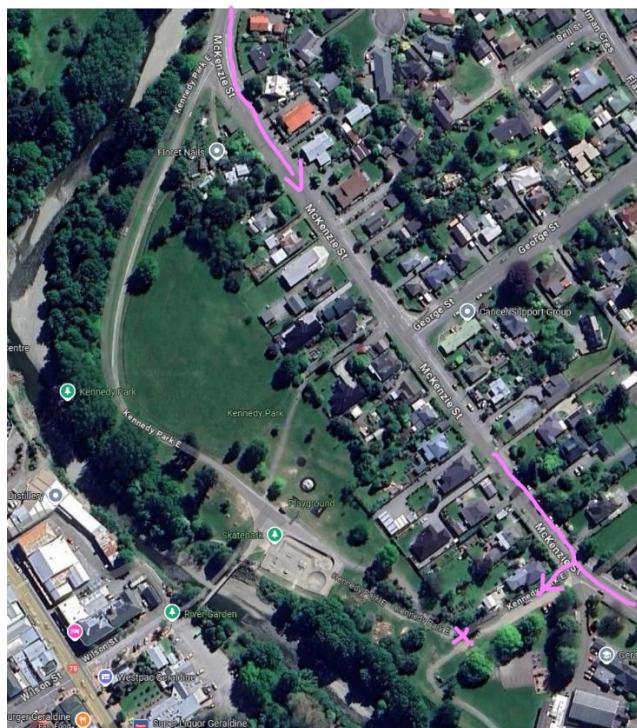
Holiday Programmes

High Ropes Day

Schedule

Activity	Meeting Location	Drop Off	Pick Up
High Ropes	Kennedy Park, Geraldine	10am	3pm

Locations and activities are subject to weather conditions. We will get in touch if there are any necessary changes to this schedule.



Activities Overview

High Ropes

Walk the wires! Push yourself higher at the Geraldine High School Challenge Ropes with a variety of different activities to choose from while your team cheers you on. Start with team building on the low ropes elements, and increase the challenge at height. Learn how to belay and work your way around the high ropes elements in teams, providing support and encouragement as everyone chooses their challenge.

Age requirements:

Appropriate for ages 8+

Ages 8-11 must have an adult with them to help with belaying (no extra cost)

On the Day Contact

Office – 03 696 3832 – Calls only

Duty Phone – 020 4155 2603 – Calls only

Gear List

Compulsory

- Lunch and snack
- Sunscreen/sunglasses/cap
- Drink bottle
- Spare warm layers
- Backpack
- Activewear (*no cotton*)
- Raincoat (*we'll go rain or shine*)
- Well-fitting lace-up trainers
- **Any personal medication**

We Will Provide:

- All activity specific/technical gear required!
- Any additional *extra warm* gear

Optional

- Camera
- Thermal leggings (highly recommended on cooler days)
- Puffer jacket
- Cap
- Beanie