

If you're looking for something a little different for your colleagues or friends then look no further! The Adventure Rope Course in the beautiful grounds of Salomons can be booked from just a couple of hours to a few days. You can choose from any number of activities such as:

Zip Line

You'll be attached to one of our special trolleys before stepping off the platform and zipping down the wire rope just inches above the ornamental pool. Fast and furious!

High All-Aboard

As a team of two or three - climb the wobbly pole to stand on the 'bird-table' on top. It doesn't stop there though. Once on top, hold hands and lean back to the full extent of your arms..., then let go!

Jacobs Ladder

As a team of two, three or four - climb to the top of the ladder. There's another twist here that we prefer to keep to ourselves..., try it and discover the secret for yourself.

High Balance Beam

Climb up to the Beam and cross to the other side. Although you're tied in to the system, there's a very pronounced feeling of exposure. It's a real buzz!

Tower Abseil

This is one of our most accessible activities. We have a staircase running up the middle of our tower that gives a comfortable walking ascent. At the top your staff member will meet you and talk you through the abseil process before helping you to lower yourself off the tower in the traditional manner.

Inclusive Activities

Our course has been used as part of a conference, a teambuild or a company away day. It's brilliant as an unusual family event or for a birthday party or even a wedding! But you don't need an excuse to use us. It's simply great fun and a really unusual way of getting to know your friends, family or colleagues better! The course is open throughout the year and we won't be put off by the weather.

The Adventure Rope Course

Inclusive Activities

You will be relieved to know that we operate a strict *Challenge By Choice* policy where no one will be coerced into doing anything that they do not want to do. You set your limits. We promise not to try to coax you beyond those limits. Remember that our Adventure Rope Course is a **TEAM** activity – this means that for every climber there will be at least 1 back up safety person. You will be essential to the success of the day and a crucial member of the team even if you don't leave the ground.

Team Away Days

We can also provide you with fun, involving and inclusive on-the-ground problem solving activities. These tasks involve different learning styles and are designed to utilise the varying skills within your team. This means that everyone gets to shine throughout the day.

Our experience tells us that these tasks mixed with a scattering of our adventurous activities combine to make a truly memorable, powerful and most importantly team building experience.

Themed Days

We are often asked to design a day to fit in with the theme of a conference. We can meet delegates at the doors, or even introduce ourselves within the conference to make the day run as smoothly and as professionally as you'd expect.

We can link each of our activities with the next to provide a framework for learning and celebrations at the end of the day. Give our Sales Team a call to find out how we can make your conference even more successful.

That Extra Touch

Contact our Catering team and ask us to provide mid-session hot or cold drinks and snacks direct to you at the Adventure Rope Course. Bacon Baps? No problem. Perfect for sustenance after a couple of hours of adventurous fun!

For Activities:-

Please call The Adventure Rope Course Sales Team on 01743 232561 or book online at www.adventureropcourse.co.uk

For Facilities & Catering:-

Please call the Sales & Reservations Office on 01892 507630 or e-mail on reservations@salomons.org.uk