

RETREAT OUTDOOR ACTIVITIES

Fully qualified and caring instructors will lead you through the following program options:

You will have the opportunity to participate in one of the following activities at the retreat.

List your choice in order of preference on your registration form. Priority will be given in order of bookings received. Activities are subject to weather conditions and availability.

High Ropes Course

This course provides individuals with a personal challenge, within a supportive group environment. With the encouragement of a partner, each participant will complete seven elevated and linked high ropes elements.

Flying Fox This 120 metre aerial runway provides a thrilling end to the high ropes course

Giant Swing

Soar high or enjoy a gentle swing whilst capturing a bird's eye view across Port Phillip Bay. This is a challenge by choice activity where participants are encouraged to move outside their comfort zone. Each participant is harnessed and hauled into the air by their team. Once at the desired height, participants pull the release cord to send themselves swinging.

Vertical Challenge

This 18 metre high vertical obstacle course consists of five different elements designed to challenge the individual. Two participants climb side by side supporting each other through each challenging element, whilst belayed by the group on the ground. Activity focus is on teamwork and trust.

Archery

After a safety briefing and full instruction on the use of equipment, participants can use their skills to hit both stationary and moving targets using our quality recurve bows.

Sea Kayaking

In pairs, participants will work as a team to paddle and manoeuvre their "Sit on Top" sea kayak on a short journey along the Port Phillip Bay coastline. Participants will learn the basic skills of paddling, experience adventure and discover the natural beauty of the Bay during this activity.

Snorkel Swimming

Participants will explore marine life on a shallow reef at Sunnyside Beach. Snorkeling skills will be taught and all participants will be equipped with wetsuits, masks, snorkels, fins and kick boards.