

Littledale Activity Centre.

Current Activities.

March 2012.

Bouldering;- we have a great bouldering wall located in front of the barn. This is a self instructed activity that is suitable for all age ranges. There is a small fee of £10 per group; this gives you as much time as you want on the wall during your stay. As the maximum height of the wall is less than 2.4m, then no safety equipment is needed.



Shooting;- we have a purpose built air rifle range situated in the end section of the barn. This is an instructor led activity that is suitable for cubs upwards. All our instructors are N.S.R.A. qualified instructors. Each session last one hour and includes all your targets and pellets. The cost per hour is £20

and is for up to 12 participants. The shooting range is suitable for use throughout the year night or day. All under 18's MUST have a permission to shoot form. Over 18's need to sign a declaration in respect of section 21 of the firearms act.

Archery:- we have a fantastic range built in the bowl at the far end of the site. Archery is another instructor led activity. Each of our instructors is trained to G.N.A.S. standards. Archery is suitable for all sections and we have bows for each age range. Each session lasts one hour and costs £20 and is suitable for up to 12 participants. Archery needs daylight and is therefore only suitable for weekends during the winter months, but can also be run as an evening activity during the summer.

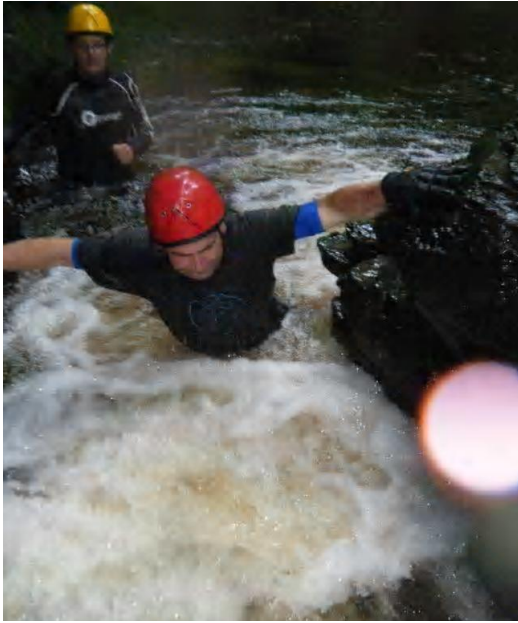


Assault Course;- at the furthest end of the site we have built an eight obstacle assault course. The assault course is free of charge and is self instructed, but you still need to submit a booking form so that we can keep a record of the usage of the activity. The

assault course is aimed at cubs upwards. There is a very good chance that your charges



might get a bit wet and muddy on our assault course, but they will enjoy it!



Ghyll Scrambling;- one of the greatest features of Littledale is Artle Beck. Ghyll scrambling is an instructor led activity. We will take your group up the Beck and then they will have the chance to climb up through the two sets of waterfalls on site. Artle Beck can rise very quickly and therefore, we will assess the conditions prior to each use. Ghyll scrambling is open to cubs and over. The cost is just £1 per person for a maximum of 20 participants. We have a limited

number of helmets, so if you can bring your own, that would be great. Hiking boots **MUST** be worn for this activity.

Axe Throwing;- this year we are introducing Scandinavian Axe throwing to our range of activities. This will be an



instructor led activity. All our instructors have been trained in Denmark at one of Denmark's international Scout Centres. Axe

throwing is limited to 11 and over, all participants **MUST** wear boots. The cost of the activity is £20 per hour for up to 12 participants.

All activities can be booked using the downloadable activities booking form on the Lonsdale District Website.

As all our instructors are volunteers, please can you try to book your activities well in advance, preferably four weeks!