

Cataract Activity Centre

Adventurous Activities



Adventurous Activities

Archery

Learn and hone your archery skills. We will teach you how to use recurve bows and arrows in a variety of target practice and games.

Suitable for ages 8 years and up, the challenge level can be modified for most abilities.

Bouldering

Learn the basics of rock climbing at our indoor bouldering gym and climb on low walls without the need for harnesses and ropes.

Our bouldering gym is currently in the process of exciting upgrades. We will be setting all completely new routes with an assortment of new and interesting holds to look forward to.

Suitable for ages 5 and up.

Bush art

Groups will be encouraged to think about their surroundings differently and create art out of the seemingly ordinary. For older ages, the mediums we use to create our art become more challenging and use drawing or photography skills to immortalise your art.

Suitable for all ages and abilities.

Bushcraft

Learn about the natural environment, how it impacts us and how to survive in it. From building mini shelters for stuffed animals to building full size shelters and testing them to discovering bushfoods and learning about the environment.

Suitable and can be adjusted for all ages and abilities.

Bushwalking

Enjoy a guided bushwalk through our amazing 160ha site. We have a range of tracks varying in length and difficulty and if you are feeling particularly adventurous, we can even take you off track for a real bush-bash.

Our instructors can teach you how to navigate and present interesting information about the local environment.

Suitable for all ages. Must be able to walk on uneven terrain.

Caving

Work your way through a mix of natural and man-made maze of caves with tight squeezes and crawl-throughs. Bring a torch, old clothes and shoes to dive into your caving adventure! This activity has a varying level of challenge with a large cave and alternate access to allow all comfort levels to be involved.

Suitable for all ages. Must be physically able to crawl for short periods of times.

Challenge Valley

This obstacle course features 14 different elements ranging from climbing to tunnel crawling, water holes and mud pits, all dotted along a 1.5-kilometre track. Make sure you bring old clothes and shoes to wear for this one. This activity can be run moderately dry on request during the colder months.

Suitable for all ages. Must be physically able to walk on uneven terrain.



Initiative Games

Our initiative games session includes multiples games designed around teamwork and problem solving. These require groups working on communication, problem solving, leadership and group decision making skills.

These challenges can be adapted by our team to suit any age and ability level.

OK-GO Challenge

Groups will get to build a chain reaction machine with a variety of materials just like band OK-GO in their music video 'This too shall pass'. This is a great way to learn through play exploring topics such as physics, simple machines and music timing.

Most suited to ages 8-14, can be adapted for other age groups.

Orienteering course

Learn how to navigate in the Australian bush using maps, compasses and land features. The course will challenge your teams while you find the hidden codes and compete. Our photo orienteering course can be used for an easier course suited for younger ages.

Suitable for all ages and abilities.

Pioneering

Build a ballista (giant slingshot) using your newly acquired knot tying and building skills taught by our expert instructors. Compete in a variety of challenges including distance competitions, accuracy competitions and water warfare!

Recommended ages 10 or above unless part of a mixed age group, can be adapted for any ability level though ability to use hands will increase participation.

Team rescue

Team rescue is a unique activity where participants navigate through a low ropes style course while completing our team rescue challenge. This ultimate team building activity will get you thinking outside of the box and building on your communication and problem-solving skills as a group.

We can also provide a variety of extra challenges to increase the difficulty level. Suitable for ages 8 and up.

Mega Adventurous Activities

Abseiling

Try abseiling with a number of artificial and natural rock faces for you to rappel down. All training, safety equipment and instruction is provided.

Suitable for ages 8 years and up, can be modified to suit most abilities. Max weight 120kgs.

Dual Flying Fox

Come fly on our 15-metre flying fox! This dual line flying fox means that you get to experience the thrill alongside a friend.

Suitable for 8 years old and older. Can be modified to accommodate most abilities. Max weight 120kgs.

Giant Swing

Participants take turns on the swing as their teammates pull them up to their desired height and pulls the release. The giant swing is a great way to enhance self-esteem, build trust through teamwork and build respect for others' decisions and perspectives.

Suitable for ages 8 and up and all abilities. Max weight 120kgs.

High Ropes Course

Our exhilarating high ropes course is suitable for children and adults alike, and involves navigating a series of elements 5.5 metres above the ground. Suitable for ages 10 years and up, max weight 120kgs.

Rock Climbing Wall

Our artificial wall with 10 different climbing routes with 5 levels of difficulty to cater for all experience levels. Our natural wall is the real deal, climbing up a sandstone rockface. No previous experience is necessary, just a basic level of fitness and the desire to climb.

Suitable for ages 8 and up, modifications can be made to suit most abilities. Max weight 120kgs.

Water Slide

Experience our 40-metre water slide which is one of our most popular activities. Our water slide is open for 3 seasons of the year and is temporarily closed over the winter due to the cold weather and the cold water!

Recommended ages 5 years and older, suitable for all abilities.



Special Activities

Camp Cooking

Get back to basics and learn how to build and light the perfect cooking campfire, make and cook traditional damper (bread) over your open campfire.

Options to choose from are damper, cheesy bacon jacket potatoes, sausages and baked vegetables, banana boats, cinnamon apples or smores.

Recommended for ages 8 and up, suitable for all abilities.

Expedition

Join us on an adventurous expedition to our remote campsite and stay overnight at Sandy Plateau. On your journey you will take the 2 hour bushwalk to the site and camp under the guidance of our experienced instructors. This activity can be paired with our natural rock climb or abseil.

Suitable for ages 10 and up.

Ecology and environmental education

Come on a learning journey and discover the natural world. Students will learn hands-on about conservation and ecology in the local area and discover unique traits of Australian flora and fauna and why they are the way they are.

Evening Activities

Astronomy Night

Explore the night sky with personal telescopes whilst learning amazing facts about our solar system, hearing aboriginal stories and learn how to navigate using the stars! We can even facilitate a night sky art making session and take a souvenir home of the night sky to remember camp by.

Suitable for ages 8 and up and all abilities.

Camp Fire

This will not be an ordinary campfire! Our talented staff will get you singing songs, telling stories, joining in on competitions, roasting marshmallows and even cooking smores for supper in an unforgettable night's entertainment.

Suitable for all ages and abilities.

Challenge night

This activity is filled with a variety of small challenges for groups to complete and compete against each other and gets everyone excited and involved in an entertaining evening. Some are hilarious challenges that get everyone laughing, other challenges involve the whole group in relays, mental challenges and more.

Suitable for all ages and abilities.

Creative night activities

The Great Egg Drop is a favourite where groups design and build a contraption to protect their egg in the ultimate egg dropping competition!

Another favourite is The Beast, where groups of students have to recreate a 'beast' made of an assortment of random items in the ultimate test of teamwork and communication.

Suitable for all ages and abilities.

Night walk and animal spotting

Join our experienced instructors on a night walk around the site and spot our native animals when they are most active.

Suitable for all ages and abilities.

Wide Games

We have many games to entertain groups of all sizes and energy levels using our large site. Our instructors can facilitate, spotlight, camouflage, capture the flag, commando and many more.

Suitable for all ages and abilities.

Packages

Enquire here and ask us about special packages that include accommodation and your choice of activities, or day activity programs.