

# Group Adventure Day

Challenge yourself to a thrilling adventure!



## Cataract Activity Centre Group MEGA Adventurous Day Themes

Choose one of our themed MEGA Adventurous days or custom build your own adventure!

Program Theme	Activity 1	Activity 2	Activity 3
<b>Summer Fun Adventure Day</b>	Bush Art - Think about your surroundings differently and create art out of the seemingly ordinary.	Water Slide - Experience our 40-metre water slide for loads of slip and sliding fun.	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.
<b>Survivor Adventure Day</b>	Pioneering - Build a ballista using your newly acquired knot tying and building skills. Compete in a variety of challenges to test your construction skills!	Flying Fox - Come fly on our 15-metre flying fox! This flying fox is a thrill a minute ride flying down from 15 metres high.	Bush Craft - Learn how to survive in our natural environment. From building shelters to discovering bushfoods and learning about the environment.
<b>Explorers Adventure Day</b>	Bush Walk – Navigate and walk through our amazing site and Lane Cove National Park including sections of the Great North Walk.	High Ropes - Our exhilarating high ropes course involves navigating a series of elements 5.5 metres above the ground.	Caving - Work your way through a mix of natural and man-made maze of caves with crawl-throughs and optional tight squeezes.
<b>Mission Impossible Adventure Day</b>	Orienteering - Navigate through the bush using maps, compasses and land features. The course will challenge your teams while you find the hidden codes and compete.	Abseil - Try abseiling and rappel down artificial or natural rock face 10 meters or more!	Team Rescue - Navigate through a low ropes style course while completing the ultimate team building activity
<b>Ultimate Challenge Adventure Day</b>	Caving - Work your way through a mix of natural and man-made maze of caves with tight squeezes and crawl-throughs.	Giant Swing – Challenge yourself and see how high you are willing to go! Pull the release and fly through the sky!	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.

\*Example Only

Your Group Adventure Day will be fully led by our professional instructors; adult supervision is required to assist in group management 1 adult per 20 youth participants. All activity equipment will be cleaned during the day as per our COVID-19 Industry approved plan. \*Minimum number of 20 participants required.

[csppbookings@nsw.scouts.com.au](mailto:csppbookings@nsw.scouts.com.au) <https://cataract.nsw.scouts.com.au/>

\*Conditions apply – contact us for more details on (02) 46316697

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