



**Boundless
Outdoors**

**Activities we
offer**



Abseiling

Supervised by highly qualified staff, participants learn how to use the equipment for abseiling. Find the courage to step out over the edge and walk backwards down the cliff or wall.
(Bell Heath & Malvern)



Archery & Air soft

Stimulating archery and air soft activities for testing and developing personal confidence. Whilst ensuring strict adherence to essential codes of discipline involved in the sport of shooting.



Bush craft

Developing social skills and encouraging teamwork by learning how to build shelters and light fires. Also try essential survival and bushcraft skills including making bread.
(Bell Heath & Malvern)



Climbing

A unique set of 10 metre high artificial rock pinnacles at our Malvern centre and a 12 metre wooden climbing tower at Bell Heath. This activity delivers a safe and challenging climbing experience as individuals and team-based challenge activities.
(Bell Heath & Malvern)



Canoeing

A great introduction to watersports. Encouraging all ages and abilities to gain the confidence on the water. Thus, enabling differing levels of exertion from moderate to extreme.
(Malvern)



Clent Hills and Waseley Hills

Groups learn about nature and the environment whilst enjoying the beauty of the hills and views over Birmingham.



Grass sledging

New at Bell Heath is our purpose built grass sledging hill with 3 start ramps. Ideal for Stem days or just racing your friends. (Bell Heath)



High and low ropes

An exciting team challenge climbing through the treetops or swinging around like monkeys. These exciting challenges are great at pushing yourself to the limit at the same time as bringing teams together. (Bell Heath & Malvern)



Low level ropes

An activity requiring working with a partner, balance and cooperation as key features. (Bell Heath & Malvern)



King Swing

Our giant swing in the trees. Take a deep breath and step off. This is great for self belief and trusting others. (Malvern)



Malvern Ridge walking

Physically challenging, this 10 mile hike through the Malvern Hills along the undulating ridge is demanding. Requiring perseverance and a positive attitude to climb higher than the summit of Snowdon.



Night line and tunnels

Working in small teams or pairs whilst blindfolded to lead each other through our Nightline and Tunnels. During this activity, groups learn to build trust whilst developing communication and support skills.

(Bell Heath & Malvern)



Night walk

Our hill walks are the perfect way to burn off excess excitement and energy before bed. Just one of many evening sessions on offer.



Orienteering

Acquire valuable map reading and navigational skills in the beautiful Worcestershire countryside amongst the Malvern, Clent and Waseley Hills.

(Bell Heath & Malvern)



Poles course

With group support the Activity climb, Quad Pole, Create stack, and jacobs ladder encourage teamwork and individual self-confidence.

(Bell Heath & Malvern)



Problem solving

A challenge designed to develop integrity, cooperation and leadership through problem-solving and team work. This also tests personal initiative, drawing on both physical and mental skills to achieve mutual goals.

(Bell Heath & Malvern)



Raft and coracle building

Our 20 metre pool at Malvern is the perfect spot to build and float in handmade rafts and coracles. Test your engineering skills and boatbuilding handywork on the water in your finished craft whilst learning the art of coracle paddling.

(Malvern)



Zip wire

Experience the thrilling adrenalin rush and sense of achievement in a safe environment.

(Bell Heath & Malvern)



All our activities are led by fully qualified instructors that tailor make each activity to the groups abilities.

No one is forced to do something they dont want to, but they are encourage to make sure everyone feels proud of their achievements.