

ACTION CHALLENGE

Action Challenge welcomes guests with disabilities and particular needs but do require advance notice. Because the Action Challenge activities are physically demanding, not all activities will be suitable for all guests. Each activity has strict safety requirements. Our staff will be happy to discuss individual requirements either by phone or email prior to your visit or on site during your stay.

Toilets are accessed near the climbing wall via a woodchip uphill path. The nearest accessible toilet is situated in the Boathouse or Pancake House.

Activity	Notes / Restrictions
Climbing High Ropes	Activity is suitable for some guests with disabilities, however, full use of arms and legs is required, along with the ability to follow instruction.
Aerial Trek Aerial Adventure	<p>Aerial Adventure welcomes guests with additional needs but require advanced notice. Because Aerial Adventure is physically demanding it may not be suitable for all guests. This activity has strict safety requirements, which our staff have to follow for health & safety reasons. Our staff will be happy to discuss individual requirements either by phone prior to your visit or on site during your stay.</p> <p>Activity is suitable for majority of guests with additional needs, however, the full use of one arm and both legs is required, and the ability to follow instruction is essential.</p> <p>Entrance is via a sloped path with a step up to the kitting up area and a further set of steps to the start and finish platform.</p>

	<p>The nearest assessable toilets are located within the Sports Plaza.</p>
Tree Trekking	<p>Located by the Sports Plaza adjacent to the Aqua Sana.</p> <p>Tree Trekking welcomes guests with additional needs but require advanced notice. Because tree trekking is physically demanding it may not be suitable for all guests. This activity has strict safety requirements, which our staff have to follow for health & safety reasons. Our staff will be happy to discuss individual requirements either by phone prior to your visit or on site during your stay.</p> <p>Entrance is via a sloped path with a step up to the kitting up area and a further set of steps to the start and finish platform.</p> <p>The nearest assessable toilets are located within the Sports Plaza.</p>
Mini Trek	<p>To take part in this activity, children must be accompanied by a person aged 18 or over.</p> <p>Age restriction – 2 years +</p> <p>Height restriction – 1.2 metres max.</p> <p>Time duration of the activity – 30 minutes.</p> <p>Mini trek is 1 metre above ground level, this activity is located by the Sports Plaza adjacent to the Aqua Sana.</p> <p>Mini Trek welcomes guests with additional needs but requires advanced notice. This activity has strict safety requirements, which our staff must follow for health and safety reasons. Our staff will be happy to discuss individual requirements either by phone prior to your visit or on site during your stay.</p>

	The nearest accessible toilets are located within the Sports Plaza.
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NB. All participants are required to complete a health and safety form. These are available on our website and must be completed in advance.

Should you wish to discuss the suitability of any activity, please contact our Guest Services line and leave your name, telephone number/ email address, date of visit and a brief description of your individual requirements and one of our Action Challenge team will contact you.