

LAND & WATER ACTIVITIES



Fifteen Acres of Adventure in the Heart of Leicester

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LOPC is a Registered Charity No: 1074671

LAND ACTIVITIES

Air Rifles

Individuals are taught correct behavior in a range and how to shoot a 0.177cm air rifle safely and accurately. A steady hand, patience and concentration are needed. Ideal for teaching responsibility and the skills required for improvement this activity can run either indoors or outdoors depending on the weather and how busy the Centre is.



Archery

How good is your eye? How steady is your hand? Try your aim on our Olympic style archery targets, or have a go at playing archery darts. We have a range of different sized bows for all sizes of people. This is a great activity for people of all ages and abilities. Indoor and outdoor ranges are available or we can bring this activity to your venue.



Bushcraft

Learn how to build a shelter, or make a fire. Cooking on an open fire can be very satisfying depending on the end product. We may not be Ray Mears or Bear Grylls but we can certainly give you the basic skills and ideas for surviving in the outdoors. We can bring this activity to your venue.



Fencing

Fencing is a classic sport with a huge history. We offer you the chance to don the protective clothing, put on your mask and learn how to handle a foil and beat your opponent. This is a very exciting and physical activity which will warm you up and keep you alert. We can bring this activity to your venue.



Orienteering

Forget your Sat Navs; this activity teaches the skills of map reading and navigation. Ideal for developing independence, self-reliance or just learning the skills required to find the way around a new place to smooth the transition to secondary school. These skills are learnt for life. We can bring this activity to your venue.



Team Building

Our Instructors will challenge you and your group with scenarios and obstacles designed to test your problem solving ability and also your teamwork. Feedback is given after each activity, and we hope that progress can be seen and problems are solved. There are various fixed challenges for your group to try, as well as many others, all of which can be tailored to the outcomes you require. We can bring this activity to your venue.



WATER ACTIVITIES

Bell Boating

A Bell Boat is a very stable twin-hulled boat with a deck in between. The boat holds 10 people and one Instructor. This is a great way of journeying along the River Soar and learning to work as part of a team. We have 2 boats available and these are ideal for people of all abilities. A hoist is available on request for less mobile people.



Canoeing

In an open canoe you can either sit or kneel. Open canoe paddles have one blade unlike a kayak paddle that has a blade at each end. We have a large fleet of open canoes that are ideal for groups of people who want to have fun and learn how to handle a versatile and steady boat. More stable than a kayak and allowing up to 3 people in a boat the need to work together is essential.



Kayaking

Another classic activity, kayaking is simply great fun. Take to the water and learn how to paddle forwards, backwards and turn around. Not easy but that's only part of it. Can you walk the raft without falling in? or simply journey up the river watching for wildlife (look out for the Kingfishers). Kayaking lends itself well to developing confidence and independence in young people.



Raft Building and Bridge Building

These are great activities that have proven very popular over the years. The tasks are simple – design your craft or bridge, build it, float it and return to the riverbank. If it falls apart, try again but make some improvements this time. If you're getting good then maybe try racing it against another team in your group. These are brilliant team building exercises, especially in the summer months when the fear of a cold dunking is not so strong!



The ability to swim is not a requirement, all participants wear buoyancy aids when on, near, or in the water.

However, confidence in water is useful.

Nervous participants will be helped and encouraged, this should not be seen as a barrier to participation.

Please see our
City Skylines Leaflet
for information on our
High Ropes Activities



About Us

Leicester Outdoor Pursuits Centre is set on a 15 acre site next to the River Soar, making it the perfect place for a wide range of exciting activities available for all abilities and experience levels.

All activities are run by fully qualified Instructors. Our site is as accessible as possible and we have a hoist to enable people with reduced mobility to take part in water activities.

We endeavour to be as flexible as possible to ensure your visit is highly enjoyable, and you want to come back again and again!



What to Bring

Clothing is weather dependant

Advised Clothing for Land Activities

- Training shoes or walking type boots.
- T-shirt, long sleeved shirt or jumper .
- Tracksuit trousers or similar.
- Lightweight waterproof coat.

Advised Clothing for Water Activities

- Old Canvas-type shoes or trainers.
- Tracksuit, Joggers or similar.
- Lightweight waterproof Coat.
- Extras Layers to keep you warm.
- Full change of Clothes for afterwards.



What Not to Bring

Wellingtons, sandals or fashion-type heeled shoes, crocs, flip-flops and other open toed shoes are not appropriate.

No Jeans.

Jewellery such as Earrings, bracelets, rings, necklaces & watches.

N.B. Fencing requires long trousers, shorts are not permitted for this.



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