

City SKYLINES Aerial Challenge Menu of Activities

Abseiling



there are three difficulty levels of abseiling. From a 6.7m abseil slop suitable for wheelchairs, to a vertical 11m wall, or our free abseil through the hatch at the top of the tower.

Zipline



Flying down our 100m zipline gives you the thrill and rush of leaving our tower dramatically. Finished off by abseiling down to the ground. A great way of completing your Skylines mission.

High Balance Beam



This involves trying to cross three balance beams. They are set at different heights and you will need to control your nerves to complete the challenge. A good progressive activity.

Inclined Balance Beam



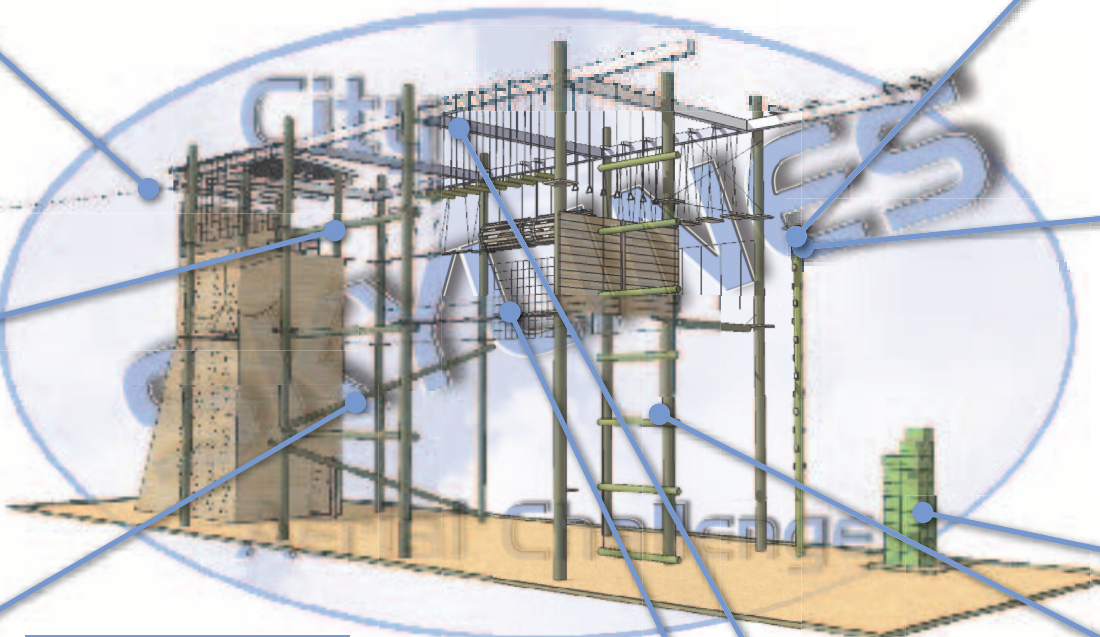
A lovely introduction to the Skylines Aerial Challenge™ course. A great activity for younger people or those who want to ease themselves into the idea of being off the ground in a harness.

Skylines Aerial Challenge™ offers personal and team development challenges. In order to help you choose an activity, we have colour coded the challenges in terms of difficulty. This is for guidance purposes only and may vary according to each person's age and ability.

Moderate
expect some physical or mental demands during this activity.

Difficult
expect either a high physically or mentally demanding activity

Hard
expect a sustained physical and mentally demanding activity.



Leap of Faith



This truly is a test of nerve. Climb to the top of the post and try to stand on top. That's the easy part! Now can you take 'the leap of faith' and catch the trapeze? If you can get it first time, we can move it further away or try jumping in tandem with a friend.

High All Board



An excellent exercise for the whole group. Up to four people climb to the top of one post and stand on the same platform. The rest of the group control their ropes. Now the hard part. Lean backwards holding onto each other. Can you keep it together? This needs good communication to succeed. Once you have had a go change around.

Jacob's Ladder



This is an absolute classic activity for a group. In order to succeed you need excellent team work and communication. The idea is simple. Up to four people have to climb to the top of the 7 wooden rungs. Sounds straight forward but the beams are further apart the higher you climb. This is very physical, if you get to the top you will be mighty chuffed.

Climbing



Choose from four different climbing walls up to 12.5m high. With varying degrees of difficulty from sloped walls to vertical straight up climbs there is plenty of choice for everyone. There is even a chance to try our caving ladder inside the tower!

SRT



for those wanting to practice their Single Rope Technique. By special arrangement only.

Tailored Challenge

The beauty of Skylines™ is that it is so versatile. If you want even more from your team development exercise, we can organise a variety of team challenges involving Skylines specifically for you. We are confident that you will not leave us disappointed.

Crate Stack



The aim of the game is to build a crate stake as high as possible in a certain time before it collapses. This requires good planning, communication and co-ordination. This is an excellent exercise for all the team to be involved. Stacks of fun!

Aerial Trekking



Skylines Aerial Challenge™ has two levels of trekking, each with their own individual challenges. Leaving from the tower you will need to negotiate a whole circuit of obstacles and return to the tower. This tests your nerve - you need to keep going to get to the end! Once you have done one level you can try the next or go around again.

Lower Trekking



- Hebbie Gebbie
- Burma Walk
- Scramble Net
- Multi Vines
- Swinging Log
- Traverse Wall
- Bosun's Chair
- Balance Beam
- Rickety Bridge
- Timber Bridge

Upper Aerial



- High Step Over
- Postman's Walk
- Barrel Crawl
- Islands in the Sky
- Hebbie Gebbie
- High Stirrups
- Hanging Logs
- Ballance Beam
- Scramble Net
- Gladiator Rings



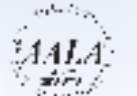
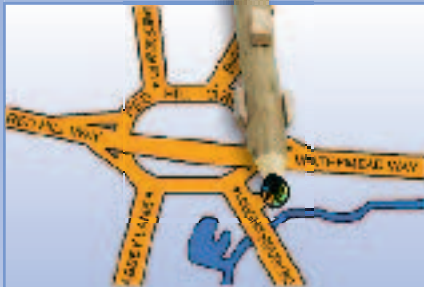
Level of challenge
 Minimum age for activity
 Personal/Team challenge



We are here!

Leicester Outdoor Pursuits Centre
Loughborough Road
Leicester LE4 5PN
Email: info@lopc.co.uk
Web: www.lopc.co.uk
Telephone:

0116 268 1426



APPROVED CENTRE FOR CLIMBING, TREKKING AND WATER SPORTS. L0443 - R0628



INVESTOR IN PEOPLE

Registered Charity Number 1074671



BCU APPROVED CENTRE



A NEW CHALLENGE FOR 2008