

## Outdoor Adventure Club

This is a programme that takes full advantage of the opportunities provided by our unbelievable setting in the Swiss Alps giving campers a chance to participate in a range of activities that are rarely available together in one setting.

Every weekday morning is made up of exciting outdoor activities that range from biking through mountain paths, white water rafting or hiking up in the mountains to spend the night in our mountain hut.

With activities that start from our base just above Leysin to excursions a little further a field, including white water rafting, high ropes course and mountain hut overnight, this camp offers something for every active camper whether they are experienced or simply interested in exciting outdoor activities.

Every day is an adventure and the focus of this camp is not only to have fun with these amazing activities but to develop and refine the skills needed to properly and safely enjoy the outdoors. Our well trained staff adjusts the level of each activity to the skills and experience of each camper, making sure it is both thrilling and safe, while teaching and coaching them in ways that give the camper assurance and self confidence.

The important benefits to campers include developing greater self-esteem, stronger bonding with new friends and counselors and increased self-confidence. These are strong qualities of good leaders and will have a positive affect on campers' future lives.

In the afternoons and evenings the campers are given the opportunity to join in the other camp activities or, at times, carry on with the outdoor pursuits that they enjoy so much.

### Here are some of the activities available in the Outdoor Adventure Club:

- Mountain Biking
- Rock Climbing
- Abseiling
- Mountain Trekking
- Downhill biking
- Rafting (13 years of age and older)
- Outdoor Living Skills
- Mountain Hut Overnight
- Archery
- Orienteering
- High Ropes Course