



# TEAM BUILDING

*Climbing is a healthy, exciting alternative to a corporate cocktail party or golf game. It is a chance to discover how your team works together and how individuals deal with physical challenges that require mental solutions.*

Programmes are structured to meet the needs of the group - the motivational agenda highlights the thrills of climbing.  
(All climbing equipment is provided)

## STANDARD ROOM:

**2 nights: £280<sub>pp</sub>**

- Full breakfast, 3 course dinner & coffee
- Full day team building



**1 night: £190<sub>pp</sub>**

- Full breakfast, 3 course dinner & coffee
- Full day team building



## EXECUTIVE ROOM:

**2 nights: £320<sub>pp</sub>**

- Full breakfast, 3 course dinner & coffee
- Full day team building



**1 night: £210<sub>pp</sub>**

- Full breakfast, 3 course dinner & coffee
- Full day team building



## THE PROGRAMME

- 9 am Meet at Waterfront Lodge hotel
- 9.15 Overview of day and Icebreakers
- 9.40 Expedition to ROKT - The team must navigate their way to ROKT, some members of the team will be blindfolded!
- 10.15 Urban adventure - Above and beyond, the team climbs to the roof, then.....  
Crossing the Swamp - The team has to reach the other side of the swamp using the equipment provided as quickly as possible to gain the 'Lost Treasure'.  
Pyramid - The team must build a pyramid with Foundations, the Armoury, the Vault, the Tomb and the Peak of the Pyramid  
Pipe Dream
- 1.30pm Lunch and 1st behavioural questionnaire
- 2.30 Challenge By Choice - Dark victory, Nuclear Waste, Escape the Spider, Blind Polygon
- 4pm Off Piste - The Ultimate test of Team Work
- 4.40 Space Race - The finale of the day, which team can get in to space.
- 5.30 Review final questionnaire and personal profiles
- 6pm Leave to hotel
- 7pm Meal and Awards

### TO BOOK:

01484 715 566

info@waterfrontlodge.co.uk