

Bookings

Day Groups - the High Ropes Course can be booked for a full or half day session. Residential School Groups - sessions can be added to a pre-booked programme.

Please note there is a minimum age limit of 8 years for this activity and a minimum height restriction of 1.15 metres for the Aerial Trek.



For more details or to check availability please contact:

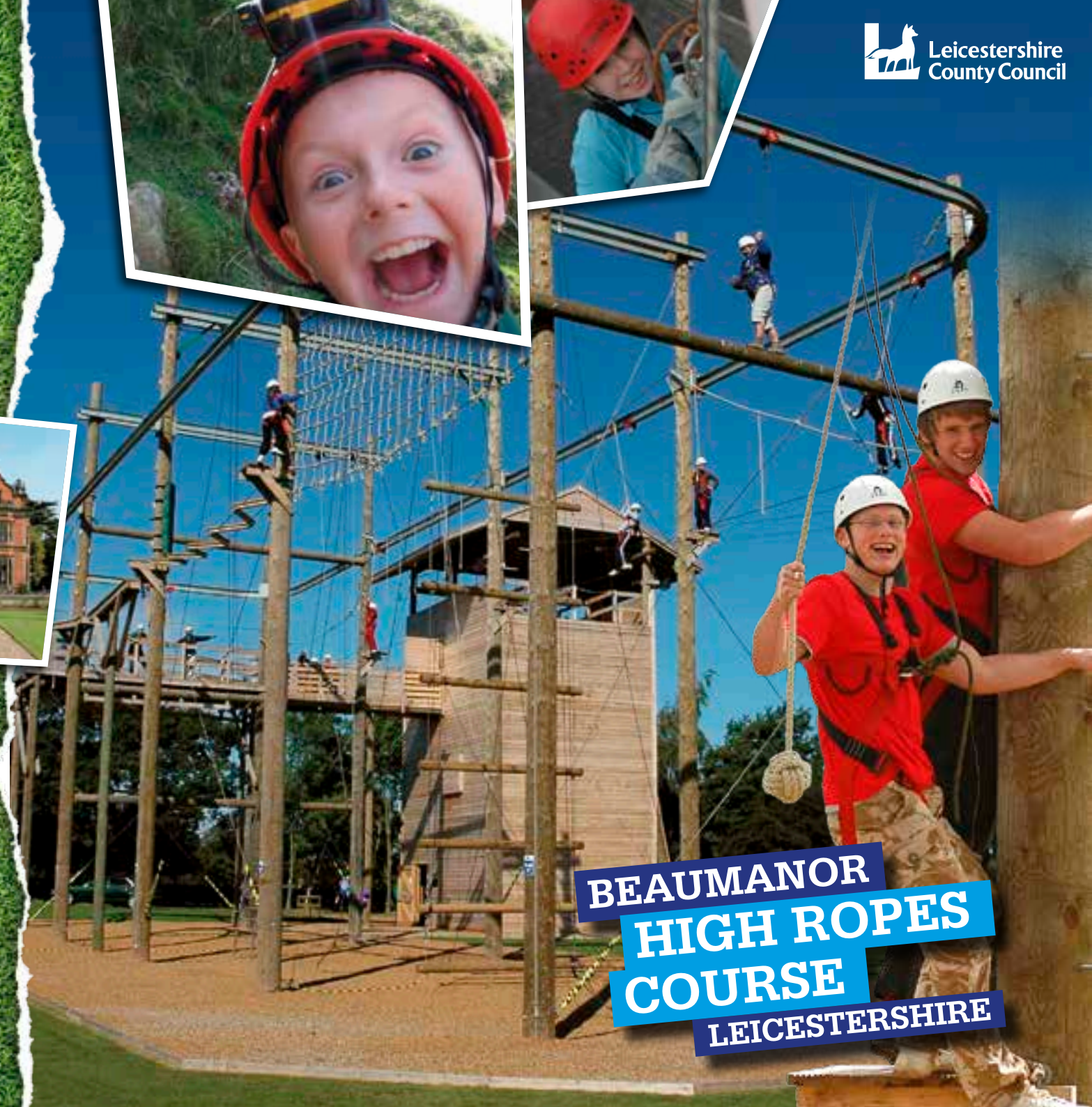

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**BEAUMANOR
HIGH ROPES
COURSE
LEICESTERSHIRE**

HIGH ROPES COURSE

BEAUMANOR HALL

LEICESTERSHIRE

The High Ropes Course at Beaumanor Hall is one of the largest in the country. Standing at 11.5 metres high the course offers a range of different activities from aerial trekking to a twin zip wire.

The course is designed for a number of groups to use simultaneously to help develop teamwork and mutual support. The activities are structured to focus on facing fears and overcoming them with the support of others.

Safety and Supervision

At Beaumanor Hall, safety comes first. All of the activities on the High Ropes Course are led by trained, experienced high ropes instructors. All of the sessions begin with a safety briefing and throughout the activities participants are securely attached to a harness.

HIGH ROPES ACTIVITIES

There are a range of different activities to choose from, each testing a different skill or helping you face a different fear.

Aerial Trekking

This element will test your head for heights and create that adrenalin rush as you walk along ropes and poles 9m/30feet above the ground. There are 9 exciting activities that will challenge your agility and hand/eye co-ordination in a safe and controlled high level environment.

Zip Wire

Enjoy a thrilling ride on one of our two 150m Zip Wires from the top of the 11½m/36foot tower. Participants can travel alone or alongside another team member as they race to the end of the wire.

Climbing and Abseiling

There are floodlit internal and external climbing and abseiling surfaces on the walls of the tower. These activities promote qualities in students such as mutual support and trust, self-esteem, self-reliance, determination, looking after the safety of others, overcoming one's fears and knowledge of one's limitations and how to push the boundaries. All of the staff working with you and leading the sessions are experienced and highly qualified.

Leap of Faith

One of the most daring challenges of the Beaumanor High Ropes Course. Climb a 9½m/30foot pole, balance on top of a small platform and launch yourself into the air to a trapeze bar. The challenge is to face fears and jump for the bar whilst being encouraged by fellow team members.

Jacob's Ladder

Team members work together within a set time, to climb the 8m/25foot ladder, which is impossible without help. The challenges get harder as they ascend and the ladder rungs get further and further apart. This is an activity which emphasises teamwork, communication and facing fears.

High All Aboard

Up to four team members work together to climb to the small platform on the top of a 9½m/30foot pole. The object of the activity is to support each other, as they attempt different balance positions.

Crate Stack

This is an introductory activity, where participants work in small teams to construct the highest possible crate tower beneath them. Teamwork is promoted through peer belaying and encouragement.

Postman's Walk

Communication is the key factor in this activity. Participants are peer belayed up to a balance beam. They must then travel along the beam with another team member and complete various challenges. Once they have completed one challenge, they can ascend to the next two beams completing further tasks.

