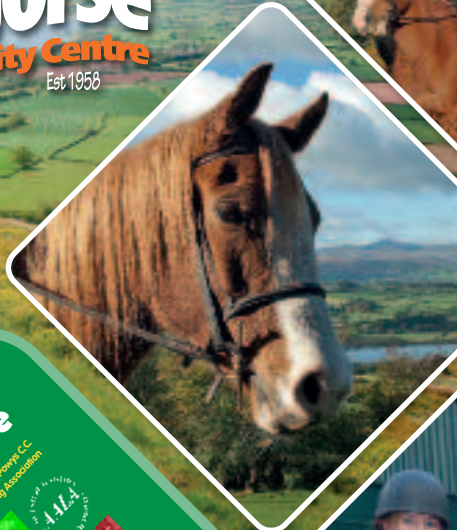


EXPLORE WALES ON HORSEBACK



Llangorse
Multi Activity Centre
Est 1958

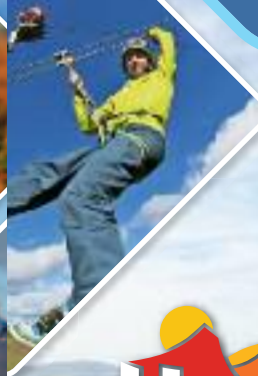


Wales' Leading Riding Centre

The British Horse Society Licensed by Power CC
Wales' Trekking & Riding Association



ACTION PACKED ADVENTURE TRAINING



Llangorse
Multi Activity Centre
Est 1958



Adventure Training Since 1958

Adventure Activities Licensing Scheme
National Indoor Climbing Award Scheme
British Mountaineering Council



Need somewhere to stay?

Visit www.stayinllangorse.com

or give us a call to find out about your accommodation options in Llangorse. Bed & Breakfast, Self Catering, Bunkhouse, Camping, and much more!

www.stayinllangorse.com

How to make a booking

We strongly recommend booking in advance to avoid disappointment.

To make a booking, please call our team on **0333 600 20 20** to talk through your requirements with one of friendly and experienced staff. Phone lines are open from 9am and close at 9pm (5pm on Sunday).



telephone: 0333 600 20 20

website: www.activityuk.com

email: action@activityuk.com

Our activity centre is open all year. Opening times are 9.30am - 10pm, Mon to Sat and 9.30am to 5pm Sun.

More Adventure Better Value!

Due to popular demand and customer interest, we now exclusively offer longer 'Half Day' sessions across our range of the following activities:

- Indoor Activities
- Sky Trek
- Multi Level Challenge Course
- Dingle Scramble

We have also simplified our prices, and made them even better value for money!

Half Day Activity Session £25

Choose any one activity (morning or afternoon).

Full Day of Activities £45

Choose any two activities (one morning, one afternoon).

This can also include Horse Riding!

Unaccompanied children

We recommend that an adult remains on site during activity sessions.

As with all sports we would advise participants to be covered by a personal accident insurance.

Adventure Training

since 1958

Welcome to Llangorse, the home of Wales' Premier Award Winning Indoor and Outdoor training centre, set in the stunning Brecon Beacons National Park, Mid Wales.

For over 53 years, we have offered a cross section of exciting activities for people of all abilities unrivalled anywhere else in the UK. Visitors to our centre include everyone from individuals, families, corporate companies, schools & colleges as well as the armed forces.

Every individual that visits Llangorse Multi Activity Training Centre will receive fully instructed training by highly qualified and experienced instructors. Detailed guidance will be given in the use of all safety equipment enabling our guests the opportunity to participate in a number of high quality activities that are exciting, challenging, and most importantly, safe.

Come to Llangorse and enjoy a fulfilling and unforgettable experience!

Families

Fun for all the Family!

If you're planning a family holiday or short break in Wales, then the Brecon Beacons National Park is the perfect destination.

Each year millions of visitors travel to enjoy the vast and varied landscape and take advantage of the many activities it has to offer. With over 53 years of experience in family adventure holidays, we understand best what parents and their children want from a holiday!

We offer activities for children from the age of 4 years and will happily tailor an action packed day for the whole family. All of our activities, as well as being great fun, will teach you new skills that will stay with you for the rest of your life. For younger children we also have a designated play area; all this in a safe and secure environment.



Schools & Groups

If you're planning a school trip or group holiday in Wales, then Llangorse Multi Activity Training Centre in the heart of the spectacular Brecon Beacons National Park, is the perfect destination. We have over 53 years of experience in organising events for all kinds of schools and groups. From primary schools to universities, to small groups of friends or a family reunion...

Schools

We understand the requirements of teachers and pupils can vary greatly between educational establishments. At our training centre we are able to respond to these demands and offer the very best training imparted by highly qualified and experienced instructors.

Group Programmes

We regularly run tailor made programmes for groups of all sizes. These days can be as simple as a few hours together with a group of friends, having fun and taking part in a variety of challenges, to a fully themed event day.

Give us a call or visit our website for more information...

Corporate Training Events

Team Building

With over 53 years experience in the activity market, the qualified instructors at our training centre appreciate fully that team-work is essential. We are committed to assisting our clients to develop their businesses.

We provide a range of exercises and challenges which are designed to tackle some common issues in the workplace, such as time management, delegation, communication and trust. These challenges will help employees by...

- Developing individuals' strengths to maximise input within the team
- Assist in promoting support and trust between colleagues
- Empower your team members to visualise and focus on the ultimate goal
- Become more productive and learn to share information
- Realise that so much more can be gained by working as a team

Our range of team building events and exercises cater for a wide range of needs. In our experience, no client has the same brief for their event, so flexibility and adaptability are a big part of our philosophy.

Visit www.activityuk.com for more information.

Our multi-award-winning Indoor Activity Training Centre is open all year round and offers a wide variety of fun-filled and educational activities!

On our half day activity session you will be able to try out a selection of our indoor activities within a controlled and safe environment:

- Wales' only indoor natural rock climbing
- Artificial rock climbing walls
- Low level bouldering areas
- Test your balance on the rickety rope bridges
- Scramble across the high level cargo net
- Extensive natural rock caving system
- Abseiling from 16 metres or a beginners tower
- Fly down the indoor zip line
- Climb 'Dudley' the Dragon & 'Phil' the dinosaur!

Skills & Training

You will receive comprehensive training at every stage from fully qualified and experienced instructors who will develop your skills and educate you in the use of all safety equipment. You will receive a certificate of your achievements.

Checklist!

- Ages 6 years and over
- Experienced and friendly staff provide fully instructed sessions
- All safety equipment is provided
- Clothing should be comfortable

Prices
6 years & over

**Half Day
Activity Session**
£25 per person
Choose any one activity

Full Day of Activities
£45 per person
Choose any two activities (one morning, one afternoon)
This can also include horse riding.

INDOOR ACTIVITIES



tel 0333 600 20 20 activityuk.com

INDOOR CLIMBING

Prices
1hr Taster or Refresher Session
£15 per person
2hr Improver or Refresher Session
£26 per person
Experienced Climbers: Please give us a call or visit www.climbinguk.com for information on membership and admission costs. Climbing equipment is available for hire.

tel 0333 600 20 20 climbinguk.com

Wales' best kept climbing secret...

Come and climb at Wales' leading dedicated indoor Climbing & Training Centre! We provide high-quality facilities for all ages & abilities - both experienced climbers and those looking to get involved in the sport. A fun and exciting activity suitable for all the family. The centre boasts many unique features:

- Over 1,580 m² (17,000 ft²) of climbing surface
- The only indoor natural limestone featured climbing walls in Wales - great for practising climbing outdoors
- Artificial featured climbing walls (up to 15m from the ground!)
- Large bouldering areas with plenty of interesting routes
- A challenging 18m caving ladder
- Rope and Tree Climb for the more adventurous climber!

New in 2010

A large new climbing & bouldering area was added last year; unique, outstanding and innovative features and climbs test even the most advanced climber - the first person to try out the new challenges was the world-renowned climber, Dave MacLeod.

Experienced climber?

Our climbing centre is a great place for competent climbers! We have plenty of challenging routes that will test your physical & mental ability, many with top-ropes in place. Most of our walls are also suitable for lead climbing - just bring your own rope.

New to climbing?

We regularly run 1 hour 'Taster' sessions that will give you an introduction to climbing and teach you the basics in a safe and comfortable environment with experienced instructors.

We also run children's climbing clubs for children aged 8yrs & over at our NICAS Awarding Centre.

Looking to improve?

Once you've got off the ground, improve your skills or learn to lead climb by booking one of our 2 hour 'Improver' sessions. We can also provide advanced tuition for those wanting to learn even more. Contact us to discuss your requirements.

Some past experience?

Looking to get back into climbing but need a bit of a refresher? Our one or two hour 'Refresher' Sessions will quickly get you back on track.



Aerial Zip Line's - We Call it... Sky Trek!

The Sky Trek Experience is a new, unique and exciting activity not to be found anywhere else in Europe! Sky Trek is a series of over 14 connected zip lines travelling between trees at heights of up to 22 metres as it zig-zags down the mountainside.

At over 3 kilometres in length, the Sky Trek system hangs high in the canopy of the trees. Your Sky Trek tour allows you to observe our breathtaking landscape from a different perspective. The observation platforms give unrivalled panoramic views across Llangorse Lake to the peaks of the Brecon Beacons in the distance.

Skills & Training

You will receive comprehensive training at every stage from fully qualified instructors who will develop your skills and educate you in the use of all safety equipment. Those who wish can take on the adrenalin-charged longer and faster runs at up to half a kilometre in length - the longest zip line in Britain! You will receive a certificate of your achievements.

The system developed at Llangorse Multi Activity Centre is the first in Europe, if not the world, to use a true twin wire system, ensuring the ultimate in safety for our guests. Sky Trek is constantly evolving, with more runs being added every year.

Checklist!

- Ages 12 years and over
- Experienced and friendly staff provide fully instructed sessions
- All safety equipment is provided
- Clothing should be comfortable

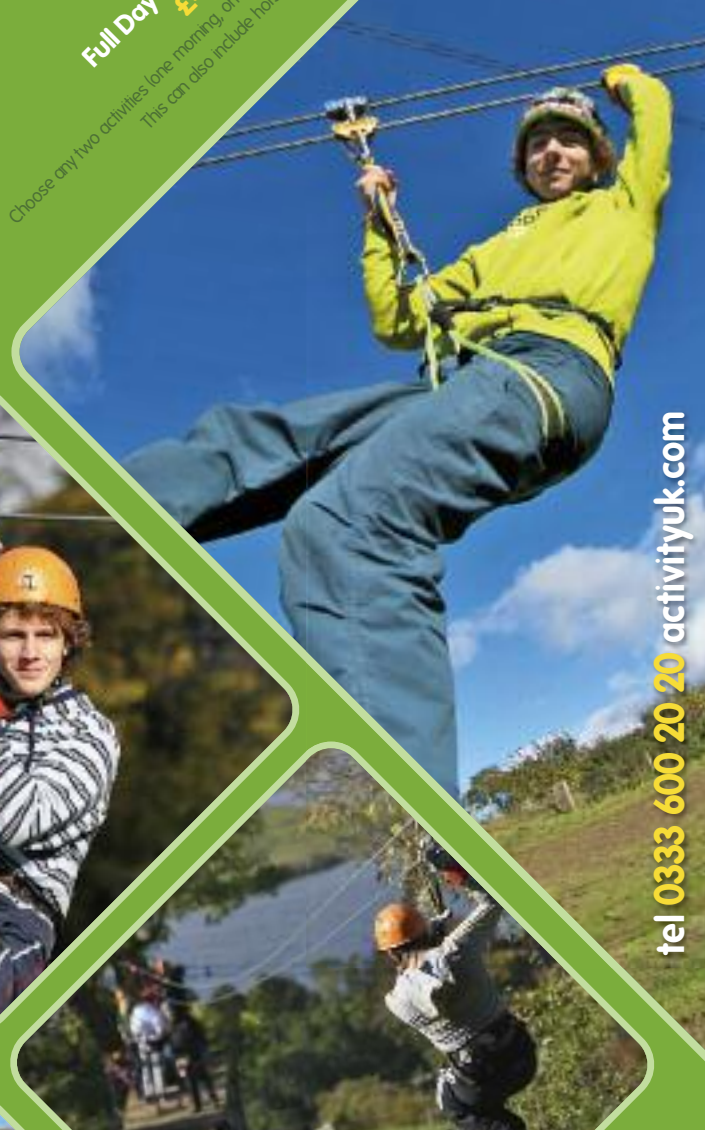
Prices
12 years & over

**Half Day
Activity Session**
£25 per person
Choose any one activity

Full Day of Activities
£45 per person
Choose any two activities (one morning, one afternoon)
This can also include horse riding.

SKY TREK EXPERIENCE

Choose any two activities (one morning, one afternoon)
This can also include horse riding.



tel 0333 600 20 20 activityuk.com

DINGLE SCRAMBLE

Prices
8 years & over

**Half Day
Activity Session**
€25 per person
Choose any one activity

Full Day of Activities
€45 per person
Choose any two activities (one morning, one afternoon)
This can also include horse riding.

Uphill, wet & muddy!

Possibly the most fun you can have and still learn more about yourself and your friends/colleagues at the same time.

Our dingle scramble follows the stream (1.2 km in length) rising over 150 meters and comprises of a number of carefully thought-out obstacles. You will encounter cargo nets, logs to climb over and under, 12m tubes, water features and much, much more.

Skills & Training

The emphasis here is very much on team building. Our qualified instructors will assist and encourage guests to learn new skills in a relaxed but challenging environment. Areas covered include:

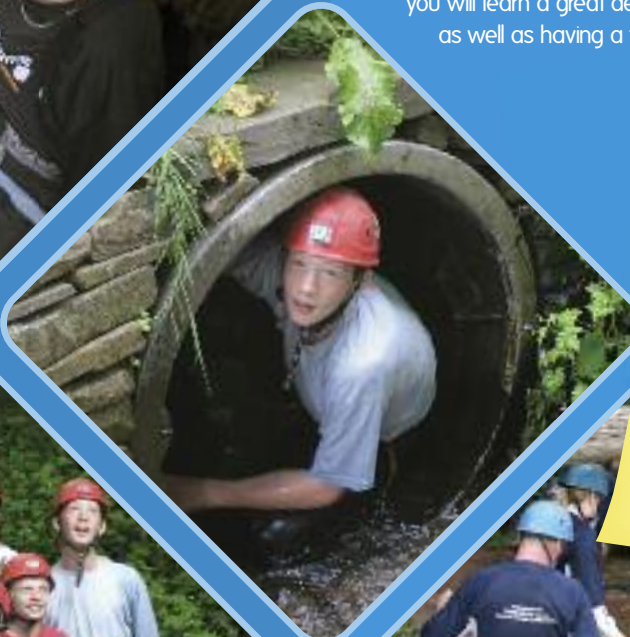
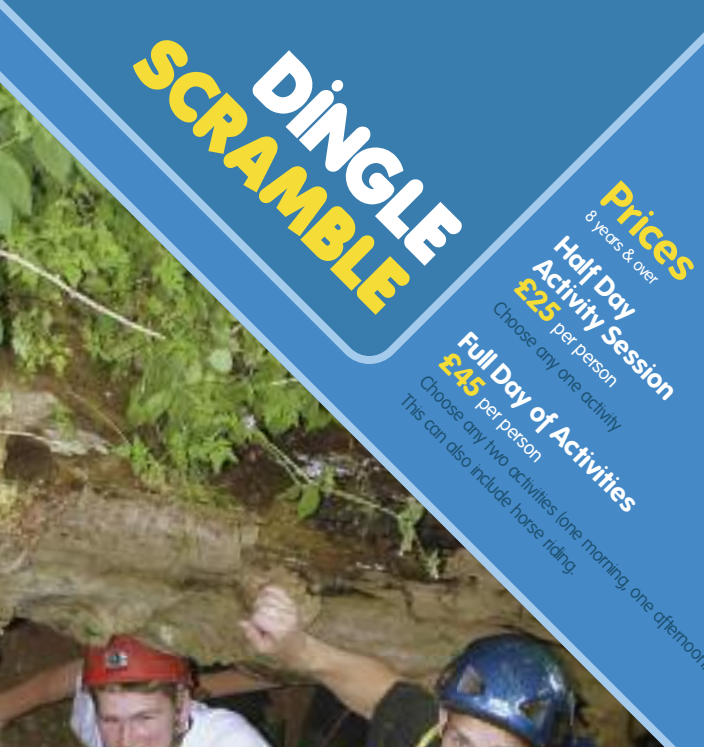
- Open communication
- Problem solving
- Planning
- Shared responsibility
- Developing relationships
- Leadership
- Time management
- Trust & support
- Working towards a common goal

Team building goes hand-in-hand with fun and yet impacts on all aspects of our lives. Whatever your reason for booking this activity, you will learn a great deal that will remain with you forever, as well as having a thoroughly enjoyable time.

Checklist!

- Ages 8 years and over
- Be prepared to get wet and muddy!
- Experienced and friendly staff provide fully instructed sessions
- All safety equipment is provided
- A change of clothing and a wash kit is essential, as are sturdy boots or wellies - a selection of wellies are available if required.

tel 0333 600 20 20 activityuk.com



The Multi Level Challenge Course is a high ropes course with over thirty individual challenges, starting at a low level and progressing up to 12m in the air!

The course is made up of 3 different 'squares', with each square offering a different set of challenges across a series of levels at varying heights.

As you complete each set of challenges, and as your courage increases, you can progress to higher levels tackling more demanding activities, including:

- A cargo net
- Hanging tyres
- Criss-cross wires
- Swinging & revolving logs
- Tight rope walks
- Indian rope bridges
- Stepping stones and swings

If that's not enough, larger groups can challenge each other in our head-to-head activities including 'Jacobs' ladders, caving ladders, rope climbs and a High Level 'All Aboard'!

Skills & Training

You will receive comprehensive training at every stage from fully qualified and experienced instructors who will develop your skills and educate you in the use of all safety equipment. You will receive a certificate of your achievements.

Checklist!

- Ages 12 years and over
- Guests must be able to reach the safety line at 5' 9" (175cm) high.
- Experienced and friendly staff provide fully instructed sessions
- All safety equipment is provided
- Clothing should be comfortable

MULTI LEVEL CHALLENGE COURSE

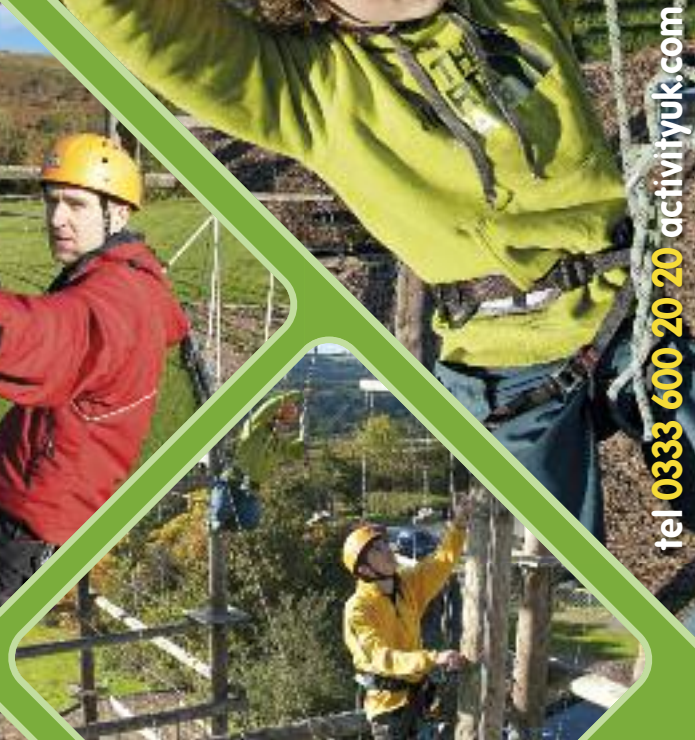
Prices
12 years & over

Half Day
Activity Session

£25 per person
Choose any one activity

Full Day of Activities
£45 per person

Choose any two activities (one morning, one afternoon)
This can also include horse riding.



tel 0333 600 20 20 activityuk.com

HORSE RIDING

Prices

Beginners - 7yrs & over
Experienced - 12 yrs & over

Hour Trek **£20**

Half Day from **£30**

Full Days can be booked for
Intermediate or Experienced Riders.
Please give us a call or visit
www.ridinguk.com for our full price list.

All that's best in the countryside can be experienced on horseback

The best way to savour the gentle valleys and beautiful views of the Brecon Beacons, Black Mountains and Llangorse Lake is from horseback.

All of our rides are enjoyed on over 25 miles of private bridleways within our own land and on vast areas of adjacent hillside giving a real sense of freedom and feel for the open countryside. We can also tailor the riding experience to suit the age and ability of groups.

Never ridden a horse before?

Come and try a half day trek with our friendly instructors who will give you a riding demonstration on the basic techniques before you go out, and lots of help and advice along the way.

Some past experience?

If you've had some past riding experience then join us for a half or full day ride. We can give you advice and help improve your riding skills, so that you can gain confidence throughout the ride.

Experienced Rider?

Join us for an exciting half day or full day Hack in the foothills of the Brecon Beacons. We have horses to suit each rider's experience and miles of off-road riding routes with stunning views.

Young Children from 4 years

20 minute pony rides on the lead rein with an instructor can help children take their first steps towards riding.

Children from 7 years

Trekking, riding or lessons are available for older children to enjoy.

Schools & Groups

We can cater for small or large groups all year, and can offer special group rates.

- Friendly experienced staff will accompany you
- European standard hard hats are inclusive and riding boots are also available
- Clothing should be comfortable & suitable for the weather

tel 0333 600 20 20 ridinguk.com

