

ÄVENTYRSBANAN

School and associations program. For classes 3-6, 20-30 participants.

HIGH ROPE COURSES

High rope courses is a fun activity, that provides an inner challenge and training in handling things on your own. For classes 3-6 (9-12 years) our course Sanda is suited, which is one of our lower courses, up to 8 meters height. In total the courses have over 25 different obstacles between the trees, many of which are ziplines. Guides will be present the whole time to support and watch over course safety. Participants must be over 140cm height and 9 years of age.

age.

TEAMBUILDING

Get started Suitable for new groups where participants do not know each other well. Easy, quick games that get the children to let go and talk to each other. The program is made as a fun intro to, for example, the high ropes course.

Kamratbanan ("the buddy course") the activities are built close above ground, and the group is supposed to progress without touching the ground during challenges like walking on a log, riding zip-line, rope swings, and walking on "ice blocks". Here the participants need to work together to progress on the course.

WILDERNESS

Exciting tour with different missions on the theme of outdoor life. Participants get to light a fire without matches, build their own compass and learn to navigate in the forest, build cairns and look for animal tracks. Students experience the grandeur of the forest, which increases their interest in outdoor life and spending time in nature.

FOOD

Reserve Skogslägret ("the forest camp") for a lunch or dinner around the fire. In the camp there is a fireplace with grill netting, firewood and things required to start a fire. Two large tipi tents will provide shelter from the weather if required. Next to the high rope course Sanda there is also a fireplace with wind protection that suits smaller groups of up to 20 people.

STAY OVER NIGHT

Stay over the night in our tipi tents and experience wilderness life! Here you will also find fireplaces for grilling. If you wish to avoid handling food on your own book our wilderness chef. Sjölägret ("the sea camp") next to the Sanda lake is a gorgeous spot, with cliff spots for swimming and an incredible view of Nackas nature. For larger groups, or if you prefer proximity to parking and bus, you can choose Skogslägret ("the forest camp"). When you rent one of our camps you are yourself responsible for the camp and participants.

NATURE

Experience the lovely Erstavik forest. Go to the Sanda natural spring and read more about why the

water is so pure here. We also have an exciting walking loop through the forest, where the students are supposed to read out a sentence by finding letters hidden in the woods.

ACTIVITIES		
Prices apply for 20–35 participants		
SHORT PROGRAM about 2 hours	Price weekdays	Weekends
High rope course	7 000 kr	9 000 kr
Teambuilding	8 000 kr	10 000 kr
Wilderness	8 000 kr	10 000 kr
HALF DAY PROGRAM about 3,5–4 hours	Price weekdays	Weekends
High rope course & teambuilding	11 000 kr	13 500 kr
High rope course & wilderness	11 000 kr	13 500 kr
<i>Price addition if more than 30 participants</i>		
FULL DAY PROGRAM, about 6 hours	Weekdays only	
Having troubles choosing? Do all 3 activities: High rope course/teambuilding/wilderness	18 000 kr	

LUNCH	
GRILL ON YOUR OWN	1 500 kr about 2 hours
Rent the forest camp for grilling or picnic (large fireplaces and tipi tents are included, hosts up to 80 persons)	
GLÖD BAKFICKA	120 kr per person
Falurulle (tunnbrödrulle with sausage)	students pick their lunch from
Chiliconcarne with sour cream and nachos	Glöds foodtruck
Includes water and lingonberry drink. Vegetarian and special dietary alternatives are available.	

OVERNIGHTING ca 16.00-10.00	
Sea camp (not available Sat/Sunday) Max 35 people	9 000 kr
Add sleeping bags and mattresses	+2 000 kr
Add wood fired sauna	+2 000 kr
Forest camp (available weekends)	
Up to 50 people (bring own sleeping bags etc.)	9 000 kr

WHAT YOUR DAY WILL LOOK LIKE

On the high rope course we usually split the class into groups of about 15. One group begins with a rundown of equipment and safety rules, as well as training on ground level. The other group visits the Sanda water spring or walk the letters forest loop, and start their rundown 30 minutes after the previous group. If you've booked a combined program the groups will begin simultaneously at the

different stations. We can host at most 1 class at a time. Multiple classes can come the same day with a 2-hour interval.