

ÄVENTYRSBANAN

School and associations program, grade 7-9, 20-35 participants.

HIGH ROPE COURSES

High rope courses are a fun and educational physical activity that grants an inner challenge and training in handling things on your own. The courses have several physical and mental challenges between the trees, as well as several zip-lines. Our guides are present up in the course throughout the program, where they support participants and monitor safety. For high school (grades 7-9) classes the intermediate courses (red) are suitable. Depending on the students sometimes one of the lower or higher courses are suited as well. Participants must be over 150cm or 13 years of age for the red courses. At blue or green courses younger or shorter students can participate, from 140cm.

TEAMBUILDING

Get to know each other 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.

Depending on the maturity of the class, the ground track can sometimes replace the peer track.

WILDERNESS

Mission wilderness

Exciting challenges with a wilderness theme. Here the students get to use their creativity and imagination to solve tasks. After we run through answers and solutions and show methods and tricks that are both useable and create an interest in wilderness life and nature.

FOOD

Reserve Skogslägret (“the forest camp”) for your own lunch or dinner. 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. If you want to order lunch from us, Bakfickan has school prices, see below!

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

See the beautiful Erstavik forest! Walk the Erstavik loop and learn more about the forest reserve. Feel free to arrive before your starting time and walk to the Sanda water spring, drink the amazingly pure water and learn more about why there's a natural spring here.

ACTIVITIES		
Prices apply for 20–35 participants		
SHORT PROGRAM about 2 hours	WEEKDAY PRICE	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	WEEKDAY PRICE	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	
Trouble 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 included, hosts up to 80 people)	
GLÖD BAKFICKA	120 kronor per person
Falurulle (tunnbrödrulle with sausage)	students fetch their lunch from
Chiliconcarne with sour cream and nachos	Glöds foodtruck
Includes water and lingonberry drink. Vegetarian and special dietary alternatives available.	

OVERNIGHTING ca 16.00-10.00	
Lake camp (N/A 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 (bringing own sleeping bags etc)	9 000 kr