

ÄVENTYRSBANAN

School and associations program

HIGH ROPE COURSES

High rope courses are a fun activity that provides an inner challenge and training in handling things on your own. The courses have several different physical and mental challenges between the trees, as well as several riveting zip lines. Guides are present up in the trees for the full activity, where they support participants and monitor safety. Participants must be over 150cm and 13 years of age. For gymnasium classes we recommend one red and one black course. It is of course possible to swap one of the courses for an easier one.

TEAMBUILDING

Markbanan ("the ground course") is our popular balance and cooperation course, that is just as well liked as it is hard to explain. On wires suspended slightly above ground the group tries to progress without touching the ground. Impossible on your own, but if the group cooperates it will succeed. Suited for groups that know each other beforehand and are somewhat athletic. A real boost for making the group tighter.

Get to know each other is perfect for a fun start to high school. Various "ice-breakers" and collaborative exercises on the ground get students to be curious about each other, let go of the pressure and laugh together.

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 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 (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 (bringing own sleeping bags etc)	9 000 kr