

ÄVENTYRSBANAN

Discover Exciting Adventures and Strengthen Team Spirit!
for classes 7-9

High Ropes Course

High ropes courses are an exciting and enriching activity that combines physical exercise with mental challenges. Winding through the trees, the courses feature a variety of obstacles and several ziplines that entertain while encouraging participants to step out of their comfort zones and challenge their inner motivation.

Experienced guides are always on-site to provide support and ensure safety throughout the experience. We begin with a safety briefing and practice at ground level.

For middle school classes, we recommend the intermediate (red) courses. Depending on the students' skill levels, higher or lower courses may be suitable.

To participate in the red courses, a minimum height of 150 cm and a minimum age of 13 years are required.

Team Building

Get Started

Perfect for new groups in the process of getting to know each other! Through fun and simple games, we help participants relax and start collaborating. The program is made as a fun intro to, for example, to the high ropes course.

Kamratbanan

The “buddy course” focuses on teamwork. Activities take place close to the ground, and the group must work together to move forward without touching the ground. Challenges include balancing on a beam, riding a zipline, swinging on a vine, and crossing “ice floes.” Together, you’ll build bonds and strengthen the team.

Wilderness

Forest Adventures

Embark on an exciting forest trek filled with outdoor challenges! Participants will try starting a fire with fire steel, building a compass, navigating in nature, constructing cairns, and searching for animal tracks. This experience fosters curiosity and respect for nature, giving students an unforgettable sense of adventure.

Forest Trail

We want every child to leave with a fantastic forest experience. That's why we've created the Forest Trail. Along the beautiful path, hidden letters form a secret message, making the walk exciting for students. The walk also takes you past a natural spring, where the magic of the Ice Age has shaped the landscape.

FOOD

Reserve the Forest Camp for your own picnic. It features a large fire pit with a grill grate, firewood, and equipment to start a fire. If the weather calls for it, two large tipi tents are ready to provide shelter.

Want to skip cooking? Glöd's annex offers delicious and eco-friendly food that you can pick up and enjoy at tables, benches, or logs in the scenic surroundings.

OVERNIGHT STAYS

Deepen your connection to nature with an overnight stay in our spacious Tentipi tents. For many students, this is a unique experience and perhaps their first time sleeping in a tent. Each campsite has sturdy fire pits for cooking and gathering.

We offer two different campsites for overnight stays:

- **The Lake Camp** by Sandasjön is an idyllic location with cliffs and stunning nature, perfect for groups seeking seclusion.
- **The Forest Camp**, ideal for larger groups or those wanting proximity to parking and buses, is a cozy and convenient alternative.

When renting one of our campsites, you are responsible for the area and the participants.