



Venturing Out CIC - School Holiday Activities Tree Climbing & Orienteering Information Sheet



What is Tree Climbing?

Get to grips with nature on this fun recreational climbing activity. You will learn about the rope systems used for scaling trees whilst prusiking your way up through the canopy. During the session you may also get a chance to try slacklining and some bushcraft activities.

What is Orienteering?

Sport Ident (Digital orienteering) is an engaging way to find controls using a map. Gone are the days of using pin stamps. You can take part for fun or competitively and don't need any previous experience. Courses will be set up throughout the Lodge Grounds.

Where is the venue?

This activity will be based at the Lodge Grounds in North Berwick.

The Lodge grounds can be accessed from various entries as shown with red circles on the map below. We will meet at the green pavilion building in the middle of the park, marked by the black circle.



Time

9.30am to 12.30am or 1pm to 4pm

Do I need to bring anything?

- Please ensure your child has clothing that is appropriate for the weather.
- On warm and sunny days, sun cream is advisable
- Packed lunch
- Drink bottles must be clearly marked

Have you completed a consent form? The form can be found here:

<https://www.123formbuilder.com/form-4768720/form>