



Outdoor Activity Guide

During the Saturday afternoon there will be an optional outdoor activity session. To join in with this session you are required to book a space. You will have the opportunity to engage with outdoor activities.

Available High-Level Activities:

- Climbing – [click here](#)
- Zipwire – [click here](#)
- Leap of Faith – [click here](#)
- Gladiator – [click here](#)

What happens in the 90-minute session?

First Whitemoor Lakes will give a safety briefing. By engaging in the activities you automatically agree to Whitemoor Lakes conditions. Then you get to choose what activities to engage with and the number of times, depending on popularity of the activity.

How to book a place?

You can book your *Outdoor Pursuit Afternoon Activities* extra on SOLIDROCK – [click here](#). There is a restricted number of spaces available, so once they are gone that is it. Book your extra now!

£20 per person

What to wear?

Clothing: Participants in activities must wear suitable 'sports' type clothing (imagine you are attending a school sports day – you wouldn't wear your Sunday best!). Close toed shoes, comfortable clothing, and long hair tied back is mandatory. No jewellery, lanyards, or anything else that may be caught by the equipment. Additionally, crocs, wellies, sandals, open toed shoes, 'short' shorts, crop tops, revealing clothing etc. are NOT permitted - this is for both safety and safeguarding reasons. Please note, any attendees not wearing suitable clothing will unfortunately be denied the ability to partake in activities.