

## Activities at Living Springs

Living Springs has many activities to choose from.

- Tree Climbing
- Bouldering Wall
- Crate Stack
- Rifles and Archery
- Archery Tag
- Walk-In from Governors Bay
- Swimming Pool
- Burma Trail
- Mountain boarding
- Bush Ecology
- Adventure Stream
- Bushwalk
- Outdoor Living Skills
- Initiatives
- Low Ropes
- Farm Park
- Code Cracker
- Balanz Bikes
- Campfire
- Spotlight/Colours
- Animal Ecology
- Orienteering
- Animal Survival
- Animal Ecosystems
- Bush Ecology
- Recreation
- Adventure Based Learning
- Zipline
- Kahikatea Story
- Outdoor Ball Games
- Carnival Games

**Tree Climbing** – Challenge yourself by scaling our giant *Macrocarpa* trees. The trees are equipped with climbing holds and climbers are kept safe with ropes, harnesses and helmets. Beware, the view from the top is breath-taking! *Price dependent on numbers. 20 people max per session.*

**Boulder Wall** – Our purpose-built indoor bouldering wall is a great place to challenge yourself, grow in confidence and learn new skills. A session at the bouldering wall includes climbing techniques, fun games and an opportunity for climbers to test their skills and endurance. *30 people max per session.*

**Crate Stack** – Stack the crates underneath your feet as you climb up your own handmade tower. This activity is run in the indoor bouldering wall and participants are kept safe with harnesses and ropes. Crate stack is best for small groups. *15 people max per session.*

**Mountain boarding** – If you've never heard of Mountain boards, think off-road skateboards with foot bindings and a mountain bike brake. With 8" rubber tyres, these boards are suitable to roll over almost any surface however to begin with we'll get you learning on a gentle sealed roadway. All riders wear full protective gear (helmets, knee pads, elbow pads and wrist guards) and we'll show you how to use the brake to control your speed. As riders grow in ability, we'll open up longer and more difficult routes to ride. *Price dependent on numbers. 24 people max although 12 is ideal. Suits Year 7 and up.*

**Rifles and Archery** – A classic at Living Springs. Test your marksmanship and practice your bow skills at our dedicated shooting range, set in a beautiful part of our native bush. Have a go at both activities within the one session. *30 people max per session.*

**Archery Tag** – Our newest activity is an exciting addition, it's like paintball with foam-tipped arrows. Players are first given some time to practice their archery skills before suiting up

with paintball masks and taking to the field to play. Players shoot the foam-tipped arrows at the opposing team and their target in a controlled and closely-managed environment. Can also be played indoors if it's wet outside. *Price dependant on numbers. 30 people max per session.*

**Adventure Stream** – Abseil down rock faces as you venture down our stream, which flows down a beautiful bush-clad gully. Groups are led by trained instructors, who encourage and assist participants to grow in self-confidence and mutual support. *20 people max per session.*

**Rogaine** – Like an extended version of orienteering, with target shooting, climbing and puzzles thrown in, Rogaine is a challenging but fun activity. Grouped together into teams of approx. five members, participants must strategise to get the most amount of points in the given time (2.5hrs). This will include hill-climbing, map reading, finding markers, climbing on the bouldering wall, shooting targets with air rifles and bows/arrows, and solving word puzzles. Due to the physical nature and limited supervision of this activity, Rogaine is best suited to teenage and adult groups. *Price dependant on numbers. Minimum of 10 people per session, maximum of 50.*

**Bushwalk** – Not just a stroll through the bush but a journey of discovery. Learn interesting facts about native birds and trees, and find out how early Maori used the bush as supermarket, pharmacy and hardware store. The bushwalk includes a visit to our famous 800-year-old Kahikatea, one of the oldest trees on Banks Peninsula. The history of the Kahikatea has been immortalised in a childrens' fantasy story, written by our Living Springs historian. *40 people max per session.*

**Outdoor Living Skills** – New Zealanders have a great love of the outdoors and it's important for young Kiwis to learn basic survival skills. Participants will be given the opportunity to build their own shelters, light a fire using flint and steel, and prioritise the essential items to take when going into the bush. This is a great problem-solving group activity. *30 people max per session.*

**Initiatives Course** – Roll up your sleeves, put on your thinking cap and rally your team to take on our Initiatives Course. Set in a beautiful stand of Kanuka trees, the course comprises eleven separate challenges, all of which require thinking outside the square, cooperation and trust to succeed. *60 people max per session.*

**Low Ropes Course** – Test your balance and agility, and develop trust in your team members at our low ropes course. The course comprises six elements, each of which can be modified to increase difficulty. *30 people max per session.*

**Orienteering** – Explore the wider Living Springs campus with our take on the classic orienteering activity. Learn how to read a map and race your classmates to complete the course. This activity is ideal for both large and small groups.. *100 people max per session.*

**Animal Survival** – One of our most popular activities, Animal Survival is like a treasure hunt crossed with a giant game of tag. In addition, the game illustrates the impact of human

occupation and introduced species on our native New Zealand fauna. This activity can be trusted to burn off excess energy and is suitable for groups up to 90.

**Animal Eco-systems** - Explore the concept of animal interactions and the impact that non-native species may have on native species. Through discussion, exploration and games, students will develop a deeper understanding of the impact non-natives species have in New Zealand habitats. *30 people max per session.*

**Bush Ecology** - Students will receive an introduction into plant identification, with a focus on native New Zealand plants. Through observations, peer-teaching and drawing, students will learn how to identify plants, along with how these plants have been used by both Maori and Europeans. *30 people max per session.*

**Walk-in from Governors Bay** – Journey through time by learning about the volcanic formation of the Lyttelton Harbour, the successive waves of people who called it home, and the impact they have had on the harbour basin. Guided by one of our knowledgeable local instructors, the walk-in is a great way to start your Living Springs camp experience. Students will be able to explore the rock pools at Governors Bay, subject to the tide. *No maximum number.*

**Farm Park** – Pony rides, cow milking, animal feeding, wagon rides – it’s all happening down on the farm. Our Farm Park is a great place for kids to interact with a variety of farm animals and learn the importance of agriculture to New Zealand’s economy. *Price dependant on numbers. 120 max people per session.*

**Recreation** – A suite of activities located close to the main camp that don’t need staff management but can be supervised by responsible adults. Recreation includes mini-golf, trampolines, rope swing, carpetball, a variety of ball games on our new multi-level playing field and the famous monorail – a must do for every young child in Canterbury. **Free for school groups. No maximum numbers.**

**Swimming pool** – Make a splash in our heated indoor swimming pool. 15 meters long and 1.4 meters deep (at its deepest), this pool can cater for up to 70 children. Basketball hoops at either end add to the fun (balls provided).

**Balanz Bikes** – Using your body weight to steer a three-wheeled bike around a track, the Balanz Bikes are a favourite activity at Living Springs. *15 people max per session. Usually run as part of recreation.*

**Zipline** – Harness up and clip in, you are about to take flight! Spanning 60m over a deep gully, our zipline is a great thrill and a perfect starting place for those interested in experiencing bigger ziplines around Christchurch. *A Living Springs instructor will lead this activity, which is normally run during recreation time.*

**Burma Trail** – Hold on to the rope and pick your way along our Burma Trail, going under, over or through any obstacles in your way. Can be used at night or with blindfolds during the day. This activity is self-run by responsible adults who will be briefed by Living Springs staff. *50 people max per session.*

## **Night Activities**

**Camp Fire** – Sit around the campfire and watch the flames, as you roast marshmallows and recount your camp experiences. Living Springs has two different camp fire sites, and will provide firewood, marshmallows and spikes to roast them on. *60 people max per session.*

**Kahikatea Story** – Written by our Living Springs historian, this children’s fantasy story tells the history of the Lyttelton Harbour through the eyes of our 800-year-old Kahikatea tree. Listeners will be transported back in time to the early European settlers, the first Maori tribes to occupy the harbour and the pre-human days of the Moa and Haast Eagle. We are currently working on illustrations for this story and plan to develop an audio/visual presentation that can be watched by groups at their convenience. *No maximum numbers.*

**Outdoor Ball Games** – Our new level playing field is a great platform for a variety of ball games, from touch rugby to basketball, soccer and hockey. Be inspired by the awesome view as you play your favourite game. *Free. No maximum numbers.*

**Spotlight/Colours** – Brilliant outdoor games to run out the last bit of energy at the end of the day. Depending on how much light is left, either colours or spotlight provide a fun activity for all to enjoy. *No maximum numbers.*

## **Wet Weather options**

**Adventure-Based Learning (ABL)** – A series of team problem-solving activities that can be run in our main auditorium. Although the individual challenges are different, the overall theme of ABL is very similar to the Initiatives Course.

**Carnival Games** – Roll up, roll up, buy your tickets and try your luck. Carnival games allows children to pit their skills against our challenges in an effort to win as much (fake) money as possible. Normally run in the main auditorium but could be played in dining room if necessary.

**Animal Eco-systems and Bush Ecology** – These two environmental education programmes can be easily modified to be run indoors, if necessary.

**Kahikatea Story** – We are currently working on developing a discussion class to accompany this wonderful story. Students will gain a deeper understanding of the social and environmental history of Lyttelton Harbour, specifically, and New Zealand in general.

**Code Cracker** – Run in our indoor swimming pool, this activity sets two teams against each other in a race to solve the code. Using all your mental and communication skills, intuition and teamwork, see if your team can complete the code before the other team does. *20 people maximum per session.*