

Whickham Thorns Outdoor Activity Centre  
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# activities

[www.gateshead.gov.uk](http://www.gateshead.gov.uk)

Whickham Thorns  
Outdoor Activity Centre  
September - December 2010



# hello

...and welcome to Whickham Thorns, one of the North's most exciting activity centres based right here in Gateshead. With first class indoor and outdoor facilities, Whickham Thorns is the perfect way to add some excitement to your day. With our programme of activities including climbing, sledging, map reading, archery and much more, there really is something for everyone.

As well as our popular drop in sessions, we also have a range of fun courses including Family Archery, Adult and Junior Climbing and our all new Adventure Hour, where children from 8 - 12 years can experience many of our exciting activities as part of one course. All courses include the use of our facilities, all equipment and the guidance of our qualified instructors. Prices quoted are Active Card prices.

So whether you're here by yourself, with family and friends or looking for a unique venue for your party or team building day, then Whickham Thorns is the place for you.

For more information on any of our activities contact reception on 0191 433 5767 or email [whickhamthorns@gateshead.gov.uk](mailto:whickhamthorns@gateshead.gov.uk)

## Opening times

Monday - Friday	09.00 - 20.00
Saturday	10.30 - 16.30
Sunday	10.30 - 16.30

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# Activity Guide

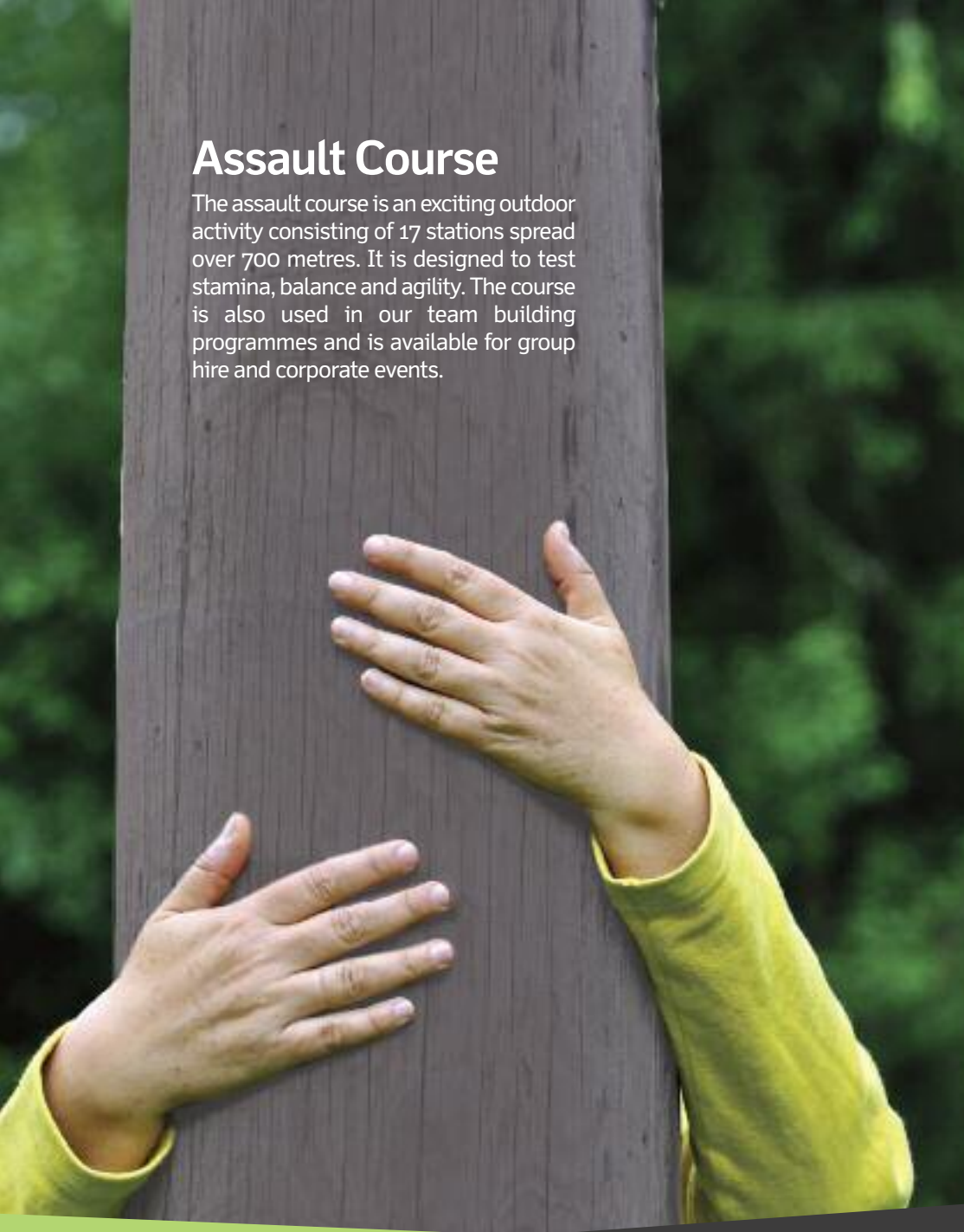
At Whickham Thorns we have a range of exciting activities on offer. These activities will take place regardless of weather conditions so please make sure you bring appropriate clothing.

## Archery

Do you have a steady hand and a sharp eye? Then give archery a try! This ancient sport is brought right up to date at Whickham Thorns, with modern equipment and enthusiastic instructors and is great fun for everyone.

## Assault Course

The assault course is an exciting outdoor activity consisting of 17 stations spread over 700 metres. It is designed to test stamina, balance and agility. The course is also used in our team building programmes and is available for group hire and corporate events.



## Climbing

Our indoor climbing wall is suitable for beginners and regular climbers. This includes a dedicated climbing area including a 6m high main wall for top roping while the uninterrupted 32m low level traverse has larger bolt on holds to help novices get to grips with this sport.



## High Ropes

High ropes is an adrenaline pumping aerial assault course with a range of individual and group elements including wire walks, log balances and rope bridges. Suitable for team building purposes and also available for group hire and corporate events.

## Orienteering

Orienteering truly is a sport for all. At its highest level it demands speed, accuracy and decision making. Alternatively, family groups can enjoy a leisurely stroll around one of our woodland courses without any fear of becoming lost. We have a number of permanently laid out exercises designed to introduce the beginner to this sport, with instruction available on map reading skills as well as the art of sport orienteering.



## Skiing & Snowboarding

Learn the basics of skiing and snowboarding at Whickham Thorns. Our 40m artificial slope is floodlit and has a sprinkler system to ensure perfect conditions at all times. Drag lifts service each side of the slope which is available for individual or group use.

## Sledging & Tubing

Enjoy the fun of sledging at Whickham Thorns, without waiting for the snow! Special, one-person plastic sledges are used to allow children to enjoy this great activity. Tubing uses specially adapted rubber rings and unlike sledging is not restricted to under 11's. Sledging and Tubing are available as a drop in session, party option or exclusive booking.

### Please Note:

For safety reasons all slope users must wear gloves, long sleeves and long trousers.



# Holiday Activities

If you're looking for a way to keep the kids occupied during the holidays then look no further. Our programme of holiday activities is the perfect way for you and the family to get active and have fun. All activities take place Monday - Friday and can be pre-booked; or you can turn up on the day for any available spaces.



## Sledging

30 minute sessions starting on the half hour from 10.30 - 16.30  
5 - 11 yrs £1.50 per session

## Tubing

30 minute sessions starting on the hour from 11.00 - 16.00  
8 - 14 yrs £1.50 per session

## Adrenalin Daze

A day of fun where kids can experience the thrill of Tubing, Archery, Orienteering, Problem Solving, Niteline, Climbing and the Assault Course.  
09.00 - 15.30 (including half hour for lunch - food not provided)  
8 - 14 yrs £15 per child per day

## Archery

Hour long sessions starting on the hour from 13.00, 14.00, 15.00  
7 yrs + £4.50 per session  
**Please Note: Participants must be at least 120cm tall**



## High Ropes

Hour long sessions starting on the hour from 14.00 & 15.00  
8 yrs + £4.50 per session



## Climbing

Hour long sessions starting on the hour from 11.00, 12.00, 13.00  
8 yrs + £4.50 per session

# Courses

At Whickham Thorns Outdoor Activity Centre we offer courses of instruction throughout the year, so if you've ever wanted to give an adventure sport a go, now's your chance!

## Adventure Hour

Perfect for little daredevils, the Adventure Hour allows children to experience a whole host of exciting activities over 10 weeks and includes Climbing, Archery, Assault Course, Problem Solving and Orienteering. Children can attend the Monday or Wednesday sessions.

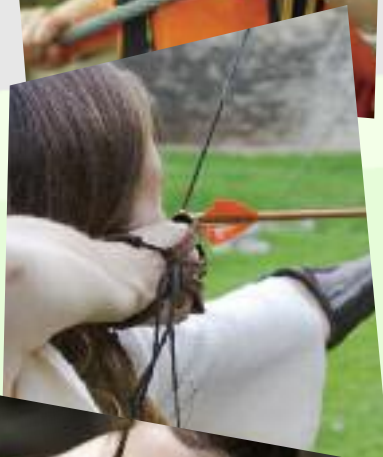
Mondays or Wednesdays  
16.00 - 17.00  
8 - 12 yrs  
£30 per child per 10 week course

## Climbing

We offer two types of climbing course - Adult and Junior. Our indoor wall is suitable for beginners and regular climbers. There are four walls in the dedicated climbing area including a 6m high main wall for top roping and a 32m low level traverse for beginners to get to grips with this sport.

Junior (10 - 17 yrs)  
Starts 5 October  
Tuesdays 18.00 - 19.30  
£45 per 10 week course

Adult (18 yrs +)  
Starts 6 October  
Wednesdays 18.00 - 19.30  
10 week course  
Adult £60 / 60 yrs + £45



## Skiing & Snowboarding

There are two levels of skiing and snowboarding at Whickham Thorns\*

Skiing Level 1 (Mondays)  
Starts 4 October & 8 November  
16.30 - 17.30 or 17.30 - 18.30  
7 yrs+ participant must be over 130cm tall  
5 week course  
Adult £20 / Junior £15 / 60 yrs + £15

Skiing Level 2 (Mondays)\*\*  
Starts 4 October  
18.30 - 19.30  
7 yrs+ participant must be over 130cm tall  
10 week course  
Adult £40 / Junior £30 / 60 yrs + £30

Snowboarding Level 1 (Wednesdays)\*  
Starts 6 October & 10 November  
16.30 - 17.30 or 17.30 - 18.30  
Participants must be over 150cm tall  
5 week course  
Adult £20 / Junior £15 / 60 yrs + £15

Snowboarding Level 2 (Wednesday)\*\*  
Starts 6 October  
18.30-19.30  
Participants must be over 150cm tall  
10 week course  
Adult £40 / Junior £30 / 60 yrs + £30

\*People participating in Level 1 snowboarding or skiing should arrive 30 minutes early for the first session.

\*\*Participants must have completed level 1

**Please Note:** All courses must be pre-booked.



# Drop-in Sessions

You don't have to pre-book to enjoy the fantastic facilities at Wickham Thorns Outdoor Activity Centre. Why not come along to one of our drop in sessions and give a new sport a try!

## Mondays

### Sledging

30 minute sessions  
starting at 16.00 & 17.00  
5 - 11 yrs  
£1.50

### Tubing

30 minute sessions  
starting at 16.30 & 17.30  
8 - 17 yrs  
£1.50

## Wednesdays

### Sledging

30 minute sessions  
starting at 16.00 & 17.00  
5 - 11 yrs  
£1.50

### Tubing

30 minute sessions  
starting at 16.30 & 17.30  
8 - 17 yrs  
£1.50

## Thursdays

### Ski Development \*

From 7 October  
18.00 - 19.30  
7 yrs+  
Adult £6 / Junior £4.50 / 60 yrs + £4.50  
per session

### Snowboard Development\*

From 7 October  
18.00 - 19.30  
Participants must be over 150cm tall  
Adult £6 / Junior £4.50 / 60 yrs + £4.50  
per session

### Family Archery

17.00 - 18.00  
All Ages  
£3.50 per person or £12 per family of 4

\*Participants must have achieved  
Levels 1 & 2 in snowboarding or  
skiing to attend.



## Party On

Having a party? Then let us organise a party with a difference! We have a wide range of activities on offer, so why not take your party to the slope, up the climbing wall or on the high ropes?

Our qualified instructors will make sure all activities are carried out safely, so you can feel confident you're in good hands. Activities are one hour sessions (or multiples of an hour) which includes the issue and return of all equipment. Activities are available year round with high ropes restricted to daylight hours. With the exception of climbing, all activities take place outdoors.

### Archery

1 Hour  
7 yrs + (must be at least 120cm tall)  
Max Number: 12

### Climbing

1 Hour  
7 yrs +  
Max Number: 12

### High Ropes

1 Hour  
8 yrs +  
Max Number: 8

### Sledging

1 Hour  
5 – 11 yrs  
Max Number: 20

### Tubing

1 Hour  
8 yrs +  
Max Number: 12

## How to Book

We have two party packages to choose from. To book simply choose an activity and a package and contact reception on 0191 433 5767 during opening hours. All prices include equipment.

### Standard Package

This package gives exclusive use of the chosen activity with all equipment and instruction.

### Deluxe Package

This package includes the activity and instruction plus the exclusive use of a function room for 45 minutes afterwards. Self catering is allowed so you can provide the food of your choice.

The birthday boy or girl will also receive a goody bag. This will include a mounted photo taken during the activity plus a range of branded goods from the centre.



# Whickham Thorns team building

At Whickham Thorns our team building events get people working together and having fun. Whether you're organising an event, conference or an away day, our staff will work with you to create the perfect team building experience.

**Create your perfect course - mix and match any of our activities.**

Contact us on 0191 433 5767  
or ask at Reception for further details.