



All the activities we offer are suitable for most people to participate in, regardless of experience, but some activities may be more physical than others. If you are a person who has a fairly active lifestyle then you should be fine taking part in all of our activities. The descriptions below will give you a brief outline of each activity so you can decide whether it is suitable for you, as well as hopefully answering any questions you may have.

**Summary of Available Activities**

<p>Adventure High Ropes Canyoning Kayaking / Canoeing Climbing and Abseiling Orienteering Mountain Walking and Exploring Mountain Biking Go Karting Tennis, Badminton, Beach Volleyball, Table Tennis Crazy Golf, Boules/Petanque</p>	<p>Via Ferrata Sailing Raft Building Team Build Challenges Downhill Scooters Golf Archery Luge Swimming Road Cycling</p>
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**Adventure High Ropes Course**

Balancing at heights of between 5 and 15 metres above the ground, this high ropes course slung between mountain pines will test your agility and head for heights – but don't worry, you'll be in a harness safely secured to a wire throughout! The course consists of a mixture of ropes, beams, ladders, cargo nets and zip wires, starting low and getting gradually higher, narrower and further apart. The highlight of this exciting challenge is the 150 metre zip wire bringing you back to earth with a (gentle) bump! Anyone can do this activity as long as they have a basic level of fitness, agility and balance – but don't worry if you're scared of heights, this is a supportive and safe environment in which to overcome these fears. This is a great half day activity.



**Canyoning**

Half an hour's drive from La Clusaz are the stunning waterfalls of Angon which are ideal for canyoning. Led by a mountain guide you will be scrambling, climbing, slipping and jumping down the fast flowing river– as well as abseiling down waterfalls, leaping into plungepools and splashing your way through deep pools. There is no feeling quite like sliding down a natural waterslide made from fast rushing water into a whirlpool with a waterfall cascading down on top of you! It's essential to be able to swim for this activity and feel comfortable in a fast flowing river. You will be provided with a wetsuit and helmet so shouldn't get cold. This is a half day activity.



### *Kayaking / Canoeing*

The 24km long Annecy lake has deep inviting aquamarine water perfect for Kayaking. With stunning views up to the vertiginous mountains above or over to the medieval town of Annecy itself, you can voyage from one side of the lake to the other or just paddle along the lakeshore whilst enjoying the scenery. And if it's really hot you can just jump in and swim! No previous kayaking experience is necessary although you must be able to swim. This activity should be suitable for anyone with an active life and lasts for approximately half a day.



### *Climbing and Abseiling*

Scale lower faces and cliffs of the rocky Aravis Mountains whilst learning how to use ropes and harnesses safely. The climbing is physically challenging but really rewarding with great views of the surrounding area – and abseiling down is a real rush! You will have an instructor with you at all times to ensure your safety but it's perhaps best not to do this activity if you have vertigo or are scared of heights. This activity is ideal for adventurous people with an active lifestyle who like a challenge and will take approximately 2.5 - 3 hours, often combined with a short walk to and from the climb site.



### *Orienteering*

Work as a team using maps and compasses to find your way from clue to clue, checkpoint to checkpoint. At each checkpoint you'll find a useful item or another clue which you'll need to complete the final challenge at the end of the activity. A great way to learn new skills or show off existing ones, whilst enjoying the beautiful scenery in the area. You'll be exploring the surrounding area as you complete this activity – ideal for everyone who likes a treasure hunt and the outdoors although you don't need a high level of fitness. The activity should take between 2 and 3 hours.



## Mountain Walking and Exploring

Discover a real glimpse of mountain life as you take in forests, river valleys, alpine pastures and stunning views whilst exploring the great network of walking paths in the area. We run accompanied walks to save you map reading which also means we're on hand to point out the best photo stops, share some local knowledge and direct you to the best mountain cafes and restaurants. You are welcome to go off on your own if you prefer, using our maps and instructions. Suitable for everyone who enjoys walking, our routes vary from easy to challenging and will be suited to you. Walks can range from an hour through to a whole day.



## Mountain Biking

Explore the stunning region on our accompanied mountain bike rides. The majority of tracks are downhill or on the flat - although this being the mountains - there will be a few uphill sections. The terrain consists mainly of firetracks, mountain meadows and wide forest paths or roads but there may also be some single track sections. All the rides have fantastic views of the area and plenty of opportunity for view and photo stops. There are two dedicated downhill routes for those who have previous biking experience. Mountain biking is suitable for everyone who can ride a bike and has a basic level of fitness - you can always get off and push on the uphill sections! An exhilarating half day activity.



## Road Cycling

Road Cycling in the Aravis area has gained great notoriety through the Tour de France race which comes through the frequently. Challenge yourself to some large cols or just enjoy more gentle roads around Lake Annecy. Whatever your level of road biking experience there is something for everyone - thigh bursting climbs, downhills that go on forever or gentle cycle paths around a lakeside perimeter. All routes have stunning scenery and opportunities for coffee and lunch breaks with great views. Ideal for keen cyclists but anyone can have a go as long as you can ride a bike. Rides can last from a couple of hours to a whole day.



## Via Ferrata

Via ferrata is a pre-built course along a mountain rock face that has fixed points and wires cemented into the rock. You will be hundreds of feet up from the ground walking along narrow paths, climbing from ledge to ledge, scrambling over steep precipices and making your way across a precarious rope bridge. An adrenaline fuelled activity, you'll be kept safe by your harness and the advice of your guide who will be with you at all times. No climbing experience is necessary but flexibility and a head for heights is advisable to make the most of the stunning views during this half day activity.



## Sailing

Enjoy the wind in your hair as you race across Lake Annecy in a Hobiecat catamaran, an optimist dinghy or even a group sailing yacht. Your sailing instructor will help bring out the best in you in terms of boat management. Don't worry if you have no previous experience though – you could turn out to be an ideal helmsman or woman. The lake is an ideal place for learning to sail in a sheltered and safe environment, although for more experienced sailors there is plenty of fun to be had further out into the lake where the wind can get a little more gusty. This is a half day activity ideal for anyone with an active lifestyle, preferably able to swim although not essential and wanting to feel the power of a boat under sail.



## Raft Building

We'll provide you with the bare essentials to build your own raft – although you may have to find them first! When you have all your materials you will need to build a 'seaworthy' raft with your team that can be successfully manoeuvred back and forth across a stretch of water to complete a challenge. Your ingenuity and engineering skills will be tested but the winner is not always the team with the sturdiest raft! Suitable for everyone who enjoys a challenge and splashing around in water! This activity takes a couple of hours.



## Team Build Challenges

We have a variety of 'ice breakers', team games and challenges that can be used to get a team thinking laterally as well as using their physical skills. Designed to be completed through sheer team work everyone will have to have some input – either verbally, mentally or physically in order to complete the challenges. This is a great way to bring everyone together in a fun environment allowing everyone to use their individual strengths for the advantage of the whole team. Ideal for everyone, we can tailor the number and length of challenges to last as long as you like – ranging from an hour to a full day.



## Downhill Scooters

Similar to mountain biking but downhill only! We lead you down from the top of your route having dropped you at the top. You'll soon get to grips with the Arapaho scooters which have large chunky wheels and tyres, big front suspension and motorbike brakes, meaning they can deal with a wide range of exciting terrain. The routes are mainly firetracks and quiet roads with great scenery to take in during breaks in your adrenaline fuelled descent! Anyone who likes a bit of speed and excitement will enjoy this 2 hour activity.



## Golf

Unusually the local golf course at Grand Bornand offers just 10 holes – but a great location in which to play them! Based in the valley bottom the course overlooks pretty farms and chalets and steep mountain faces whilst the sound of cowbells will accompany your round. Instruction is available and you are able to hire clubs and balls, including left handed clubs if need be. There is also a driving range where you can practice your swing if you like. Suitable for everyone, a round of golf here will take around 2 – 3 hours.



## Archery

Using full sized powerful bows you can test your aim under the watchful eye of an instructor. You can choose from the archery site in either Grand Bornand or La Clusaz, both of which are set in alpine meadows with beautiful views – hopefully not distracting you from the target! Instruction is compulsory for safety reasons but no previous experience is required. Sessions of archery usually range from an hour to an hour and a half.



## Luge

La Clusaz has a toboggan run know as a luge running throughout the summer. The Luge run is over a kilometre through beautiful alpine meadows on the edge of the village, although it is quite hard to take in the views as you'll be concentrating on not gaining too much speed! The luges themselves are fitted with brakes, but will definitely provide a speed thrill for kids and adults alike. Anyone can take part in this activity, each run lasts a few minutes.



## *Swimming*

Both villages have lovely swimming pools. Grand Bornand has 2 pools, a long slide and stunning views over the Aravis mountains, as well as a picnic area, sunbathing area, café and a pretty garden. The La Clusaz pool is set into the hill on a level with the mountain alpine pastures and is both indoor and outdoor with a linking passage so you can swim even if the weather is a bit overcast. This pool also has a long slide and a Jacuzzi/Sauna & health suite as well as a café area.



## *Go Karting*

Test your speed and cornering ability on the Go Kart track just down the road. Tackle hairpin bends and long straits whilst avoiding banks of tyres in fast karts. Each lap is timed so you can compete against each other to find the overall winner amongst your friends and colleagues. Suitable for anyone who loves speed and the smell of hot tarmac, you can choose to do as many laps as you like – varying the length of activity from a couple of hours to half a day.



## *Tennis, Badminton, Beach Volleyball, Table Tennis, Crazy Golf and Boules*

There are 5 full sized tennis courts in Grand Bornand and 3 in La Clusaz, for both of which we can provide equipment and rackets. Badminton courts are in the centre of La Clusaz and we also have equipment available. La Clusaz unusually has a beach volleyball court in the centre of the village. All equipment's supplied and you'll be playing on real sand! Outdoor table tennis tables and crazy golf are available in La Clusaz village centre too. These games are accessible to everyone and a fun way to spend a sunny afternoon with friends. There are some scenic boules pits as well where you can take on the locals in between admiring the great mountain views! We also have a range of large outdoor games including Giant Connect 4 and Giant outdoor Jenga which you can use if you wish.

