

Go Ape

A HIGH OLD TIME

Why high ropes centres can make a fun family day out.

Why high ropes centres make a family day out

Need an activity to unite the family? Got teenagers and tots to entertain on a rainy day? High ropes centres are not simply fun obstacle courses in the treetops – they are a shared adventure for a family day out.

What is a high ropes centre?

Think of it as the BBC's Total Wipeout in the treetops. Or Tarzan in the Welsh woods perhaps. In a nutshell, a high ropes centre provides an obstacle course suspended in the forest canopy. Over one course you're likely to scramble up and down ladders, wobble across three-wire bridges, totter over spinning beams, leap onto trapezes, swing on rope-swings and whoop down a zip-wire or two. Not even the PlayStation generation can resist so much concentrated fun.

Is it dangerous?

It would be if you were to try it without a safety harness. All participants receive a safety briefing before they begin and are hitched to a safety wire that runs around the entire course. If you fall, the worst you'll receive is a big hit of adrenaline before you climb back onto the obstacle (and big hits of adrenaline are half the point). Some high ropes courses position instructors to supervise higher obstacles.

Higher obstacles? I'm scared of heights!

Don't worry – you are always clipped on so cannot fall far. And there's no need to complete an obstacle that seems insurmountable nor to complete the course. While staff provide reassurance, they do not apply pressure. Your teenagers are another matter, but you may surprise yourself if you don't look down.

Can all children go?

While each centre is different, most provide a low-level course for very young children who cannot manage safety systems alone, with parents assisting from the ground. Older children are usually allowed to clamber at their own pace alone. Parents can still watch, take photos and offer encouragement from the ground. Expect around two hours per course circuit.

Can parents join in too?

Of course. High ropes courses have a habit of uniting families in a shared challenge: youngsters find reassurance together, teenagers get to show off and mum and dad might discover they really aren't too old for this sort of thing after all. All in all a great family adventure that's as much a mental challenge as physical.

Sounds like fun. Is it educational too?

Actually, yes. High ropes centres stress the importance of safety outdoors and share techniques that can be useful in activities such as climbing.

What happens if it's raining?

You have more fun, say some guides. With rain comes mud and that means more slippery courses – teenage heaven. Most high ropes courses only close when safety is threatened by extreme winds, lightning, snow or ice. The forest canopy provides some shelter in the rain too. Bring your waterproofs and embrace the challenge.

I'm sold. What do I need?

Comfortable clothing that you don't mind getting grubby. Shoes with grip and an enclosed toe. Possibly gloves. Always a sense of adventure.

Source

www.visitwales.com/things-to-do/activities/rocks-ropes/family-rope-adventure
[Accessed 7 October 2014] © Visit Wales

DON'T JUST TAKE OUR WORD FOR IT...

“ The best fun, of course, is to be had on the epic zip wires... It's fantastically liberating to step off the platform, sit back and let the wire do the work as a welcome breeze licks your face. ”
- THE GUARDIAN

“ Great instructors, very friendly and welcoming! Amazing value for money! Loved it... Want to book again already! ”
- TONI, BRACKNELL



Hear it direct from the Gorilla's mouth. See what our customers think of us on TripAdvisor and online at goape.co.uk

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- Follow the @GoApeTribe
- Share your tree top tales
- Tag your action snaps
- Post your knee knocking videos

OUR DIGITAL JUNGLE INCLUDES...



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BOOK BEFORE YOU LEAP

Pre-booking is strongly recommended

Book at goape.co.uk

(no booking fee charged online)

or call 0845 838 5498

(a £2.00 booking fee will be charged on telephone bookings)

PRICES



TREE TOP ADVENTURE

Gorillas (16 years plus) from £31

Baboons (10-15 years) £25



FOREST SEGWAY

£40 per rider



TREE TOP JUNIOR

£18 per person



ZIP TREKKING ADVENTURE

£45 per person

OPENING TIMES, DIRECTIONS & PARKING CHARGES

Visit goape.co.uk for the most up-to-date information as details differ for each course.



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54 Adventures UK wide in 2015 including;
Tree Top Adventure, Forest Segway,
Tree Top Junior and Zip Trekking Adventure

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OUR FAMILY TREE

This season, live life more adventurously with these fantastic Go Ape adventures.

Go Ape! TREE TOP ADVENTURE



WHAT IS TREE TOP ADVENTURE?

The multi-award winning and original forest adventure set high up in the canopy. Enjoy two to three hours in the trees, taking on Zip Wires, Tarzan Swings, Rope Ladders and a variety of obstacles and crossings.

JOIN US IF YOU'RE...

- Age 10 or older
- Over 1.4m/4ft 7in tall
- Under 20.5 stone/130kg

WHAT ABOUT SUPERVISION?

Under 16s must be supervised by a participating adult. An adult can supervise two under 16s.

16 and 17 year olds can be unsupervised, but cannot supervise under 16s.

WHAT ABOUT PRICE?

Gorillas (16 years plus) from £31
Baboons (10-15 years) £25

Available at 28 locations UK wide
look for the  on the map overleaf

Go Ape! FOREST SEGWAY



WHAT IS FOREST SEGWAY?

It's the epic adventure with a down-to-earth twist. Jump on board one of our all-terrain, self balancing, electric Segways and explore ten of the UK's most beautiful forests. It's a totally unique experience!

JOIN US IF YOU'RE...

- Over 7 stone/45kg
- Age 10 or over (you must still be over 7 stone/45kg)
- Under 19.5 stone/125kg

WHAT ABOUT SUPERVISION?

Under 16s must be supervised by a participating adult. An adult can supervise up to three under 16s.

16 and 17 year olds can ride unsupervised, but cannot supervise under 16s.

WHAT ABOUT PRICE?

£40 per rider

Available at 10 forest locations
look for the  on the map overleaf

Go Ape! TREE TOP JUNIOR



WHAT IS TREE TOP JUNIOR?

Release your little monkeys onto a Go Ape course designed for Mini Tarzans 6-12 years old. They'll enjoy a fun filled hour of tree-to-tree crossings, finishing with a zip finale. One for the whole family to enjoy together and ideal for school trips and birthday parties.

JOIN US IF YOU'RE...

- Over 1m/3ft 3in tall
- Under 20.5 stone/130kg

WHAT ABOUT SUPERVISION?

Whether it's from the ground or on the course (which is much more fun), one adult can supervise up to eight juniors who are 6 years plus. Under 6s must be accompanied in the trees, it must be 1:1 supervision for a first trip but we are happy with 1:2 if they have completed the course once before.

WHAT ABOUT PRICE?

£18 per person

Available at 13 forest locations
look for the  on the map overleaf

Reading

1. In the article 'A high old time' the writer states that high rope centres are 'a shared adventure for a family day out'. According to the article, explain why the centres are so suitable for families.

This is a retrieval question which asks you to find and convey information.

2. Which of the following can be applied to the statements relating to the purpose of the article 'A high old time'? (Tick the relevant boxes.)

	True	False
a. The article tries to encourage women to visit the high rope centres in Wales.		
b. The article wants to point out that the activities could be very dangerous.		
c. The article wants to give the public information about the activities offered.		
d. The article wants to give information about the location of all high rope centres in Wales.		

3. How does the writer suggest that the activities may contain some element of danger? Explain your reasons giving examples from the text.

This is an analysis question which asks you to look at the language writers use to convey their meaning effectively. You need to comment on:

- *the writer's choice of words;*
- *the details the writer has chosen to include;*
- *the types of sentences and paragraphs used.*

Oracy

8. Imagine that the management of Go Ape has asked your school to give them some ideas for obstacle course activities that they could include in the Go Ape experience. In a small group, discuss which activities you would include and prepare a presentation for the Go Ape management.

Ensure that everyone has a chance to give his/her opinion and that you listen carefully to everyone.

Writing

9. Imagine that you have spent a day at Go Ape. Write a review for Trip Advisor. Write about 200-300 words.