

TEAM BUILDING

Our team building packages can be tailor made to combine a large selection of activities; from low to medium physical activities, a wide selection of games, challenges and mental exercises, both at our Four Rivers Adventure base and away.

The following list includes many of the activities and games on offer.

We pride ourselves on our flexibility and ingenuity in designing the right package for your team building requirements! Examples below show many of our popular packages which can of course be adapted to suit your timing, group size, budget and other specific requirements.

All Team Building prices available on request

Refreshments available as an extra:

R55pp half day (3 drinks ea) R65pp full day (5 drinks ea) - Energade & Water.

River rafting (1,2 or 3 Day)	Archery	horse challenge
Kloofing	Mountain boarding	falcon centre: clue search
Quad biking (track, outride, lemans & obstacle courses)	Abseiling	flower child nursery
Zip line (for the young and the not so young)	croquet	learn the art of honey making
Paintball	bull challenge	questions & riddles
(course and target shooting)	horse shoe throw	dice challenge
orienteering	log throw	puzzles riddles and mind games
blow darts	hammer throw	memory game
catapult shoot	stone throw	water polo
chipping challenge	tug of war	Zulu stick fighting
soccer & basketball challenge	crawl race	water challenge
drive some golf balls	charity treasure hunt	pick-up-sticks
soccer		plant a tree at a deserving school
blind man maize		memory game
Amaswazi cuisine: cook an Induna meal		puzzle build

THE MOUNTAIN MADNESS SERIES

Groups will be split into teams who will need to make their way from checkpoint to checkpoint, completing different activities.

<p><u>MMC 01</u> archery zip line water challenge quad Track 800m orienteering</p>	<p><u>MMC 02</u> archery zip line mountain boarding quad Obstacle Course orienteering</p>	<p><u>MMC 03</u> zip line Paintball Target Shooting quad Track archery orienteering</p>
<p>Available for group sizes of 10 to 60 persons Medium physicality Duration approximately 3 hours</p>		

BUDGET BUSTER SERIES

<p><u>THE TEAM SPORT TUSSLE</u></p> <p>Checkpoint challenges</p> <p>Volleyball Water Polo Basketball Soccer</p> <p>MEDIUM physicality</p>	<p><u>WORLD SPORT ORIENTEERING CHALLENGE</u></p> <p>Navigate to checkpoint challenges</p> <p>Brazil: Soccer Switzerland: Archery Australia: Diving Mexico: Blind Man Maze South Africa: Horse Shoe Throw</p> <p>MEDIUM physicality</p>	<p><u>CHARITY TREASURE HUNT</u></p> <p>Receive components on completed challenges to make and donate a toy for a local worthy charity</p> <p>Archery Puzzle Build Questions & Riddles Dice Challenge</p> <p>Pick-up-Stix Memory Game</p> <p>LOW physicality (includes toy)</p>	<p><u>THE HIGHLANDERS GAME</u></p> <p>Teams will compete in exciting games</p> <p>Log Throw Hammer Throw Tug of War Crawl Race</p> <p>Stone Throw</p> <p>MEDIUM physicality (excludes kilts)</p>
<p>Minimum 10 persons</p>			

THE AMAZING RACE SERIES

Like the reality T.V show, this flexible option allows teams to navigate between checkpoints. At each point contestants will choose between 2 clues that will determine which activity they will do next.

These packages can be designed to run at any venue here in the Central Drakensberg, our surrounding areas or can even begin en-route from where your departure point is to include activities on the way to your destination.

<u>CLASSIC AMAZING RACE</u>	<u>CHAMPAGNE VALLEY</u>	<u>NORTHERN DRAKENSBERG</u>	<u>AMAZING DAM ADVENTURE CHALLENGE</u>	<u>LOCAL AMAZING MOUNTAIN RACE</u>
		CHALLENGES		
Norway: Skill & Accuracy or Speed & Adrenalin	Falcon Centre: Clue Search	Tower Challenge: Clue Search	Raft Challenge	Amaswazi Cuisine: Cook an Induna meal
South Africa: Catapult shoot	4 Rivers: Quad biking challenge	In-the-bush: Archery Challenge	Memory Game	Adventure base: Archery Paint ball target shooting
Spain: Chipping Challenge	Nursery: Plant a tree	Nursery: Plant a tree at a deserving school	Water Challenge	Tree Plant - at a deserving school
UK: Skill & Patience or Knowledge	Dam Challenge: Wet & Wild (differs in winter)	Dam Challenge: Wet & Wild (differs in winter)	Archery	Somewhere out there: Puzzles, Riddles & Mind Games
Brazil: Soccer & Basketball Challenge	Horse Challenge	Secret Challenge: Many options to choose from		Zulu Stick Fighting: Learn this traditional art Buzzing Feeling: Learn the art of honey making Heights & Altitude: Abseiling Water Challenge
Priced for group sizes of 10 or more ~ Medium Physicality ~ Transport excluded				

SURVIVAL SERIES

<u>SURVIVOR ADVENTURE CHALLENGE</u>	<u>BERG ADVENTURE CHALLENGE</u>	<u>SUPERHERO CHALLENGE</u>
<p>Teams will navigate between checkpoints and complete challenges along the way after receiving clues.</p> <p>Archery Zip Line Paintball Mountain Boarding</p> <p>Blow Darts Orienteering</p>	<p>After completing challenges, teams will receive co-ordinates to their next checkpoint.</p> <p>Bridge Build Water Challenge Archery Zip Line</p> <p>Quad Obstacle Course Puzzle Build, Questions & Riddles</p>	<p>Teams will make their way between checkpoints completing activities along the way.</p> <p>Bridge Building Paintball Target Shooting Puzzle Build & Riddles Archery</p> <p>Zip Line Orienteering</p>
Minimum 20 persons		~
		Medium Physicality

SHARP SHOOTER SERIES

Participants can test their accuracy between checkpoints.

<u>BULLSEYE CHALLENGE</u>	<u>THE TUSSLE CHALLENGE</u>	<u>ONE SHOT CHALLENGE</u>
<p>Paintball target Shooting</p> <p>Archery Questions & Riddles</p>	<p>Quad Obstacle Course Paintball target Shooting</p> <p>Archery Questions & Riddles</p> <p>Croquet Orienteering</p>	<p>Quad Obstacle Course Archery</p> <p>Paintball Target Shooting</p>
LOW physicality	Minimum 10 persons Medium Physicality	Medium Physicality

EVENING TIME ACTIVITIES

REALITY SHOW MANIA

A really fun and popular activity combining challenges taken from a selection of popular reality TV shows such as:

Fear factor
The apprentice
Survivor

Are you smarter than a 5th grader?
The Amazing race

Minimum 20 persons

MURDER MYSTERY DINNER

Let us facilitate an evening activity of exciting role playing that continues Throughout your dinner, wherever your venue. All participants are included in the many cryptic twists of this relaxed yet fun filled evening

Popular themes include:
Murder among the Mateys (Pirates!)
Murder in Sin City (Vegas)
A Knight of Murder (Medieval)
...and many more to choose from

Minimum 10 persons

Includes invitations and facilitation of this event
Excludes accommodation for 2 facilitators & décor

CrAzY Cocktail Mixup

Duration 2hrs

Participants spend time in groups completing Low impact, mentally challenging tasks in a time limit and end off by creating unique cocktails, to be sampled and judged by the facilitators and enjoyed by the participants.

Four Rivers Adventures Cocktail mix up is a superb way to end a heavy day of conferencing or a great way to supplement a day of physically taxing teambuilding

Includes:

- Cocktail making Utensils (smoothie makers, mixers etc)
- Excluding alcohol, alcohol to be charged per tot of consumption

POTJIE COOK OFF

Duration 2.5hrs

Each group will receive a set of ingredients as well as cooking utensils with a recipe that they can choose if they would like to follow or not. The teams will be judged on their Meal.

Includes:

- Cooking utensils
- Potjie pot
- Ready made fires
- Ingredients and Recipes
- Potjie chef facilitator to run the evening.

