



LIVE THE OUTDOORS

CAVE HILL CREEK

Participant Activity Cards



1. Abseiling *
2. Biking
3. Archery
4. Canoeing
5. Bushwalking *
6. Hut Building
7. Bouldering *
8. Map Reading
9. Bush Cooking
10. Low Ropes
11. Crate Stack
12. Giant's Ladder
13. Possum Glider
14. Vertical Challenge
15. Raft Building
16. Raft Play
17. Frisbee Golf

**Activities may be temporarily unavailable as at Feb 2024 due to bushfire damage.*

LIVE THE OUTDOORS

ABSEILING

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.

[Helen Keller](#)

Our abseil site is located at Raglan Falls in the Mt Cole State Forest and takes about 30 minutes to walk there. The cliff offers beautiful views of the surrounding forest of ancient granite and ferns - the perfect spot to sit and support your friends whilst trying something new.

- **What we provide** – Qualified Instructor and all safety equipment – harness, helmet, gloves, and ropes.
- **What to bring**
 - ✓ Water Bottle
 - ✓ We recommend wearing long trousers (3/4 length or longer) if available
 - ✓ Closed toed sturdy shoes are essential
 - ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

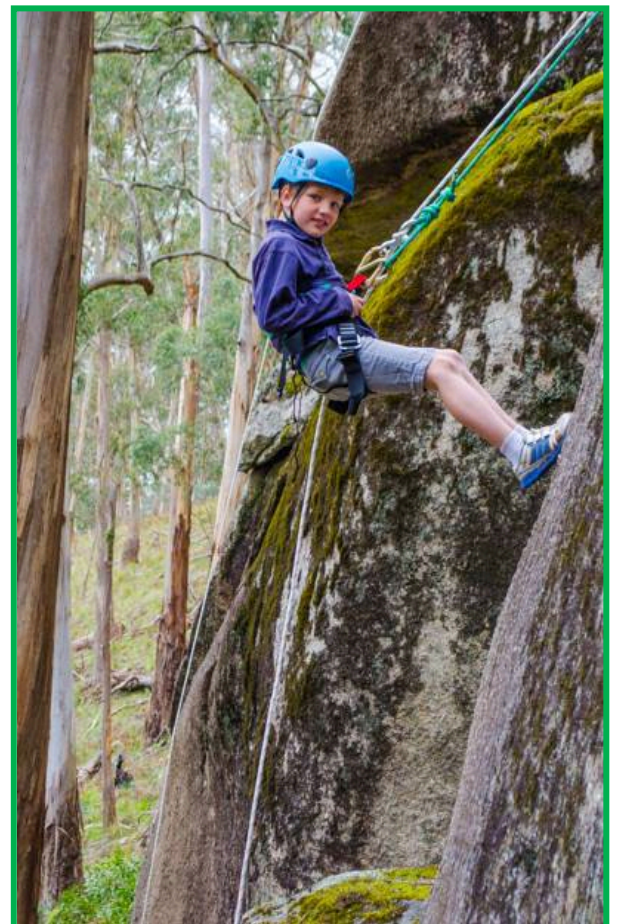
How much do you already know?

1. Can I run around the abseil site? Why?
2. Can I throw rocks or sticks?
3. What are “happy turtles”?
4. Can I wear rings, necklaces or hanging earrings whilst abseiling?
5. What should you do with long hair?
6. Should you have things in your pockets when you abseil?
7. What is a safety line and when should it be used?
8. What is a carabineer?
9. What should you do if you drop some abseiling equipment?

ACHTUNG!

Did you know that ‘abseiling’ comes from the German word **abseilin** which means “to rope down”? Ya.

Vielen dank 😊



BIKE RIDING

Life is like riding a bicycle. To keep balance, you must keep moving.
Albert Einstein

We have a variety of bikes, tracks, and trails for all riders. From learning within the safety of Cave Hill Creek, to our Bike Track, then out to our Forest Trails, everyone will have a fantastic time challenging themselves exploring our surrounding environment.



What we provide – Qualified Activity Leader and equipment – bike and helmet.

What to bring

- ✓ Water Bottle
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

Your Biking Activity Instructor will cover all aspects of your experience from safety through to skill development... but what do you already know?

Downhill technique:

- Gently apply both brakes for controlled descent.
- Stand up on your pedals – pedals should be **level** and your legs act like suspension.
- Bottom back so that your weight is over the back tyre.
- Arms forward and almost straight.
- Continue to use brakes to control your descent.



Don't worry, your Activity Leader will stop you before any descent (downhill) and help you out.

ARCHERY

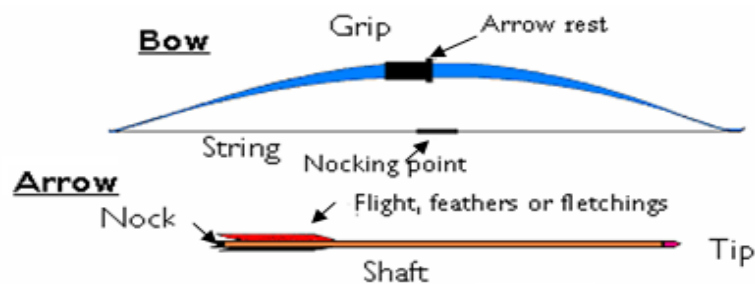
*Life is like an arrow.
The further back you are pulled,
The further forward you will end up*
Anon

The bow and arrow are a form of weapon. They have been used by humans for hunting and warfare for over 10,000 years!!! Can you think of anything else that old?

What to bring:

- ✓ Water Bottle
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

Parts of the Bow and Arrow



Some pointers to keep you safe:

- Wait until instructed before picking up your bow.
- Never load an arrow in the bow whilst people are still in front of the firing line.
- Never cross the firing line until all shooters have finished and you have been instructed to do so.
- Only ever point a loaded bow at the ground or the target – never at someone, even if joking.

Want to shoot like Robin Hood?

- ✓ Stand tall and proud – chin up and chest out.
- ✓ Feet should be parallel with firing line and target.
- ✓ Only use your finger tips to pull string back
- ✓ Draw bow string to your ear (do not lower your head to string).
- ✓ Hold firing elbow up
- ✓ Breathing should be slow and controlled. Fire on the exhale (when breathing out).



Relax, practice, stay safe and enjoy!!



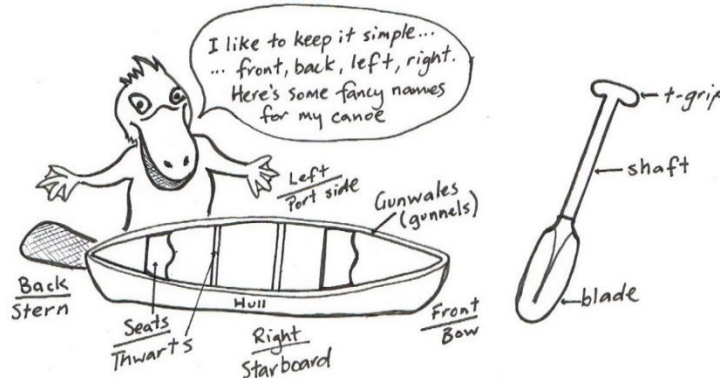
LIVE THE OUTDOORS

CANOEING

Everyone must believe in something. I believe I'll go canoeing
Henry David Thoreau



The Cave Hill Creek Lake is fed by Cave Hill Creek as it rolls down from the Mount Cole Plateau. Platypus live and breed within the lake, so if you paddle very quietly ...



What we provide - Qualified Instructor, PFD (Personal Floatation Device), canoes, paddles and of course ... a lake.

What to bring

- ✓ Water Bottle
- ✓ Closed toed shoes (that can get wet)
- ✓ Clothes you don't mind getting a bit wet
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

See if you know the answer to these Cave Hill Creek canoeing questions 😊

1. When should you wear your PFD?
2. What is rafting up?
3. Do I need to worry keeping dry? Why?
4. Are jeans ok to canoe in? Why?
5. What's a T-grip?
6. Can you ram other canoes?
7. What do you do if you capsize (tip over)?
8. Which side of the canoe do you paddle?



But what if I capsize???

Easy!
Don't panic.
Stay calm and check two very important things:

1. Are you ok?
2. Is your buddy ok?

Then...

3. Locate your paddle if you can, and
4. Grab and hold canoe (which floats even when upside down) and wait for instructions from your Canoeing Instructor.

We live in a fast-paced society. Walking slows us down.

Robert Sweetgall

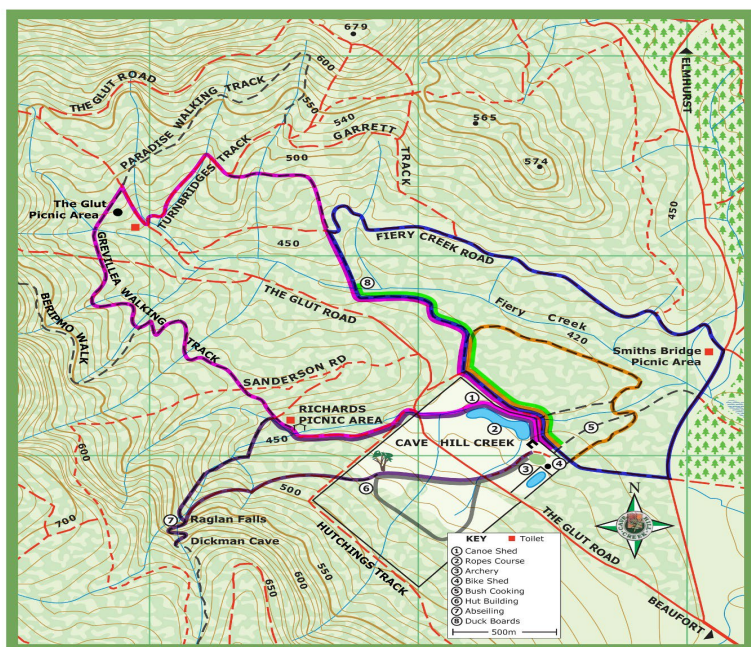
Bushwalking around Cave Hill Creek allows you to explore our natural surroundings and the many plants and animals that live within the Cave Hill Creek environment. You can choose a walk suited to your fitness and time required from the walks below.



What you need to bring:

- ✓ Water Bottle (in a backpack if you want)
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

Make sure your leader has a Telstra Phone and that you all know where you are going.



— Smiths Bridge Loop
 — The Glut Loop
 — Fiery Creek Loop
— Duck Boards Return
 — Hill Paddock Loop
 — Raglan Falls Loop

What if i get LOST?

Step 1: Stop.

Step 2: Stay calm.

Step 3: Stay where you are.

Step 4: Call out and then listen.

Step 5: Keep yourself comfortable, dry and warm.

Step 6: Repeat Step 2-5 until help arrives.

**Never, ever, never, ever, never
keep walking around.
Help will eventually come to you if
you follow the steps above.**

Easy 😊

WALK	DIFFICULTY	ESTIMATED WALKING TIME	COMMENTS
FIERY CREEK LOOP	EASY	40 min round trip	Great way to explore the immediate Forest surroundings - perfect for all ages or as a Night Walk
DUCK BOARDS RETURN via Fiery Creek Loop	EASY	1 hour round trip	Introductory walk that passes through a variety of ecosystems within the local Forest.
RAGLAN FALLS LOOP via Richards Campground.	MEDIUM	1 hour 15 min round trip	Takes you via the beautiful granite and fern strewn gully of the Cave Hill Creek catchment.
THE GLUT LOOP	MEDIUM - DIFFICULT	2 hour 15 mins round trip	Following the Paradise Walk to The Glut Picnic site before following the Beeripmo Walk back to Richards campground. A great leg stretcher.



HUT BUILDING



I go down to my little hut, where it's tight and dark and warm, and within minutes I can go back to being six or seven or eight again.

Roald Dahl

Fun for all ages - let your imagination run wild. Build and create your own shelter using nature's available resources (logs and branches, bark and leaves).

Its like Minecraft Creative meets Bear Grylls!!

What to bring:

- ✓ Water Bottle
- ✓ Long pants and shirt to protect against scratches
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)



Some pointers to keep you safe:

- Keep huts lightweight - no heavy limbs or branches that could fall on top of you.
- No running around the site – lots of sticks and things to trip, poke and hurt.
- Be careful of others with sticks and branches when lifting, moving and building.
- No swordfights or games with sticks that could lead to injury.
- Be aware of snakes, spiders, ants and other insects that may bite or sting.

- ✓ Huts should only be constructed of light, natural, dead material lying on the ground. Please do not use live plants or branches pulled from trees.
- ✓ At the end of the activity, use caution and please pull down all huts



BIKE RIDING

Life is like riding a bicycle. To keep balance, you must keep moving.
Albert Einstein

We have a variety of bikes, tracks, and trails for all riders. From learning within the safety of Cave Hill Creek, to our Bike Track, then out to our Forest Trails, everyone will have a fantastic time challenging themselves exploring our surrounding environment.



What we provide – Qualified Activity Leader and equipment – bike and helmet.

What to bring

- ✓ Water Bottle
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

Your Biking Activity Instructor will cover all aspects of your experience from safety through to skill development... but what do you already know?

Downhill technique:

- Gently apply both brakes for controlled descent.
- Stand up on your pedals – pedals should be **level** and your legs act like suspension.
- Bottom back so that your weight is over the back tyre.
- Arms forward and almost straight.
- Continue to use brakes to control your descent.



Don't worry, your Activity Leader will stop you before any descent (downhill) and help you out.

MAP READING

Participant Map

Cave Hill Creek



- Stay together at all times
- Use this map to find each numbered post - marked above by a bold number **Eg: 17**
- Record the **RED** and **GREEN** letters on the posts in the table provided below.
- When you have collected all the letters, try to unscramble them and find the secret message.

Peg No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Red letters																				
Green letters																				

BUSH COOKING

Spend time in our unique bush kitchen. Create and cook your own damper that you can fill with delicious jam and bite, crunch, chew, and eat - yum!

Let there be work, bread, water and salt for all
Nelson Mandela

What you need:

- ✓ Water Bottle
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)
- ✓ Long hair tied back

DAMPER DELIGHT (Makes 5 serves)

1. Mix 2 ½ cups of flour with ¾ cup of water.
2. Knead, adding more water SLOWLY until your dough is spongy.
3. Separate into 5 equal balls.

NEXT ...

4. Select a long cooking stick.
5. Roll your dough into a strip no thicker than your thumb.
6. Press one end of your dough on the tip of your stick and then tightly spiral your dough down and around your cooking stick.
7. Continue to wrap tightly down and around your stick until out of dough.
8. Hold near coals of fire and rotate regularly.
9. Once cooked, allow time for your damper to cool before removing from your stick and filling with jam.



Your damper is cooked if it sounds hollow when tapped.

HOT TIPS

- ✓ The smaller you make your dough, the quicker it will cook.
- ✓ If you can be patient and cook your damper over the coals and not the flame, you will get a better result in the end
- ✓ The damper on the stick will be extremely hot when first removed from fire.

LOW ROPES COURSE

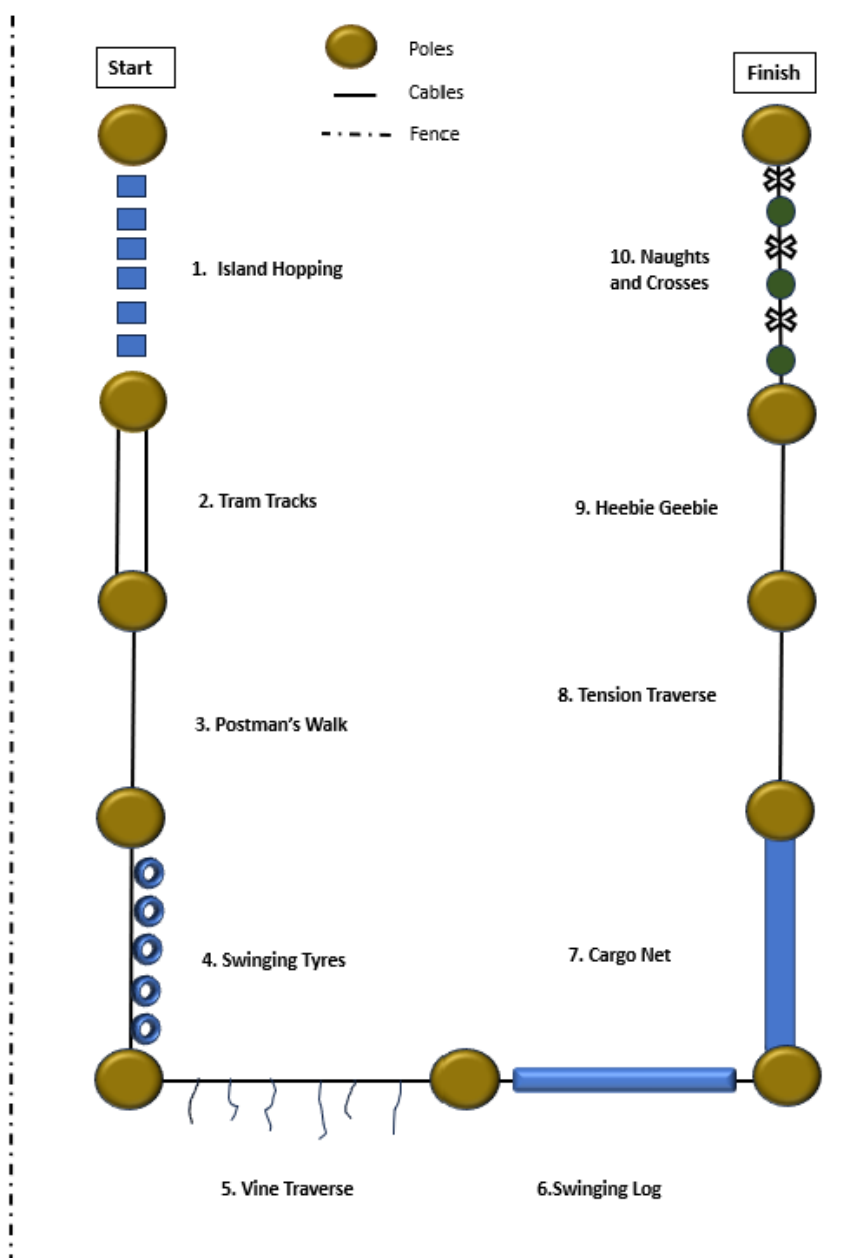
You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go...

Dr. Seuss

Our Low Ropes Challenge Course contains 10 challenges designed to challenge your balance, flexibility and core strength, each element becoming more difficult as you move through the course! Pair with 2 other buddies as your spotters and see how you go!

What to bring:

- ✓ Water Bottle
- ✓ Closed toed sturdy shoes
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)
- ✓ Make sure long hair is tied back, remove jewelry, and empty pockets



Some personal challenge ideas

1. How far can you traverse without touching the ground?
2. Count how many times you had to touch the ground to complete the course.
3. Can you do it blindfolded?! – it's possible!

Crate Stack

'Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.'

Helen Keller

Crate Stack is a test of balance and nerves. Standing atop the crates, build yourself a tower, stacking one crate at a time. See how high you can go...

Non climbers should keep clear of the drop zone, but can assist by belaying participants and encouraging others, keeping all group members engaged in the activity. Importantly, participants need to wear the provided safety equipment at all times.

- **What we provide** – Qualified instructor and all safety equipment – harness, helmet, and ropes.
- **What to bring**
 - ✓ Water bottle
 - ✓ We recommend wearing long trousers (3/4 length or longer) if you have them
 - ✓ Closed toed sturdy shoes are essential.
 - ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)



How much do you already know?

- Have you ever put on a harness or helmet before?
- What is a carabineer?
- What should you do if you drop some crate stacking or climbing equipment?
- Can I wear rings, necklaces or hanging earrings whilst engaged in this activity?
- What should you do with long hair?
- Should you have things in your pockets when you are Crate Stacking?
- Can I run around the Crate Stack site? Why?
- What is belaying?
- What was the original purpose of the crates?



Giant's Ladder

*"Challenges are an opportunity to test you and rise to the next level." -
Angelica Montrose*

The Giant's Ladder is a test of agility, persistence and teamwork. With a buddy, work together to climb the Giant's Ladder. Do you think you'll be able to reach the next rung? How high do you think you can climb?

Whilst 2 climbers participate at a time, non-climbers should keep clear of the drop zone, and can assist by belaying participants and encouraging others! Importantly, participants need to wear the provided safety equipment at all times.



- **What we provide**

- ✓ Qualified instructor
- ✓ All safety equipment – harness, helmet, and ropes.

- **What to bring**

- ✓ Water bottle
- ✓ We recommend wearing long trousers (3/4 length or longer) if you have them
- ✓ Closed toed sturdy shoes are essential
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

How much do you already know?

- Have you ever put on a harness or helmet before?
- What is a carabineer? Have you ever used one before?
- What should you do with long hair while climbing the ladder?
- Should you have things in your pockets when climbing the Giant's Ladder?
- What is Belaying? Why is it important?

Possum Glider

“Whenever you feel uncomfortable, instead of retreating back into your old comfort zone, pat yourself on the back and say, “I must be growing,” and continue moving forward.”

– T. Harv Eker

The Possum Glider is a balance of trust and teamwork. It gives participants the opportunity to soar through the air like a glider leaping from one tree to another. How far can you soar?

Non climbers should keep clear of the drop zone, but can assist by belaying participants and encouraging others, keeping all group members engaged in the activity. Importantly, participants need to wear the provided safety equipment at all times.

- **What we provide** – Qualified instructor and all safety equipment – harness, helmet, and ropes.
- **What to bring**
 - ✓ Water bottle
 - ✓ We recommend wearing long trousers (3/4 length or longer) if you have them
 - ✓ Closed toed sturdy shoes are essential
 - ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

How much do you already know?

- Have you ever put on a harness or helmet before?
- What is a carabineer?
- Can I wear rings, necklaces or hanging earrings whilst engaged in this activity?
- What should you do with long hair?
- Should you have things in your pockets when you are participating?
- Can I run around the Possum Glider site? Why not?
- What is belaying? What belaying technique are we using?
- How far can I soar?



Vertical Challenge

*"You never know how strong you are, until being strong is your only choice."
Bob Marley*

The Vertical Challenge is a test of resilience and determination. With Four unique elements being a Rope Ladder, Tyre Climb, Cargo Net and Rock Wall to challenge your abilities. How high do you think you can climb? Which elements will be the hardest?

Two participants at a time can compete in this challenge. Non climbers should keep clear of the drop zone, but can assist by belaying participants and encouraging others! Importantly, participants need to wear the provided safety equipment at all times.

- **What we provide**

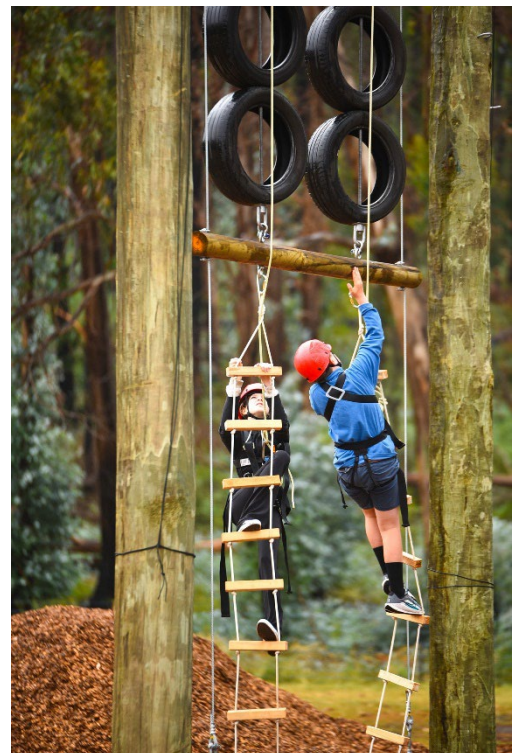
- ✓ Qualified instructor
- ✓ All safety equipment – harness, helmet, and ropes

- **What to bring**

- ✓ Water bottle
- ✓ We recommend wearing long trousers (3/4 length or longer) if you have them
- ✓ Closed toed sturdy shoes are essential
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

- **How much do you already know?**

- ✓ What Safety Equipment do you wear? Have you put them on before?
- ✓ What should you do with long hair?
- ✓ Should you have things in your pockets when you are climbing the Vertical Challenge?
- ✓ If you are not climbing, what else can you do to be helpful?
- ✓ If I drop any equipment, what should I do?



Raft Building

**A boat doesn't go forward if each one is rowing their own way.
Swahili Proverb**

The Cave Hill Creek Lake is fed by Cave Hill Creek as it rolls down from the Mount Cole Plateau. This feeds our beautiful big lake with enough room to build and launch a raft!

What we provide - Qualified Instructor, PFD (Personal Floatation Device), Raft building materials, paddles and of course ... a lake.

What to bring

- ✓ Water bottle
- ✓ Closed in Shoes (that can get wet)
- ✓ Pants that can get wet
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

See if you know the answer to these Cave Hill Creek Raft Building questions ☺

1. When should you wear your PFD?
2. Do I need to worry about keeping dry? Why?
3. Are jeans ok to get wet in in? Why?
4. What knots do you know?
5. What's a T-grip?
6. What do you do if you capsize (tip over)?
7. Do I need to wear a helmet?



But what if I capsize???

Easy!
Don't panic.
Stay calm and check two very important things:

1. Are you ok?
2. Is your buddy ok?

Then...

3. Locate your paddle if you can, and
4. Grab and hold the raft and wait for instructions from your Instructor.



Raft Play

Life must be lived as Play.
Plato



The Cave Hill Creek Lake is fed by Cave Hill Creek as it rolls down from the Mount Cole Plateau. This feeds our beautiful big lake with enough room for everyone to play on!

What we provide - Qualified Instructor, PFD (Personal Floatation Device), Raft, paddles and of course ... a lake.

What to bring

- ✓ Water bottle
- ✓ Closed in Shoes (that can get wet)
- ✓ Pants that can get wet
- ✓ Weather appropriate clothing (sunhat and sunscreen in warm weather; warm, waterproof clothing in cold and wet weather)

See if you know the answer to these Cave Hill Creek Raft questions ☺

1. When should you wear your PFD?
2. Do I need to worry keeping dry? Why?
3. Are jeans ok to get wet in in? Why?
4. What's a T-grip?
5. What do you do if you hear a whistle blown?
6. What do you do if you capsize (tip over)



But what if I capsize???

Easy!
Don't panic.
Stay calm and check two very important things:

1. Are you ok?
2. Is your buddy ok?

Then...

3. Locate your paddle if you can, and
4. Grab and hold the raft and wait for instructions from your Instructor.



LIVE THE OUTDOORS

DISC/FRISBEE GOLF



Frisbee Golf combines the skills of throwing a Frisbee with the strategic aims of golf. The objective is to complete a course of holes in the fewest number of throws. This activity promotes coordination and team spirit among participants while engaging in a fun and challenging activity.

1. Each hole starts with a tee-off. Players throw their disc from a designated tee area towards the basket.
2. After the initial throw, the player whose disc is farthest from the basket throws next. Each consecutive thrower should wait until the current thrower has taken their turn to ensure that a frisbee does not accidentally hit another player.
3. Players continue to throw from the spot where their previous throw landed until their disc lands in the basket.
4. A hole is completed when a player's disc lands in the basket.
5. Players record the number of throws taken to complete the hole. This is their score for that hole.



Techniques and Tips

- **Stance:** Stand sideways to your target with your feet shoulder-width apart. For right-handed players, the right foot should be back, and for left-handed players, the left foot should be back.
- **Grip:** Hold the disc firmly but comfortably. The most common grip is the power grip, where all four fingers are tucked under the rim of the disc, and the thumb is on top.
- **Throw:** Use a smooth, controlled motion. Begin by pulling the disc back across your body, then snap your wrist and release the disc towards



Be Respectful, stay safe and have fun!!

Did You Know? The world's longest disc golf course is located in Finland, stretching over 13,600 feet, offering a challenging and scenic experience for players.

History: Frisbee/Disc golf has a relatively short history with much of it shrouded in mystery. No one knows who first played disc golf because of the sheer number of historical accounts involving someone with a disc or Frisbee. That being said, one of the earliest accounts of disc golf was in Saskatchewan, Canada in 1926. A group of elementary school friends was recorded playing a game called 'Tin Lid Golf'. The group of kids would throw tin lids into 4-ft wide circles that they had made around the school grounds.