



## High Ropes Course



### GENERAL COURSE INFORMATION:

The high ropes course at the Cavan Centre includes 7 climbing elements: -

- (1) Jacobs Ladder (2) Trapeze (3) All Aboard (4) See Saw  
(5) Traverse (6) Crate Stack (7) Abseil

A superb tool for Group Bonding, Teambuilding and Personal Development. This course can be used as part of our teambuilding courses or as a stand alone challenge for a half or whole day.

All instruction delivered by qualified staff and all safety equipment supplied.

Please call Celine on 049 8544436 or email: [info@cavancentre.ie](mailto:info@cavancentre.ie)

