

Secret Forest Walks - Team Olympics @ Hepburn Springs. Activity Outline.

The activity is centered on a team-based challenge at Hepburn Springs reserve. Participants work collaboratively to complete a 2.5km forest trail 'Circuit' with a range of activities and observations to complete en route. The teams will carry a small bucket of mineral water from the mineral water pumps at the Hepburn Springs Reserve during the circuit to preserve during the activity. Team members will be required to drink the equivalent of the amount of mineral water lost or spilled during the circuit as a motivation to work together and resolve challenges en route. There is a range of additional activities available at the conclusion of The Circuit challenge.

Team Olympics. Activity details.

Following the introduction to the activity at guests' venue, the participants will be guided to the Hepburn Springs reserve via the Spring Creek footbridge to the Locarno Mineral Spring. A brief history of the development and features of the reserve and its mineral water can be provided.

The Circuit

En route, there will be a number of activities to complete, whilst at all times attempting to minimize spillage from their buckets. The Circuit takes one hour to 90 mins to complete. Please note, travel is on rocky and uneven forest paths in places. Steep and potentially slippery segments require due care.

- 1) BUCKET LIST. Teams begin the challenge with a measured amount of mineral water in a bucket to be carried for the duration. Carrying should be shared. The amount remaining in the bucket is measured at the conclusion. The team members are required to drink the equivalent amount of lost mineral water from the spring, for their good health.
- 2) RIBBON HUNT. There will be several ribbons in each teams colour attached to tree branches etc along the trail. Team members must be observant and collect each streamer.
Some ribbons will come with instructions for a specific challenge, such as..
- 3) GIMME SHELTER Teams will be asked to construct a bush shelter using only fallen branches and leaves in the vicinity of the Instructions. Existing, standing trees may not be used. The shelter should be large enough for two people to sit in. Take a photograph for evidence and dismantle.
- 4) IT'S NOT ABOUT THE MONET. An art board with paper and colour pens will be placed at a certain ribbon location for each team. The challenge is to draw the team and the setting to the best standard possible. Team members should be recognizable. (no stick figures!).
Take the board and artwork with you for later comparisons.

- 5) **FLY! BE FREE.** Jacksons Lookout is a viewing tower toward the end of the circuit. (See below). Pad paper will be located up in the lookout tower. Teams will make paper planes and judge which one goes the furthest.
- 6) **DROP IT!** Small parcels in the teams colours will be placed at the top. The challenge is to accurately drop the parcels into a waiting bucket on the ground at the foot of the tower. Or into the eager hands of a team mate down below. Inside the parcels a tasty treat can be found.
- 7) **BUBBLE UP.** Had enough competitiveness and hard work? Just wiz up a bubble storm from our wands for a laugh and a fun closure.



Pre or Post Team Olympics - activities options.

- 1) **Guided mineral water sampling or the more in depth Mineral Water Master Class.**
- 2) **Kubbs. A team based lawn game. Throw your batons at the targets. Sounds easy!**
- 3) **The Safe. A GeoCaching/GPS Treasure Hunt mystery in the forest.**