



## Complete a night-line or caving experience



There are lots of caves in Wales. Complete a night-line or visit a caving experience either man-made or natural. Remember: caves can be dangerous places so only ever explore them with a qualified instructor

### Time



**Age**  
7 - 11  
14 - 18

### Environment



**Equipment**  
Blindfold  
Rope

### Price



**Subject**  
Outdoor Learning  
P.E.

### Activity Type



**Soft Skills**  
Communication  
Decision making  
Flexibility  
Gross Motor Skills  
Independence  
Listening  
Negotiation  
Problem solving  
Responsibility  
Self motivation  
Teamwork

