

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



Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



- St. David's Day

£/££/Free Day/Night	Outdoors
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|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
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|--|--|
| <input type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input type="checkbox"/> Winter |
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Skills:

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

Equipment:

- Blindfold
- Rope