

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	

<input type="checkbox"/> Autumn	<input checked="" type="checkbox"/> Spring
<input checked="" type="checkbox"/> Summer	<input type="checkbox"/> Winter

Skills:

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

Equipment:

- Blindfold
- Rope