

# Fun and engaging Team Building

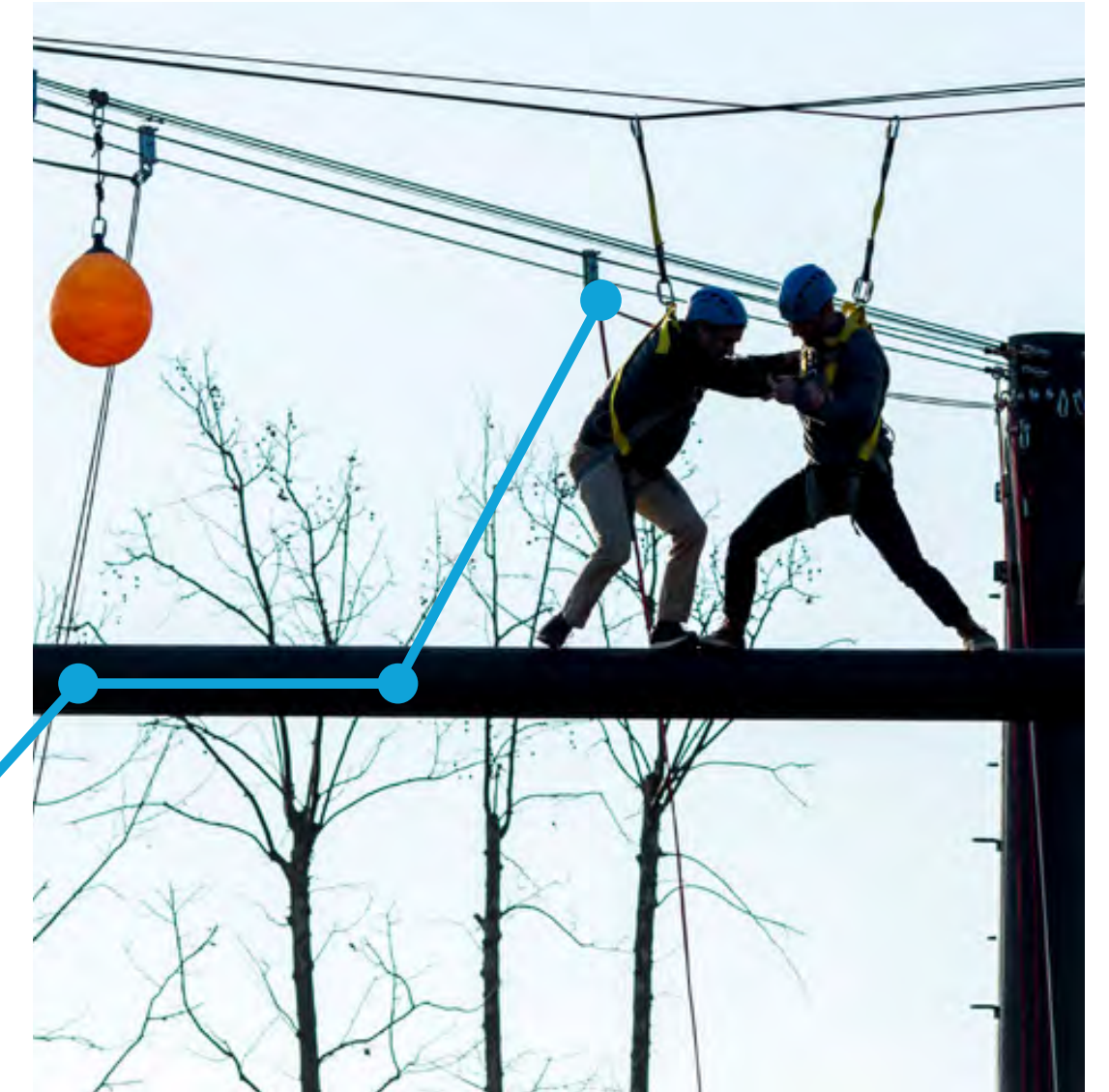






## Challenge your team

Successful teams need to practice and our team-building activities at Forest Park are the ideal opportunity to do just that. Overcoming obstacles presents physical, mental, and emotional challenges that invite groups to explore teamwork strategies and discover for themselves the importance of planning, cooperation and communication. And yes it can also be a lot of fun.



## Designed to suit your needs

Let us create a personalised programme around the specific goals and requirements for your team. Motivation, fostering growth and learning, generating excitement whatever your objective we can work with you to create an event that meets your needs. Join us amongst the trees for an unforgettable adventure.

*·Explorer Circuit: Twelve platforms including bridges and four ziplines.*

*·HRC (High Rope Courses): Six challenging modules at height involving groups up to 16 people simultaneously.*







## Box Tower

Super competitive high rope course. Skill, balance and not thinking about it too much to climb as high as possible against the clock.



## Catwalk

Different options, including individual balance and hand-to-hand combat. The winner remains standing while the loser has a soft landing on the ground.



## Inclined Log

Skill and balance. Walk a slope of over 45° or exceed 60°. Scores are awarded for time taken, points and completed slopes.





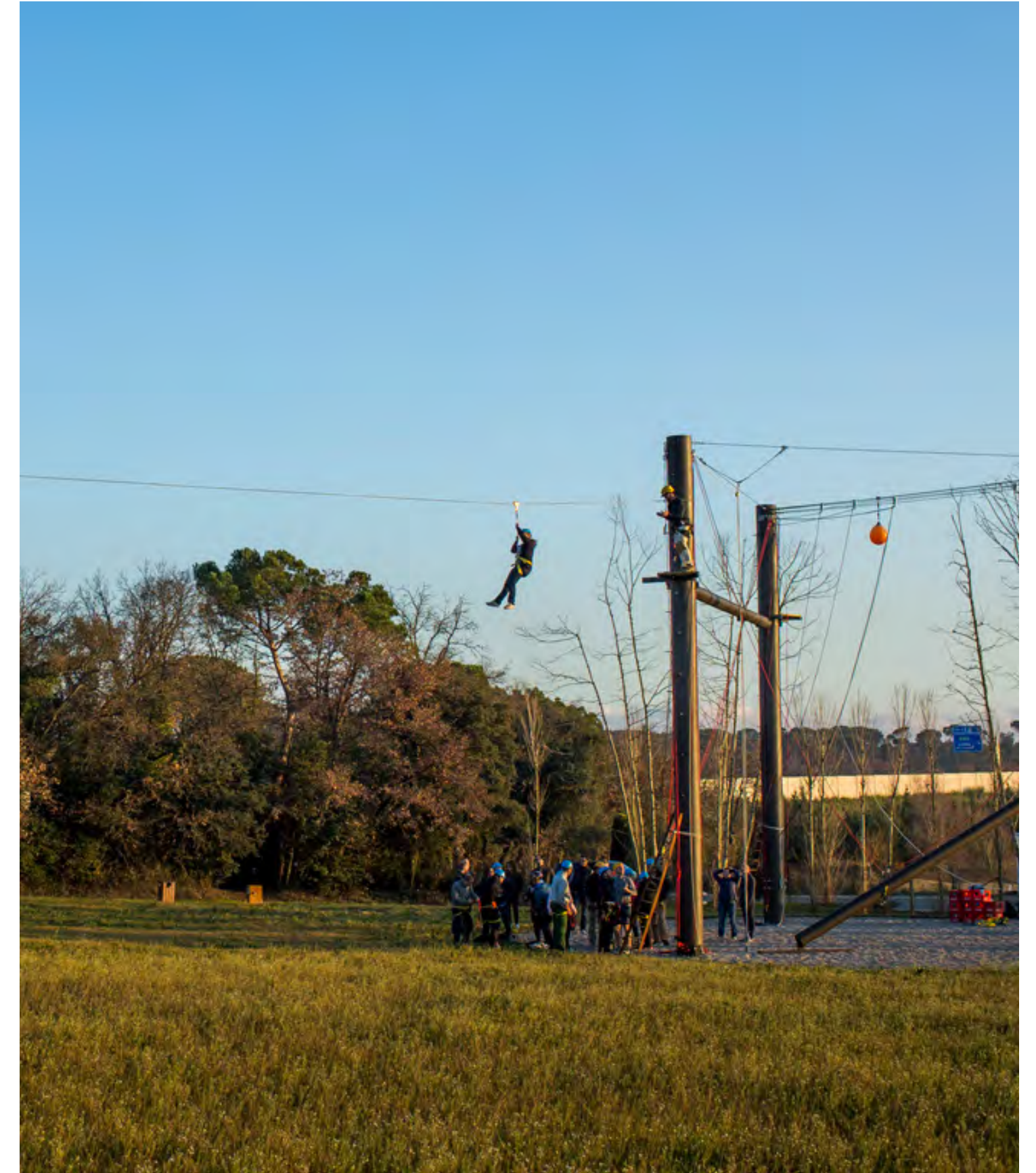
## Stira-T

An authentic bungee-jumping simulator in which each participant decides the height they want to fly from.



## Jump Ball

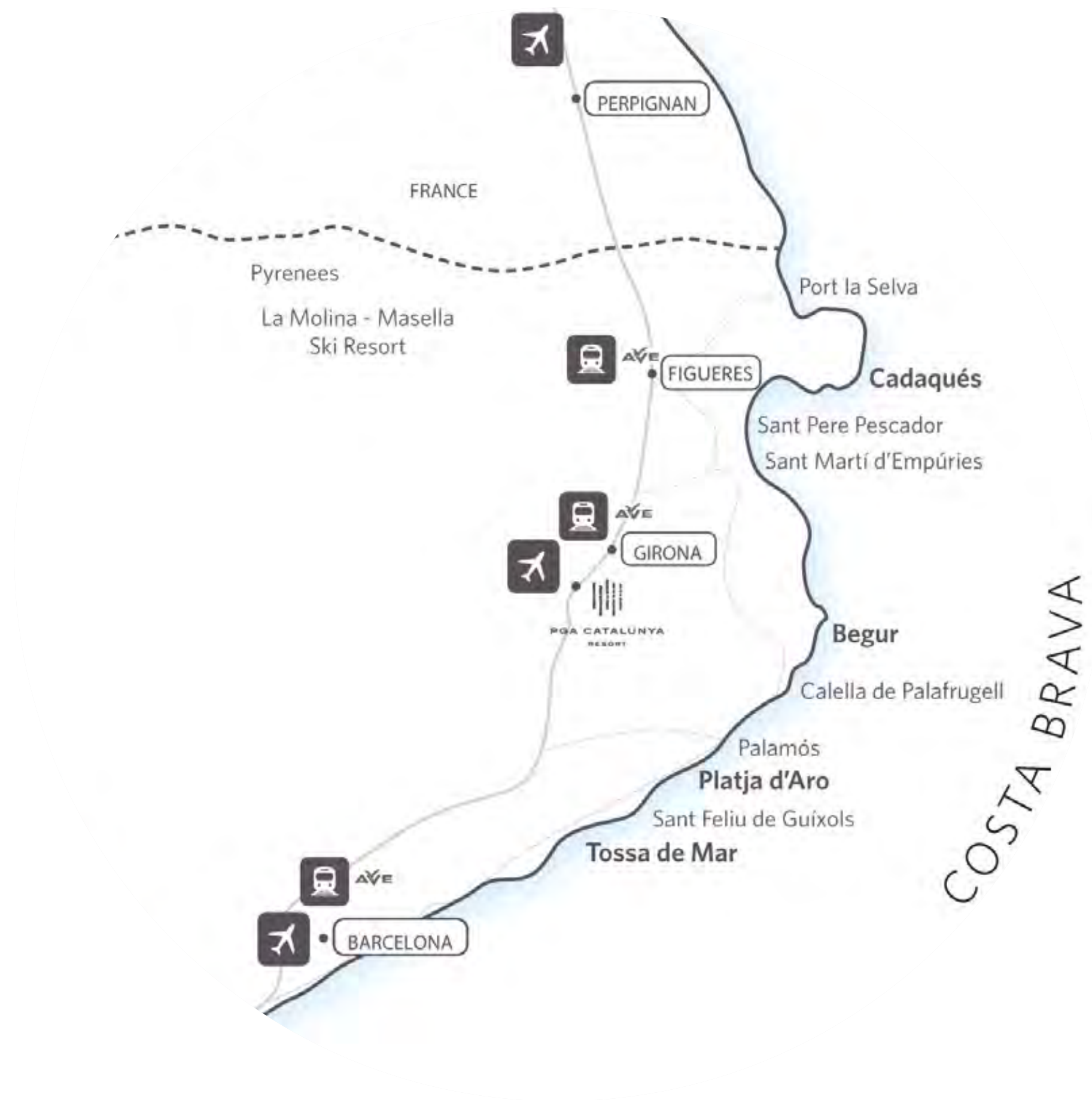
Freefall: total challenge! The aim is to jump as high and far as possible to touch the ball suspended at variable distances.



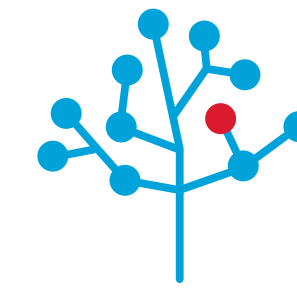
## Zip Line

The star adventure sports activity for groups. An exclusive and exciting attraction for everyone, in groups, individual or tandem.





**PGA CATALUNYA**  
RESORT



**FOREST PARK**

**FOR MORE INFORMATION AND RESERVATIONS:**

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