**ACTIVITIES**

There is a considerable amount of risk involved in all outdoor activities, and MOEC takes all reasonable steps to mitigate these through sound practise and policies.  
If you are wanting to utilise the Instructor Led Activities please give us a list at least 4 weeks prior to your stay to allow us to prepare a programme with the appropriate staff.

**SELF LED:** *(activities that MOEC train Adult Leaders)*

* Burma Trail
* Confidence Course
* Duck Pond
* Flying Fox
* Frisbee Golf
* Historical Walk
* Indoor Bouldering
* Orienteering (on and off site)
* Pontoon
* Raft Building
* Survivor Challenge

**INSTRUCTOR LED:**

* Abseiling
* Archery (Indoor and Outdoor)
* Climbing
* Flying Kiwi
* High Ropes
* Low Ropes
* Motutapu Challenge
* Murder Mystery Orienteering
* Sailing
* Sheltered Water Kayaking
* Snorkelling
* Stand-Up Paddle-boarding

**OTHER:**

* Museum
* AV Room
* Environmental Studies
* Nature and bush walks
* Coastal and marine biology
* Knot Box
* Out-camping (Home Bay)
* Rangitoto Summit and Lava Caves
* Resource Room and Indoor Learning Space
* Indoor/outdoor Sports & PE: badminton, basketball, cricket, hockey, rugby, soccer, table tennis, volleyball and more
* Swimming

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