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Located on the Port Hills above Christchurch is the impressive bluff of Te Ahi-a-Tamatea, known locally as Rapaki Rock and popular with rock climbers. The Rapaki Rock Climb is a great afternoon out of the office and so close to the city centre, making it an easy option for your team building activity.

Rock climbing is an achievable and empowering activity that is heaps of fun while being a great tool to better your staff resulting in a more energised and motivated team back at the workplace. Our experienced guides know how to create a safe environment while encouraging participants to forget the stresses of the office and allow themselves to achieve more than they may have thought themselves capable.

Details

A half day activity on the Port Hills above Christchurch. The clients will be met by their guides at the base of Rapaki rock.

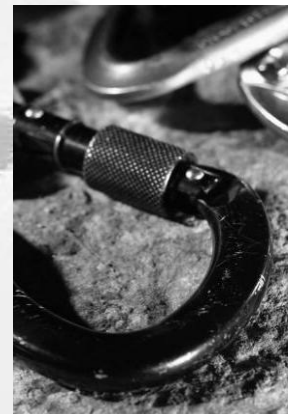
After an introduction and brief history of the area, our industry standard guides will instruct participants on equipment usage, basic climbing techniques and safety practices.

The afternoon will present participants with a range of climbs to suit first-time to intermediate climbers to ensure that everyone gets the most out of the activity.

Key learning elements:

Participants will return to the workplace ...

- ▶ ...feeling valued and rewarded by their company
- ▶ ...with higher levels of self confidence and personal achievement
- ▶ ...having overcome anxiety
- ▶ ...as a united team having gone through a shared experience with work mates
- ▶ ...with improved trust and communication within the group



This is an excellent activity as well as providing a powerful empathic rapport between the whole team as they partner up to encourage and support each other while they all experience the same real, human emotions of *fear, anxiety, excitement, anticipation* and *achievement* when they reach the top! It encourages people to embrace risks and they leave with greater self-confidence, expanded personal horizons and a real feeling of being valued by their company.

LOCATION	SEASON	DURATION	Min/Max
Port Hills	All year	4 – 5 hours	6 - 40