

FIND YOUR FREEDOM

GET OUT. GET ACTIVE

SEVEN WILD EXPERIENCES
IN THE FOREST OF DEAN

With its thick woodland, wide open spaces and majestic rivers, the Forest of Dean attracts thrill-seekers every day of the year.



1 High Ropes Day of Thrills

Your feet, literally, won't touch the forest floor on this high ropes experience with Go Ape as you zip, swing and clamber your way around the course.

2 Golf Range Fun For All

Tee up for success, improve your swing and play on the world's best golf courses at the Forest Driving Range near Coleford.

3 4X4 Driving Day of Skills

Start your engine for some exhilarating adventure with Whitecliff 4x4 off-road driving experiences. Great for juniors or adults looking for fun or owner-drivers wanting professional tuition.

4 Caving Day of Camaraderie

Squeeze together underground and explore the hidden depth of the Forest of Dean with the professional cavers at Forest Adventure. Emerge with new skills and a huge smile on your face.

5 Cycling Day of Adventure

Soar up hills and sail down forest tracks without breaking sweat on an e-bike from Dean Forest Cycles. Special packages available for a full day hire with your family, your friends or as a couple.

6 Laser Clay Shooting Day of Fun

All the fun of a shoot, without the danger. Fire high-tech shotguns at special clay targets to win the sharp-shooting trophy. Ideal for adults and children with special sessions for kids aged 10-11 years of age.

7 Laser Tag Day of Battles

Fight it out on a purpose-built outdoor battlefield to complete your team mission without getting eliminated. It's electric action amongst the trees brought to you by BattleSports Glos.



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PARKEND

FOREST OF DEAN

SADDLE UP FOR ADVENTURE

WITH DEAN FOREST CYCLES



DIFFICULTY:

Easy/Moderate

SUITABLE FOR:

All ages and abilities

Use pedal power to explore the Forest of Dean's network of amazing bike trails without breaking a sweat, thanks to Dean Forest Cycles.

They stock an impressive range of adult and children's e-bikes, mountain, gravel and road bikes from brands including Marin, Ghost and Scott. All of which you can pick up from the Dean Forest Cycles HQ in Parkend or have delivered. You get full tuition and safety equipment and can hire for a full day or longer.

AFTERWARDS, REFUEL AT:

Dean Forest Cycles' cafe and ice-cream shack, which serves delicious hot and cold food freshly-made onsite every day. A great pitstop after biking the family cycle tracks.



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COLEFORD

FOREST OF DEAN

HOLD ON TIGHT FOR
**HIGH ROPE
THRILLS**



DIFFICULTY:
Moderate/Challenging

SUITABLE FOR:
All ages, minimum height 1 metre

See the forest from a different angle with the ultimate high ropes adventure experience. With the help of a qualified instructor, you'll swing, climb, leap and zip around a treetop course with Go Ape. Choose from two locations in the Forest of Dean.

The two-hour fun fest at Mallards Pike offers those aged 10+ a series of crossings, obstacles and zipwires. Safely clipped in, you'll traverse a course that reaches up to 15 metres above the forest floor.

Mini Tarzans don't have to miss out on the fun as there is a junior course nearby at Beechenhurst where there's no lower age limit but participants have to be at least one metre tall.

Bring a head for heights and a reasonable level of fitness. For low-level forest thrills try their Segway experience for a fun expert-led journey through the forest.

AFTERWARDS, REFUEL AT:

Sixteen Community Cafe, a social enterprise, not-for-profit cafe with a friendly welcome and team vibe. There's a great menu of fresh meals made from local ingredients including tasty veggie, vegan and gluten-free dishes.



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COLEFORD

FOREST OF DEAN

REV YOUR
ENGINE FOR A

**4X4
SPLASHDOWN**



DIFFICULTY:

Moderate/Challenging

SUITABLE FOR:

Adults and children aged 14 and up

With its own adventure site just a mile from Coleford town centre, Whitecliff 4x4 offers drivers heart-thumping off-road experiences - with half day or full day options.

Sat behind the wheel of a Land Rover 4x4 you'll cross flat slippery surfaces, plough through mud and water, and traverse moderate and steep inclines and declines. Choose from adrenaline sessions for a thrilling day out or a professional learning experience that'll equip you with skills to tackle obstacles you never thought possible. Owner-drivers can book into the 4X4 Owner Driver one-to-one course to discover how their 4X4 performs off-road, whilst junior enthusiasts can get stuck in on the brilliant 4X4 Junior Experience. Even those too little to get behind the wheel can enjoy a 4X4 Passenger Ride.

AFTERWARDS, REFUEL AT:

The Ostrich, a 13th century country pub in the nearby village of Newland that's well known for its wide range of real ales and home-cooked food. Plus, there's a large beer garden ideal for chilling out after your adventure.



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CINDERFORD

FOREST OF DEAN

SET YOUR SIGHTS ON SHARP SHOOTING LASER FUN



DIFFICULTY:
Easy/Moderate

SUITABLE FOR:
Adults and children aged 10 and up

Laser Clay Pigeon Shooting is a high-tech day out that'll go with an environmentally- friendly bang.

It's just like a real-life shooting party, but without the live ammunition, the dramatic recoil or the ear-splitting noise. You hold a real, but deactivated, shotgun that's fitted with invisible infrared beams and fire at special reusable clays. There's a realistic 'bang' and hits are scored on the digital board. Run by Dean Laser Clay, this is a 100% safe shooting showdown where you can fire alongside your friends or family (unlike traditional clay pigeon shooting) and have a blast of fun. Held at Elton Farm in the Forest of Dean; sessions last 1.5 hours.

AFTERWARDS, REFUEL AT:

One of the nearby cafe or pubs, or pack a picnic from a local deli to enjoy on the banks of the River Severn at Newnham on Severn.



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CINDERFORD
FOREST OF DEAN

BATTLE IT OUT IN LASER TAG



DIFFICULTY:
Easy/Moderate

SUITABLE FOR:
Adults and children aged 10 and up

Outdoor Laser Tag by BattleSports Glos is an immersive real-life combat activity that'll have you diving for cover, hiding out in woodland and capturing enemy bases.

Perfect for gamers it mimics the playing highs of shoot-em-ups on a purpose-built outdoor battlefield. You're equipped with the latest laser tag weapons (with instant audio, visual and Rumbleforce feedback, a red-dot scope and a full colour screen) and split into two teams. All you have to do next is win - whatever the cost. It's totally safe, suitable for all ages and comes with a range of missions to choose from, including Battle Royale, Supply Drop, VIP and King of the Hill.

AFTERWARDS, REFUEL AT:

Why not pre-order a picnic from one of the local farm shops or delis and eat on site, while enjoying panoramic views of the River Severn.



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CLEARWELL

FOREST OF DEAN

GO DEEP WITH FOREST CAVING



DIFFICULTY:
Challenging

Ever wondered if you could master your fears and conquer the blackness and depths of hidden caverns and curious caves?

Forest Adventure makes it possible with a day's caving underneath the Forest of Dean. Hard hat and head torch on, then off you go with professional caving instructors to explore fascinating rock formations that many people never see. You'll go at your own pace and level, climbing and scrambling through entrances and exits deep underground. Then, when you emerge back into the light, you'll be glowing with pride armed with a new set of caving skills. Should you want to keep your feet firmly above ground, why not try archery or bushcraft.

AFTERWARDS, REFUEL AT:

Foresters Bar & Restaurant, a light and bright onsite dining complex with large play area found on the popular holiday site, Whitemead Forest Park. Serving light bites and main meals, as well as handmade cakes and barista coffee, eating here will be a big change from being underground.



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