



### Kayaking

Explore the unspoilt wilderness of Popran Creek as it meanders its way through the valley towards the Hawkesbury River. Our fully trained guides will cover safety practices and paddling techniques before children enjoy a 2.5 hour relaxed paddle through the valley, with plenty of breaks along the way. All children are required to wear a buoyancy vest (provided).

### Abseiling

Our abseiling experiences are exciting and highly rewarding. Children learn basic abseiling techniques and receive a safety briefing before we start out on our beginner descents. As your child's confidence grows we progress to the more enjoyable vertical and eventually overhang descents.



## PRICES AND DATES

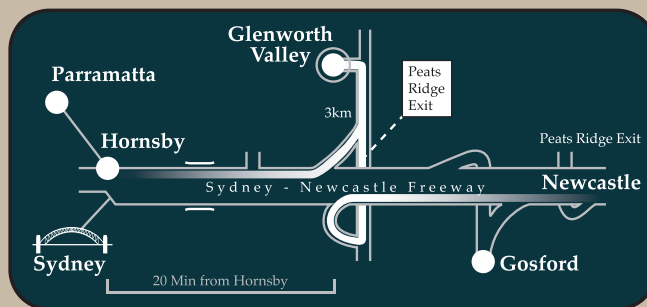
Please visit [www.glenworth.com.au](http://www.glenworth.com.au) for information on program pricing and dates

## BOOKINGS

Bookings are required and should be made well in advance to avoid disappointment.

Phone (02) 4375 1222 to check availability

## DIRECTIONS



20 minutes from Hornsby and Gosford  
1 hour from Sydney and Newcastle CBDs

Open 7 Days, Bookings required

## ABOUT GLENWORTH VALLEY

Enjoy 3000 acres of the finest unspoilt wilderness at Australia's largest horse riding and outdoor adventure centre. We offer horse riding, abseiling, kayaking and quad biking adventures with our activities suitable for all levels of ability and no prior experience required.

## GLENWORTH VALLEY



### OUTDOOR ADVENTURES

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## GLENWORTH VALLEY



### OUTDOOR ADVENTURES

### CHILDREN'S CAMPS AND LESSONS



### HORSE RIDING



### KAYAKING



### QUAD BIKING



### ABSEILING



## HORSE RIDING LESSONS

Horse riding lessons are the ideal way to learn how to ride, gain confidence or further your horse riding skills and knowledge. Safe enjoyable riding is our number one priority and our instructors are experienced in working with both nervous beginners and experienced riders.

We offer one-on-one private lessons or group lessons with 2-6 riders of similar ability learning and practicing in the same class.

Glenworth Valley is unique in that we offer the flexibility of private and group classes, arena lessons, instructional trail rides or a combination of both.

## HORSE RIDING CAMPS

Our school holiday horse riding camps are a popular way to enjoy a fun-filled day learning about horses and how to improve your riding ability. Our camps are designed for children to socialise and learn new skills whilst under the supervision of highly experienced instructors. We have 200 quality horses to learn on and offer a large range of camps suitable for a variety of ages and abilities.

### Junior Beginner - ½ Day Camp (5-8 years)

Suitable for younger children who have never ridden or who have only ridden lead ponies.



### Beginner Level 1 - Day Camp (7-16 years)

Suitable for children who have never ridden, or who have only ridden lead ponies.

### Beginner Level 2 - Day Camp (7-16 years)

Suitable for children who have ridden a few times, may be able to rise to the trot or can steer a horse competently at a walk or have had some lessons.

### Intermediate Level 1 - Day Camp (7-16 years)

Suitable for children who can rise to a trot and steer without holding on to the saddle or who are able to canter while holding on.

### Intermediate Level 2 – Day Camp (7-16 years)

Suitable for children who are able to canter without holding on, have done some jumping and who do regular riding and lessons

### Advanced Level - Day Camp (7-16 years)

Suitable for children who are very competent riders, who have been having regular lessons at a high level or who have graduated from our intermediate Level 2 Camps.

### 2 and 3 Day Overnight Camps (7-16 years)

Choose from a 2 day or 3 day overnight horse riding camp with plenty of horse riding lessons, trail rides, opportunities to experience horse riding sporting activities and overnight camping fun. Includes all instruction/ supervision, equipment and food.



## ADVENTURE MAX CAMPS

### Full Day (7-16 years)

Adventure max camps are a perfect way to experience a range of exciting outdoor activities and meet new friends. Your child will enjoy quad biking or bush walking (age dependant), kayaking and a choice of horse riding and abseiling all in the one day.

### Horse Riding

Suitable for riders of all abilities, with gentle horses available for beginners. Our guided horse rides include instruction on control and management of your horse before leaving the yard. A professional and friendly guide accompanies children on a 2 hour guided trail ride of our rainforest or rockpools trail.

### Quad Biking (10 yrs +)

Riding on a 4WD ATV is fun and surprisingly easy as our bikes are fully automatic. Children receive a safety briefing, followed by individual instruction on how to control and manage their bike. Children cover some practical training and assessments on our confidence building course before they hit the open trails and our quad biking course for a 1.5 hour ride.