
Frequently Asked Questions

How old do you have to be for the activities?

There is no minimum age for activities at The Ultimate High, only a minimum height and weight restrictions. This is 1.80m from the floor to end of fingers at full stretch for the High Ropes. The climbing wall has a minimum weight restriction of 30kg, maximum 150kg, but no height restriction. This also applies to the leap of faith.

Are the activities suitable for all abilities?

Outdoor activities are of a demanding nature, physically and mentally. The High Ropes course is demanding, but varying fitness levels complete the easier course without dramas! Though you may ache for a few days after! Climbing can be more suited to those with reoccurring injuries, as the main forces can be directed to the lower body.

How long do activities last?

Approximately: High Ropes – 1.5 hours Climbing – 1 hour Leap of Faith – 1 hour Coasteering – Half a day Kayaking – Half a day

Do we have to book?

We endeavour to ensure that all participants start their chosen activity within 20 minutes of arriving. We do however only have set number of places on each activity at any one time. We strongly advise groups of 6 or more to call to ascertain a time slot suitable, to ensure all members can complete activities together.

Are there any discounts available?

Big Sheep customers will gain 10% discount all on-site activities on proof of a valid entry receipt for that day's entry at The Big Sheep. We cannot accept out of date entry tickets. Group bookings of 12 or more persons, will receive 10% discount.

Are refreshments available?

As of Easter 2008, we will be selling light refreshments for participants. Cold drinks, snack bars and tea and coffee.

Can we leave our children at The Ultimate High?

There must always be a parent or guardian present on-site when young people under the age of 18 are participating in activities. The Ultimate High staff will not accept in loco-parentis for any child.

What must I wear?

Good stout shoes, trainers ideal, a wind proof jacket and lots of good thermal layers. A good hat also keeps you nice and warm on the ropes course. Gloves can be worn but we advise not for safety.

What payment methods do you accept?

At present, we accept cheque (with cheque guarantee card) or cash payment only. All cheques are to be made payable to Outdoor Education Training.

How much do activities cost?

Please visit our [Tariff page](#)

Are you a licensed centre?

Outdoor Education Training is the owner of The Ultimate High. The Ultimate High is a trading name only. Outdoor Education Training is an AALA approved provider of adventurous activities for young people under the age 18 years of age.