

2023 PROGRAM

OUTER LIMITS

ADVENTURE FITNESS
OUTDOOR CAMP PROGRAM

LOCALLY
OWNED &
OPERATED



OUTER LIMITS
ADVENTURE FITNESS

OUTERLIMITSADVENTURE.COM.AU



About Us

Outer Limits is the only locally owned and operated activity provider in the Townsville region. Established in 2012 by Townsville local and adventure enthusiast, Sam Stedman, we have since helped thousands of people reach their 'Outer Limits' through our race events, adventure experiences and outdoor camp programs. We proudly own and operate one of Australia's biggest trail running series and in 2018 built our own Adventure Centre in Paluma, just north of Townsville.

OUR TEAM

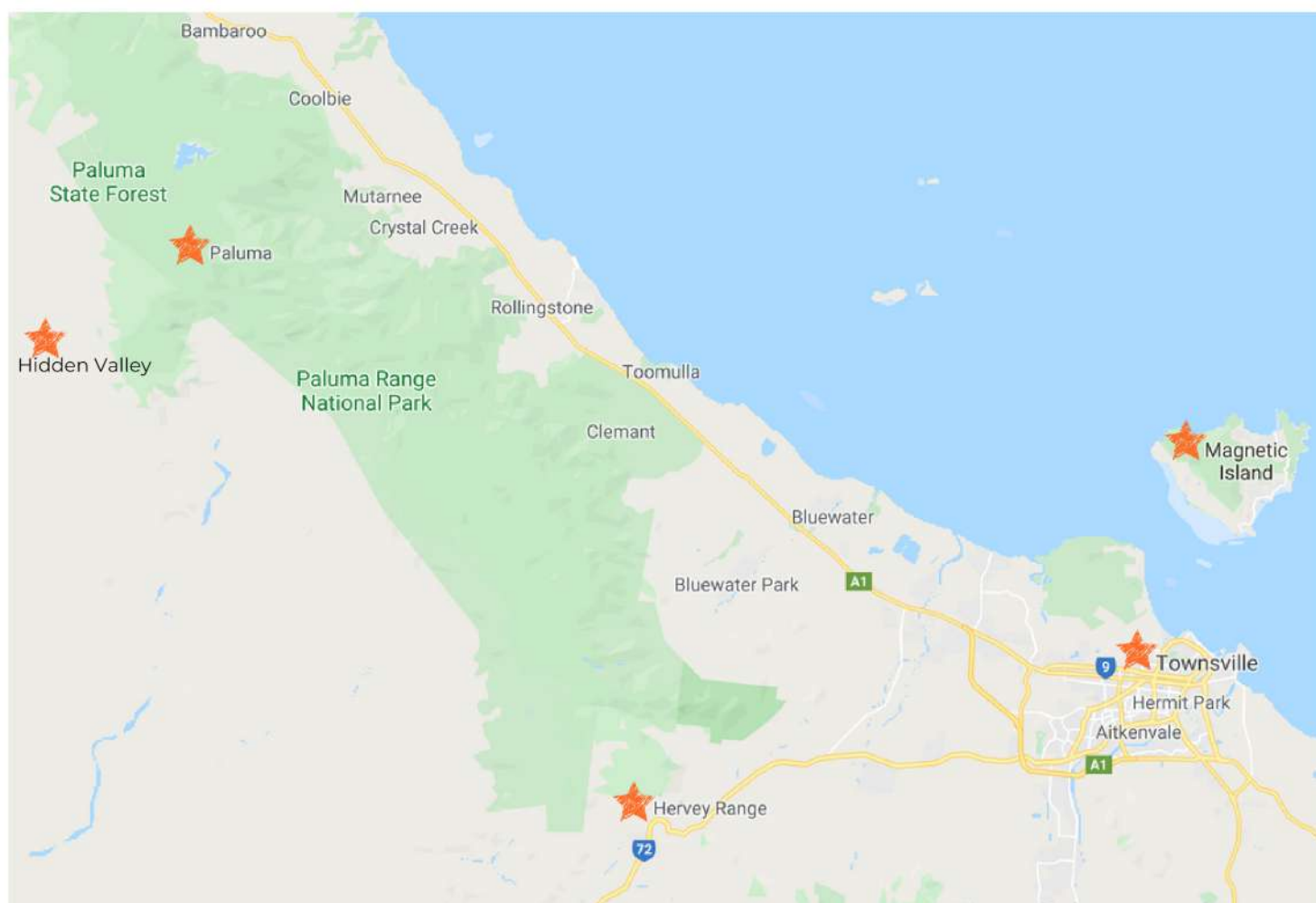
Our passionate and professional team live for the outdoors and love to share their skills and knowledge with others. Participant safety is of paramount importance to us – All staff hold current Blue Cards, First Aid, CPR and Bronze Medallion qualifications, as well as various other certificates and qualifications related to the outdoors.

Our Camps

With years of industry experience and unparalleled local knowledge, we can create the ultimate learning environment for your group to challenge themselves and can help them to grow, both individually and as a team. We currently have over 15 different activities on offer, ranging from activities that target soft (Team Games, Beach Olympics, Fishing etc.) and intermediate skills (Archery, Archery Tag, Raft Building etc.), all the way through to advanced skills (Kayaking, SUPing, Abseiling etc.) for experienced adventurers. To help you choose the best adventure for your group, we have provided a list of our activities as a starting point that includes our suggested time allowances and a guideline on age groups. However, we (and our programs) are flexible and we can work with you to tailor a program to suit both your organisation's and your group's requirements, including group size and ability, time constraints and budget. We also offer a multi-session discount and can provide risk assessments for each activity upon request. Alternatively, if you already have a particular activity or experience in mind, please call us – We're here to help and will do our best to make it happen.

Camp Locations

PALUMA + TOWNSVILLE + MAGNETIC ISLAND + HIDDEN VALLEY + HERVEY'S RANGE



OUR LOCATIONS

- **Paluma** - The Outer Limits Adventure Centre is located in Paluma Village, where we have our high ropes course. All water activities are held at the Paluma Dam.
- **Townsville** - Our activities can be held in various locations around Townsville depending on the type of activity. These include Pallarenda, The Strand, Riverway and Mount Stuart
- **Hervey's Range** - A great overnight camp option with high ropes, abseiling and team activities
- **Magnetic Island** - Our activities are generally based around Picnic Bay and Horseshoe Bay, however, other locations are also available
- **Hidden Valley** - For the more adventurous groups, a true Aussie Outback experience

General Information

- Although we can cater to your individual requirements, we strongly recommend that groups are capped at 20 participants. However, some activities do allow for up to 25 people to participate at once.
- Most activity sessions run for 1.5 hours. Abseiling and High Ropes generally run for 3 hours
- We conduct Risk Assessments for all activities and can provide the documents upon request.
- Our Paluma, Hidden Valley and Hervey's Range camps are ideal locations for multi day camps.
- We will provide you with a personalised itinerary and, if required, can arrange all bus and ferry services.

Activity Overview

Activity	Location					School Grade	Duration
	Townsville	Paluma	M. Island	Hervey's R	Hidden Val.		
Abseiling	✓	✓	✓	✓	✓	5 to 12	2-3 hours
Amazing Race	✓	✓	✓	✓	✗	5 to 8	1.5 hours
Archery	✗	✓	✗	✓	✓	5 to 12	1.5 hours
Archery Tag	✓	✓	✓	✓	✓	5 to 12	1.5 hours
Beach Olympics	✓	✗	✓	✗	✗	5 to 12	1.5 hours
Bushwalking	✓	✓	✓	✓	✓	5 to 12	1.5 hours*
Catapults	✗	✗	✗	✓	✓	5 to 8	1.5 hours
High Ropes	✗	✓	✗	✓	✗	5 to 12	3 hours
Kayaking	✗	✓	✗	✓	✗	5 to 12	1.5 hours
Mountain Biking	✓	✓	✗	✗	✗	7 to 12	2 hours
Raft Building	✓	✓	✗	✓	✓	5 to 8	1.5 hours
Stand Up Paddling	✓	✓	✗	✗	✓	7 to 12	1.5 hours
Team Builders	✓	✓	✓	✗	✗	5 to 12	1.5 hours

Activities in Paluma

HIGH ROPES COMBO

- Description: Our signature activity combines high ropes, low ropes, rock climbing, leap of faith and the glider possum. A great team building activity as well as an individual challenge.
- Duration: 3 hours
- Age: 10 years+
- Location: Outer Limits Adventure Centre, Paluma



ARCHERY TAG

- Description: Taking archery to the next level and introducing a more (inter)active version of the sport. An all time favourite.
- Duration: 1.5 hours
- Age: 10 years+
- Location: Outer Limits Adventure Centre, Paluma. Other locations also available

TEAM BUILDING

- Description: Looking for an activity to bring the team together? Teams work on problem solving, communication and inter-personal skills while facing the posed challenges together.
- Duration: 1.5 hours
- Age: 10 years+
- Location: Outer Limits Adventure Centre, Paluma



BUSHWALKING

- Description: Experience the rainforest and the many hidden waterfalls Paluma has to offer. There are a number of options available according to fitness and skill level.
- Duration: 1.5 hours (longer options available, incl. multi-day hikes)
- Age: 10 years+
- Location: Paluma Range National Park

ABSEILING

- Description: A great way to challenge each and everyone in the group. A short hike through the rainforest brings the group to an exciting abseil alongside a waterfall. A great swimming hole awaits below.
- Duration: 3 hours
- Age: 10 years+
- Location: Paluma Range National Park



MOUNTAIN BIKING

- Description: A more challenging activity suited to older groups. A fun way to experience the Paluma Range National Park.
- Duration: 2 hours
- Age: 12 years+
- Location: Paluma Range National Park

AMAZING RACE

- Description: Working in small groups, teams use a map and a clue sheet to find checkpoints in Paluma Village. Road Blocks requires team work to gain points to win the race. This challenge will work on their communication, leadership and problem solving skills.
- Duration: 1.5 hours
- Age: 10 years+
- Location: Paluma Village



Other Locations

All our camp locations offer a unique combination of activities, catering for a great range of age and skill level. Please contact us today for your personalised camp experience.

Water Activities at Paluma Dam

Most of our water activities are also offered in other locations as shown in the table on page 4. The below is an example of our Paluma Dam based water activities. Please contact us for other options and locations. Example of other locations:

- The Strand, Townsville
- Riverway, Ross River
- Hidden Valley

KAYAKING

- Description: The picture perfect Paluma Dam is a short, 20 minute drive from Paluma Village and is an ideal location for watersports. Together we will learn how to paddle a kayak and explore the banks.
- Duration: 1.5 hours
- Age: 10 years+
- Location: Paluma Dam



STAND UP PADDLE BOARDING

- Description: A little bit more challenging than the kayaks are our SUPs, testing your balance and patience. A great way to have some fun on the water and explore the dam.
- Duration: 1.5 hours
- Age: 12 years+
- Location: Paluma Dam

RAFT BUILDING

- Description: Build your own raft and test it out in the water. Make sure to tie those knots properly or you might not make it across. A great team building activity.
- Duration: 1.5 hours
- Age: 10 years+
- Location: Paluma Dam



Wilderness Camps

OUTER LIMITS ADVENTURE CENTRE, PALUMA



WILDERNESS CAMPS

- Age: Suited for grade 7 to 12
- Group size: Maximum 60 participants (3 groups of 20 participants).
- Activities: Bushwalking, Camping, High Ropes, Archery Tag, Mountain Biking, Kayaking, Stand Up Paddle Boarding, Raft Building
- Quotes are inclusive of:
 - Accommodation in tents (sleeping bags not included), all meals, activity equipment, 1-2 Outer Limits guides per group, all risk assessments, detailed itinerary, participant equipment list, food plan
- Option to facilitate workshops in school to prepare students (additional cost)

The journey based wilderness camp takes participants on a 4 day and 3 night adventure through the World Heritage listed rainforest of Paluma Range National Park. Spending one day at the Adventure Centre in Paluma Village, climbing on the high ropes and low ropes course, playing archery tag and walking to hidden waterfalls for a swim. A 17km hike takes the group through the rainforest, past historic tin mining sites and stunning waterfalls and to the DCK Shelter, where the group will spend the night. The following day a 5km hike brings the group to the Paluma Dam where they spend the day on the water, kayaking, SUPing and raft building. Dinner will be served by the campfire followed by roasting marshmallows for desert. The next day a 17km mountain bike ride will bring the group back to Paluma Village.

All 3 groups will be on their own individual journey with different starting points. The groups will not get to see each other until the last day of camp. A BBQ lunch is held at the Adventure Centre with the whole group to finish the camp and exchange stories.

Adventure Camps

OUTER LIMITS ADVENTURE CENTRE, PALUMA



ADVENTURE CAMPS

- Age: suited for grade 5 to 10
- Group size: Maximum 25 participants.
- Duration: 3 day, 2 nights
- Activities: Bushwalking, Camping, High Ropes, Archery Tag, Kayaking, Stand Up Paddle Boarding, Raft Building

The Adventure Camps are well suited for smaller and younger groups. The Adventure Centre in Paluma will be home base for 3 days and 2 nights. Day one will be spent on the high ropes course, including the low ropes, leap of faith, glider possum and rock climbing. In the afternoon the group sets out on a bushwalk to a nearby waterfall for a refreshing swim. The next day the group heads out to Paluma Dam for water activities. On the last day, we play a few games of archery tag.

Contact Us



Sam Stedman | Director

0421 484 211

info@outerlimitsadventure.com.au

www.outerlimitsadventure.com.au



OuterLimitsAdventure



outer_limits_adventure



5 Lookout Road, Paluma 4816 QLD

WE ARE LOOKING FORWARD TO MAKING YOUR
NEXT OUTDOOR CAMP A MEMORABLE ONE

Your Outer Limits Team