



## Definition of adventure & associated activities

Version 3  
24.06.2021  
Compiled by  
Paul Donovan  
on behalf of VAAN

“Adventure is where the focus is on engaging with the natural environment in a physically challenging manner where skill and an element of risk are central to the experience and the participant seeks to appreciate the aesthetic qualities of the natural environment in a peaceful manner.”

The following comprise of the core **‘guided activities’** that fall within the scope of the definition, as defined above.

| CLIMBING                                    |   |                                     |                         |
|---|---|-------------------------------------|-------------------------|
| Abseiling                                   | Bouldering  |                                     | Ice Climbing            |
| Rock Climbing                               |   | High Ropes Courses (inc. Zip Wires) |                         |
| WATERSPORTS                                 |   |                                     |                         |
| Board Surfing                               | Canoeing  |                                     | Diving                  |
| Improvised Rafting                          | Kayaking (inc. River, Sea, Surf & Sit-on-Top Kayaking & Dragon Boating) |                                     | Sailing                 |
| Kite Surfing                                |   |                                     | Stand Up Paddleboarding |
| White Water Rafting                         | Wild / Open Water Swimming  |                                     | Windsurfing             |
| Powerboating<br>(inc. Personal Water Craft) | Wake Boarding   |                                     | Water Skiing            |
| COMBINED WATER & ROCK ACTIVITIES            |   |                                     |                         |
| Canyoning                                   |   | Coasteering                         |                         |
| Gorge Walking / Ghyll Scrambling            |   | Sea Level Traversing                |                         |
| TREKKING & LAND BASED ACTIVITIES            |   |                                     |                         |
| Coastal Walking*<br>(excluding urban areas) | Bushcraft   | Fell Running                        | Hill Walking            |
| Horse Trekking &<br>Pony Trekking           | Lowland & Moorland Walking*   |                                     | Mountaineering          |
| Mountain Biking                             | Off Road Cycling  |                                     | Orienteering            |



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|   |                   |                      |               |
|---|-------------------|----------------------|---------------|
| Road Cycling<br>(excluding urban areas) | Scrambling        | Skiing               | Snow Boarding |
| <b>CHALLENGES &amp; SKILLS</b>          |                   |                      |               |
| Archery                                 | Assault Courses   | Initiative Exercises |               |
| Low Ropes Courses                       | Mountain Boarding | Quad Biking          |               |
| <b>CAVING</b>                           |                   |                      |               |
| Caving                                  | Pot-Holing        | Mine Exploration     |               |
| <b>AIR SPORTS</b>                       |                   |                      |               |
| Paragliding                             |                   |                      |               |

\* Environment as determined by Mountain Training United Kingdom & Ireland (MTUK&I) definitions for Lowland Leader Award

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