

# TEAM BUILDING ACTIVITIES AT SEATON WETLANDS

## Unique activities in the heart of the Wetlands

- **Orienteering team trail**  
Work as a team and navigate your way around the Seaton Wetlands using an orienteering map. Take in the wildlife and scenery of the Axe Estuary and report back to the group anything you spot along the way! See which team gets lost, who works together and which team completes the challenge the fastest.
- **Fire lighting challenge**  
Do you think you could survive in the wild? Learn the basic art of starting a fire. Work with your colleagues in teams to see who can start their fire the quickest. Once the fire is lit, spend time around the campfire and enjoy hot chocolates made on the fire... not your average tea break!
- **Wildlife rambles**  
Bugs, butterflies, birds, dragonflies and even some snakes! Walk with your colleagues and learn about the wildlife at Seaton Wetlands with a Countryside Ranger. See what you can discover and enjoy some time spent away from the office, in the great outdoors.
- **Variety of practical conservation work**  
(Seasonal) Get stuck in with important wildlife conservation and site maintenance work at Seaton Wetlands. Bring waterproof clothes, sturdy footwear and prepare to get your hands dirty! Work with your colleagues and the Countryside Ranger on a range of tasks, from building to scrub clearance. It's a little different from a day spent in the office and we're sure you'll enjoy it!
- **Campfire cooking**  
Spend some time getting to know your colleagues around a campfire. Work in teams with a Countryside Ranger to guide you as you light a camp fire and cook your lunch. Each group will make a range of delicious snacks for their colleagues to try including pancakes, bread twists and popcorn.
- **Bird watching for beginners and team drawing challenge**  
Discover the art of bird watching with a Countryside Ranger. See what bird life you can spot and identify using binoculars and telescopes. Illustrate the birds you've seen and feedback your sightings to the group. Prizes for the most creative and amusing artwork!
- **River and pond dipping**  
Who said pond dipping was just for children? Wear your wellies and come and explore the wildlife found in the river and pond at Seaton Wetlands. See what you and your colleagues can catch and identify with a Countryside Ranger. Share your finds with the group before releasing the creatures back into the wild.

**For more details** please phone 01395 517557  
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