



## **Children, Families and Cultural Services**

# **Shadow 2017**

**14<sup>th</sup> – 15<sup>th</sup> October 2017**

## **Shadow Information**

Shadow is an **overnight navigation and team exercise** for teams of 4 to 7 young people aged between 13 to 19 yrs. Shadow is based in Sherwood Forest and will take place on 14<sup>th</sup>-15<sup>th</sup> October 2017. Shadow is now in its 43<sup>rd</sup> year and involves up to 100 teams on the night, with great variations in ability, but all here to have fun and work as a team.

Your team will have 6 hours in the forest to navigate around the sectors completing as many “incidents” as you can, the more you do the more points you get!

Part of your team will need to have completed some basic navigation training (we don't want you getting lost!) and the rest of the team will need to do basic first aid training.

All this fun for only £10.00 per person and you even get a cooked breakfast when you finish.

**So if you and your friends are ready for the challenge, contact the number below or email us for an application form or more information.**

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### **Contact Details:**

The Mill Adventure Base, Kings Mill Reservoir, Sherwood Way South,  
Sutton in Ashfield, Notts, NG17 4PA

e: [outdoor.environmental@nottscc.gov.uk](mailto:outdoor.environmental@nottscc.gov.uk)

Telephone: 01623 556110

Fax: 01623 446699