



**EAST COAST
ADVENTURES**

Private | Education | Corporate

CORPORATE TEAM ENRICHMENT DAYS

www.ecadventures.co.uk





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Welcome Message



Our teambuilding experiences embrace thrilling challenges and hands-on skills designed to foster trust, teamwork, and clear communication. Led by fully qualified, professional instructors who are deeply passionate about outdoor adventure, each program is carefully crafted to develop core strengths within your team.

RECONNECT. RECHARGE. REDISCOVER

We understand that every organization is unique, so our corporate enrichment programs are tailored to meet your specific goals. By working closely with senior management, we'll design a memorable day that aligns with your team's needs, allowing them to step outside their comfort zones, reconnect with each other, and bring newfound energy and cohesion back to the workplace.





Mission and Values

“ We exist to provide joy,
inspiration and education for all,
through positive, quality, safe and
fun outdoor adventures in nature. ”



POSITIVE

Optimism fuels outdoor adventures! We inspire a love for learning, growth, and enjoyment in every experience.

QUALITY

Expert instructors and top-tier gear ensure premium adventures with real value.

SAFE

Safety is our priority. We maintain a professional environment through regular checks, training, and risk assessments.

FUN

Fun drives everything we do! Every session is a chance to learn, grow, and enjoy to the fullest.



How it works

You take a look through our brochure and find out what we can offer and how we can benefit you and your team.

Get in touch.

We travel to you or you come to us at our site by historical Sutton Hoo, Woodbridge.

We work with you ahead of time to plan the ideal, bespoke day for your team - number of activities, number of attendees, catering if needed, canvas if needed. etc

You turn up and enjoy. Then leave with great memories, a closer team and pics like this!



04. ...



Build your adventure – on the LAND



ARCHERY

ARCHERY TAG



***AXE
THROWING***



Build your adventure – on the LAND



TEAMBUILDING CHALLENGES

MOUNTAIN BIKING



GUIDED NATURE WALKING

...

Build your adventure – in the WOODS



BUSHCRAFT

***CAMPFIRE
COOKING***



GEOTAGGING

...

Build your adventure - on the WATER



PADDLEBOARDING

KAYAKING



***RAFT
BUILDING***



Which Activity Suits You?



Communication and teamwork

Activities like Bushcraft, Teamwork Challenges, and Guided Nature Walks challenge teams to communicate, collaborate and solve problems creatively, strengthening teamwork and decision-making skills.



Trust and accountability

Trust building activities such as Paddleboarding, Kayaking, and Geotagging encourage participants to rely on each other, fostering a sense of accountability and mutual support.



Resilience and adaptability

Engaging in new experiences like Kayaking, Firelighting or Archery Tag teach resilience and adaptability, valuable traits for navigating the uncertainties and pressures of business environments.



Wellbeing and connection with nature

Immersive outdoor experiences promote positive mental well-being, reduce stress, and encourage mindfulness, allowing teams to recharge and return to work with renewed focus.



Leadership and confidence

Skill-based tasks such as our Teamwork Challenges, Mountain Biking and Geotagging empower individuals to take on leadership roles, and challenge themselves, boosting confidence and initiative among team members.



Why Choose Us?

Over 170



Reviews

We're proud to have worked with many great companies, large and small. See below for a selection of some...

We'll tailor your day to you. No two companies are the same; we'll work with you to ensure your team get an event that suits them.

Where we work

Our home is at **Sutton Hoo Farm, Woodbridge**, in the Suffolk Coastal AONB.

We also partner with and have worked at: Bruisyard Country Estate, Kenton Hall, Wilderness Reserve, Lifehouse Spa, Wivenhoe House and Milton Country Park amongst many other stunning venues.



Customer Testimonials

Candy Kittens

We hosted our Candy Kittens annual Hideaway in Suffolk and we asked East Coast Adventures to come and host an activity for us! The ECA team were epic! The team loved every minute of it and I can't recommend highly enough. Everything was so well thought through and the team are so hospitable!

Intellegens

The whole team were superb adventure leaders for our corporate Summer social. The activity package was brilliant for a fun afternoon team-building, with a well organised geo-tagging route and a definite highlight was the archery competition! Highly recommend East Coast Adventures for group outdoor activities.

GSK

Ricky, Tim & Bella were amazing hosts, and the activities that we chose were absolutely brilliant, they worked at bringing everyone together and encouraging the team building that the day was about. Every single person thoroughly enjoyed themselves and the activities went down an absolute treat. We would highly recommend East Coast Adventures for anyone (business or not) looking to do decent, well planned, well executed activities.



Our Packages

Standard Package

Any LAND or WOODS activity (excluding Mountain Biking)

Half Day - £35pp
(Up to 3 hours)

Whole Day - £50pp
(Up to 6 hours)

Half Day - £45pp
(Up to 3 hours)

Whole Day - £65pp
(Up to 6 hours)

Premium Package
Any activity

All of our packages work on a per person basis. The minimum charge is £400 for half-day sessions and £600 for full-day sessions. All prices are exclusive of VAT.

Contact Information



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