



EAGLE SUN ADVENTURES

TEAMBUILDING & ADVENTURES

TEAM BUILDING & ACTIVITY CENTRE

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Our Vision

Our vision is to create an engaging and interactive team experience that encourages communication and creative problem-solving through adventure and discovery. All activities are designed to take participants beyond the workplace into an environment where teamwork, trust, and leadership emerge naturally.

Through a series of fun challenges and clues, teams will explore, think strategically, and work together to achieve a common goal or share lessons. The journey emphasizes the value of unity, the importance of each individual's contribution, and the spirit of shared success.

Ultimately, our vision is to strengthen team dynamics, foster a sense of accomplishment, and create lasting memories that translate into improved cooperation and motivation back in the workplace.





Team Building Options

1. Treasure Hunt

**2HRS @ R850.00/PER PERSON
(OUTDOOR)**

The on-site treasure hunt is a timed, interactive activity in which participants follow a series of clues to navigate the property in search of hidden items. The hunt may include photography challenges, retrieving hidden "treasures," or collecting game tickets placed along designated trail paths and within the forest, encouraging teamwork, problem-solving, and exploration of the surroundings. Facilitators come to plant all treasures; they are not with the guests during their hunt but will always be visible for any emergencies and safety.



2. Adventure Treasure Hunt

**2HRS @ R999.00/PER PERSON
(OUTDOOR)**

The on-site treasure hunt becomes an adrenaline-filled adventure where teams race against the clock, following cryptic clues that lead them through forest paths and hidden corners of the property. Along the way, participants face exciting challenge stations such as archery, paintball target shooting, and skill-based tasks that must be completed to unlock the next clue. With photography challenges, concealed treasures, and game tickets hidden along the route, the experience blends exploration, strategy, and outdoor



action into a thrilling team-based quest. Facilitators come to plant all treasures; they are not with the guests during their hunt but will always be visible for any emergencies and safety.

3. Activity Race

2HRS @ R650.00 PER PERSON (IN-DOOR / OUTDOOR)

This is a team-based race game. The teams must complete challenges as they race to the finish line. This simulating experiential exercise is the ideal challenge to help teams understand the interaction of strategy, tactics, execution, controls and team dynamics



4. Amazing Race

**2HRS @ R850.00 PER PERSON
OUTDOOR**

This is the Amazing Race. We take you on a journey in our Valley. Delegates are split into teams and assigned a trained facilitator who will guide them to their destination. Teams race to complete funky and fun challenges that will ultimately lead them to their chosen destination.

Activities may include Bush Activities, Survivor Challenge, Basic Activity Race, Boat Paddling, Puzzles.



5. Adventurous Amazing Race

**2HRS @ R999.00/PER PERSON
(OUTDOOR)**

The activity is designed in the style of The Amazing Race, delivering a fast-paced, high-adventure experience where teams compete against the clock while navigating the property. Guided by cryptic clues, participants race through forest trails and on-site locations, completing adrenaline-filled challenges such as archery and target paintball shooting to unlock their next checkpoint. With hidden treasures, photography tasks, and game tickets scattered along the route, the experience combines speed, strategy, and outdoor action in an exhilarating race to the finish.

Activities may include Bush Activities, Survivor Challenge, Basic Activity Race, Boat Paddling, Puzzles and problem-solving, Target Shooting,



6. Interactive Drumming

- 1HR @ R550 PER PERSON (Group of any size)
- 2HR @ R720 PER PERSON (Group of any size)

African drumming is an immersive and energising group activity that introduces participants to the powerful rhythms and cultural heritage of Africa. Guided by experienced facilitators, guests learn basic drumming techniques, traditional rhythms, and the art of playing together as an ensemble.

Using authentic African drums, the session builds teamwork, communication, and connection while creating an uplifting, memorable experience filled with rhythm, energy, and shared celebration.



7. Professional Archery

1HR @ R450.00 PER PERSON

Archery at our activity centre offers an exciting blend of focus, skill, and friendly competition. Under the guidance of trained instructors, participants learn proper techniques for aiming, drawing, and releasing arrows safely. Whether taking part in individual challenges or team-based target competitions, guests develop precision, concentration, and confidence in a fun, outdoor setting. This hands-on experience combines adventure, skill-building, and a sense of achievement that appeals to both beginners and seasoned archers alike.





8. Paintball Target Shooting

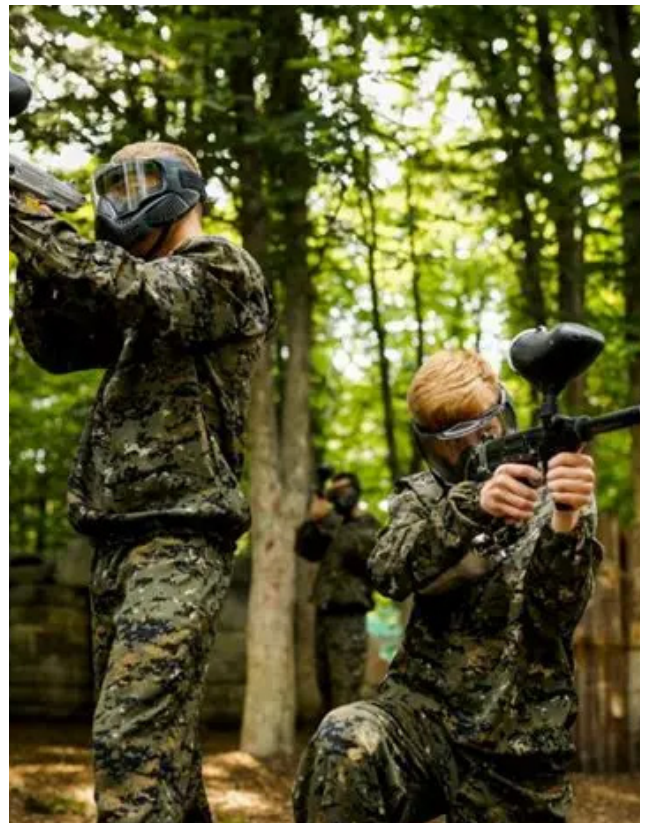
100 BULLETS @ R650.00 PER PERSON (Group of any size)

Paintball target shooting at our activity centre delivers high-energy fun with a focus on accuracy, strategy, and friendly competition. Participants are guided by trained instructors on safe handling, aiming, and firing techniques as they take on a variety of target challenges. Whether competing individually or in teams, guests experience the thrill of hitting moving and stationary targets in a controlled, outdoor environment, combining skill-building, excitement, and unforgettable action-packed fun.

9. Paintball Survival Game

100 BULLETS @ R950.00/PER PERSON (OUTDOOR)

Our paintball survival game is an adrenaline-pumping team adventure where two teams go head-to-head in a strategic battle to capture the opposing team's flag. Players must work together, plan tactics, and navigate the terrain while dodging paintball fire and defending their own flag. This fast-paced, action-packed experience challenges teamwork, communication, and strategy, offering participants an exhilarating taste of real-life combat excitement in a safe, controlled environment.





10. "Build your ..." Activities

- **The Ultimate Toolbox Build Challenge**
2HRS @ R850 PER PERSON or
- **Build your bike Challenge**
2HRS @ R850 PER PERSON or
- **Build your Bear Challenge**
2HRS @ R850 PER PERSON

Teams must design and build a working solution, but no team has everything they need. Success depends on collaboration, trading, and accessing resources beyond their own toolbox.

Teams must build something functional, for example: * A freestanding structure that holds weight* A bridge that spans a gap* A device that moves an object from A to B* A prototype that solves a fictional business problem



11. Minute to Win It

- 1HR @ R550.00 PER PERSON
- 2HRS@R850.00 PER PERSON

One of the most popular game shows ever created featured games in which contestants were given only a minute to complete a task or challenge. People had so much fun watching that many of them threw their own "Minute to Win It" parties! Now, the concept has evolved and can be the most fun part of a work or team event. Hilarious tasks await contestants as they compete head-to-head for their team.



12. Lego Build

2HRS @ R650.00/PER PERSON

Lego-based activities are a great way to unite your team, improve problem-solving skills, and get creative juices flowing. In this article, we'll explore why Lego workshops work so well for team building and provide ideas for activities you can facilitate yourself or with a professional. Teams must build something functional, for example: **A freestanding structure that holds weight, A bridge that spans a gap, A device that moves an**

object from A to B, A prototype that solves a fictional business problem.



13. Sip and Art Challenge

2HRS @ 750.00/PER PERSON (OUT-DOOR)

A collaborative art activity that is 100% about working together to achieve an awesome group outcome. Delegates must work effectively to successfully put together 'The Big Picture'. Daunting at first, teams are amazed at the quality of their creation once it is revealed to the group, whilst sipping on their favourite glass of wine





14. Karaoke Nights

2HRS @ R350.00 PER PERSON

2HRS @R850.00 PER PERSON (JBL PARTY SOUND)

Karaoke is a great way for your team to get to know each other and bond together. The Karaoke Challenge always results in a lot of laughter as fellow team members try to out-do each other to show off their singing talents. Laughter plays an important part in team building. Laughter strengthens relationships by fostering emotional connections and positive feelings between team members. Laughing together creates a bond that acts as a buffer against stress and disagreements. Laughter is also an excellent tool for keeping relationships fresh and building strong relationship bonds.

15. Wacky, Wet, Wild & Wonderful

2HRS @ R750.00 PER PERSON

We bring back the thrill of childhood with team-building experiences that see teams competing across a variety of exciting challenges. Special emphasis is placed on Water Activities, where participants dive into fun, action-packed games that test teamwork, coordination, and courage. Alongside these, teams also take on Fun, Brain, and Physical Challenges, creating a perfect balance of strategy, skill, and splash-filled adventure.



16. Cook-offs & Drinks Mixology

16.1 Potjie Cook off – 1/2HRS @ R450.00 PER PERSON, FROM A GROUP 20 PAX

(Please note the charge only covers the facilitator and team building – you still need to book your ingredients from the Hotel / Chef)

To start the Potjiekos Cooking Competition, the facilitator will divide your group. The teams then go on to compete against each other in a team building activity with the winning team getting the first choice of the core ingredients. With all their ingredients ready, teams can now begin with cooking their potjie. While the potjies are cooking, teams compete against each other in a with team building exercises. Once the potjies are ready they are presented for judging. Everybody gets to eat from the potjies and after the meal the winning team and runners up are announced.



16.2 Braai Master – 2HRS @ R550.00 PER PERSON, FROM A GROUP 20 PAX

(Please note the charge only covers the facilitator and team building – you still need to book your ingredients from the Hotel / Chef)

With this Braaimaster team building day you might find the Braai master in you and prepare dishes on the fire with your team that you would never have thought possible!



16.3 Professional Cook off or mystery Box – 1/2HRS @ R550.00 PER PERSON, FROM A GROUP 20 PAX

(Please note the charge only covers the facilitator and team building – you still need to book your ingredients from the Hotel / Chef)



16.4 Cup Cake Decorations – 1/2HRS @ R950.00 PER PERSON, FROM A GROUP 20 PAX

(Please note the charge only covers the facilitator and team building – you still need to book your ingredients from the Hotel / Chef)

This is not just Icing on the Cake... Teams design and decorate cakes to reflect their team, their company, their goals and objectives. (Themes for cakes will be decided in consultation with the company).

Each person will be given an apron and a chef's hat. Individuals will decorate their chef's hat with their team name. Then the real fun begins. Each team is challenged to create and decorate a cake that symbolizes the team itself, the company, their positions at the company, or another theme.

Each group will be given a large sheet cake that can be carved or left as is. With a variety of cake design supplies, tools and assorted cake decorations, the group will turn their concept into reality. After the cake is designed and decorated, each team will create a commercial to present their cake to the entire group. And last but not least, participants will enjoy their creations. You can have your cake and eat it, too!



16.5 Wine Blending – 1/2HRS @ R950.00 PER PERSON, FROM A GROUP 20 PAX

(Please note the charge only covers the facilitator and team building – you still need to book your ingredients from the Hotel / Chef)

Delegates will be split into teams, where they will need to act in unison to create their own distinct taste. After an introduction and wine tasting, the participants have the opportunity (in their teams) to blend their own from the different wines that have been presented. This is a full interactive, educational and entertaining event! Once they have chosen their preferred blend, they will bottle their own product with their own label, cork and seal to take home.





16.6 Whisky Tasting

1HR @ R850.00 PER PERSON, FROM A GROUP 10 PAX

Let us educate you a bit on whisky, we give you the skills on tasting whisky and how to enjoy whiskey.

Delegates will be educated on the basics of whiskey.



16.7 Gin Tasting

1HR @ R750.00 PER PERSON, FROM A GROUP 10 PAX

Let us educate you a bit on whisky, we give you the skills on tasting whisky and how to enjoy some of the top 20 Craft Gins of the World.

Delegates will be educated on the basics of Craft Gin.



16.8 TEQUILA 101

Tequila 101 is a comprehensive workshop I've designed and used as a teaching exercise and visual aid for junior waitrons and management in the hospitality sector. Over the years I've incorporated, as an entertainment service, geared toward birthdays and corporate events for my clientele.

Simply put it's an introduction to Tequila, how it's made, where it originates from, why we drink it etc. I find that people react well to a simple fun way to educate themselves on a product often overlooked in normal tasting events such as wine and whiskey.

Tequila 101 is an enjoyable workshop lasting 80 minutes and is normally paired with a simple tapas menu. Please see below one example I've used in the past. Should changes be required I'm more than willing to assist with pairings.

- **Tequila Silver (Blanco) - Springbok carpaccio on melba toast**
- **Tequila Gold (Resposade) - Charred chicken on a mint & pineapple salad**
- **Tequila Aged (Anejo) - Salted caramel crumble & crème frais**

When doing my own pairings and costings my tapas menus normally start at R295 per head, this will vary however according to menu selection.

80 minute workshop explaining Tequila, introducing tasting elements and different ways to enjoy this spirit. Setup and breakdown of the event 2 hours prior, this will include instructions for waitrons, barmen etc assisting.

Any menu pairing with tequilas discussed for the event, this would require an active Chef on duty for said event as I normally include them in



A simple Q & A at the end to finish the evening, I usually hand out a sponsored bottle of Tequila as a give away prize. All glass ware and plating crockery for the event, I will require 3 (three) standard 25ml Boston shooter glasses per guest.

All garnishes needed for the evening tasting, I will inform and assist staff attending on layout and breakdown.

Garnishes required are (if available): Limes, pineapple, lemon, oranges, watermelon / strawberry, crushed black pepper, coarse salt, roasted chilli flakes.

All tequila for the event, normally use existing tequila from a menu at venue if available, but three recommended are:

- **Silver** – Jose Gueorve, El Jimador or similar
- **Gold** – Jose Gueorvo, El Jimador or similar
- **Aged** – Patron or Don Julio

There is a more extensive range available commercially but premium and entry levels Tequila listed above will suffice. I trust all information shared will be sufficient, but should you require anything additional please reach me with my details below





17. Lawn Games

2HRS @ R650.00 PER PERSON (IN-DOOR / OUTDOOR)

Offering a diverse selection of lawn games perfect for any occasion! From Corn Toss and Giant Jenga to 4-in-a-row, these games promote teamwork, enhance listening skills, sharpen problem-solving abilities, improve time management, and most importantly, ensure endless fun for all participants



19. A Brainiac Game Show

2HRS @ R999.00/PER PERSON (INDOORS)

Compete across various categories and rounds to determine who will be crowned the brainiac of the company. This challenge will enhance communication, teamwork, problem-solving, listening skills, time management, leadership, and of course, provide plenty of fun. Who will rise to the top and claim the title?



18. Modern Dance

2HRS @ R850.00 PER PERSON INDOORS

This is an activity where the group will have to choose a tik tok challenge and create a routine using it in their separate teams. Lets see those dance moves!



20. An Impi War Dance

2HRS @ R850.00 PER PERSON INDOORS

Our facilitators will teach your group a dynamic dance routine that will be performed, filmed and uploaded to TikTok. Make your team famous and challenge other departments to join in the fun. Get ready to dance your way to stardom!





21. Tasting and Pairing

**2HRS @ R850.00 PER PERSON
(CULINARY)**

Indulge in our various tasting and pairing options!. Choose from Chocolate & Wine, Cheese & Wine, Biltong & Wine, Nougat & Champagne, Whiskey Tasting, Brandy Tasting, or Tequila Tasting, Elevate your palate and enjoy these exquisite combinations.



22. Cocktail making

**2HRS @ R850.00 PER PERSON
CULINARY**

Make your own cocktail. Teams will purchase ingredients from the 'shop' to craft the best-looking, most delicious, and fun cocktail in history. Make it your own-what is your secret ingredient? Come show us your mixology skills and let your creativity shine!



23. Milkshake Masters

**2HRS @ R999.00/PER PERSON
CULINARY**

Design and create a signature milkshake! Teams will purchase ingredients from the "shop" to craft the best-looking and most delicious milkshake in history. Show off your creativity and teamwork as you blend your way to victory!





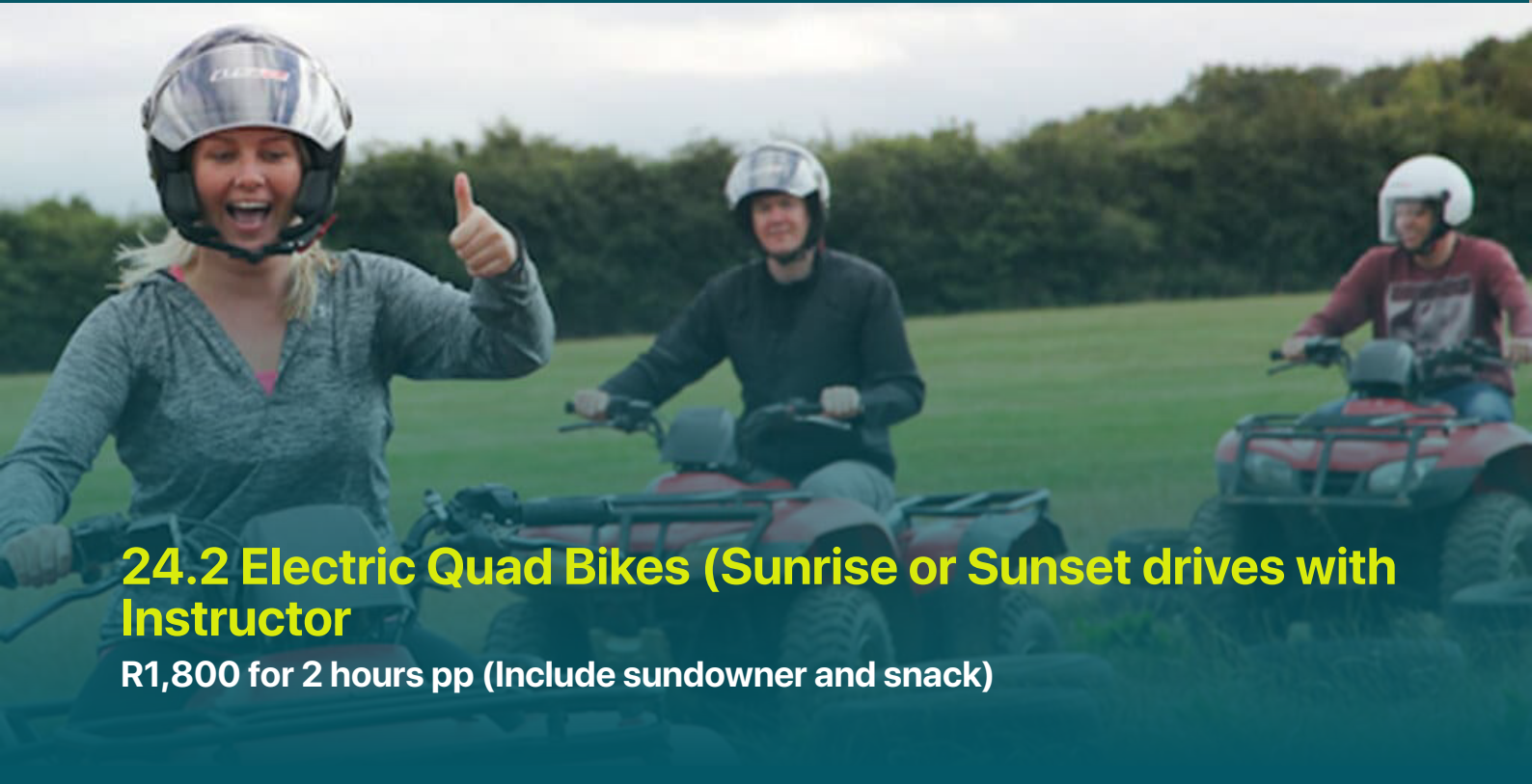
24. Motorized Activities (From September 2026)



24.1 Electric Quad Bikes

R1,200 for 30 minutes pp

R1,900 for 60 minutes pp



24.2 Electric Quad Bikes (Sunrise or Sunset drives with Instructor)

R1,800 for 2 hours pp (Include sundowner and snack)



25. Golf Carts

Two seater

- R1,400 per day

Four seater

- R2,200 per day

