




# SCHOOL GROUPS

READY FOR ADVENTURE?

**ARBRASKA**



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# BENEFITS FOR TEACHERS

## Benefits of Arbraska's activities for teachers

### 1. A safe environment

Led by experienced professionals, our activities ensure your students' safety while providing you with peace of mind.

### 2. Hassle-Free organization

We take care of all the logistics, so you can focus on what matters most: enjoying the experience with your students.

### 3. Deepening connections

Our adventures are designed to promote cohesion and team spirit, strengthening the connections between your students and creating a more harmonious classroom environment.

### 4. All the benefits of the outdoors in one activity

Outdoor activities are an excellent way to reduce stress and enhance the physical and mental well-being of your students.

### 5. Disconnect from screens to reconnect with nature

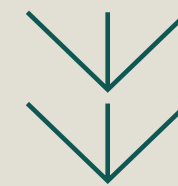
Our adventures let your students reconnect with nature, exploring and learning in a lively, engaging, and refreshing environment.







LOOKING FOR AN **OUTDOOR SCHOOL TRIP** THAT OFFERS PHYSICAL ACTIVITY, A CHANCE TO PUSH BOUNDARIES, WELL-BEING, AND **FUN** IN A SAFE, PLAYFUL ENVIRONMENT?



Give your students an epic adventure that sparks their minds and strengthens their bonds, all while reconnecting with nature! Turn school trips into unforgettable experiences with the outdoor activities at our Arbraska and uplå parks. Together, let's inspire young people to explore their potential and reach new heights!

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# WHAT ARE THE **BENEFITS** OF THESE ACTIVITIES FOR MY STUDENTS?



## Education through Outdoor Adventure!

In addition to fostering a genuine connection with nature, participating in the various activities offered at Arbraska and uplå brings numerous physical, psychological, and social benefits for your students.



### Physical

- › Promotes physical activity through **fun**
- › Build their muscle tone
- › Helps develop their motor skills
- › Supports a good cardiovascular health
- › Help to reduces the risk of chronic diseases
- › Challenges their balance
- › Allows them to test their limits
- › The natural environment adds an extra **physical challenge** compared to traditional exercise



### Psychological

- › Sparks **curiosity**
- › Helps them conquer their fears
- › Help to reduces anxiety, stress, and depression
- › Promotes mental **well-being**
- › Enhances their problem-solving skills
- › Help to boost their **self-esteem** and confidence
- › Oxygenates the brain
- › Releases endorphins, bringing a feeling of happiness



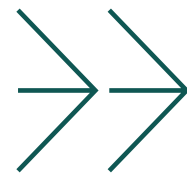
### Social

- › Helps build and **strengthen group bonds**
- › Encourages teamwork
- › Provides opportunities to form new **friendships**
- › Allows them to share special moments and create unforgettable memories with friends
- › Encourages **disconnecting** from screens
- › Gives teachers a unique opportunity to observe children in a setting beyond the classroom



# ACTIVITIES

Mettez votre force et votre équilibre à l'épreuve en vous déplaçant d'un arbre à l'autre sur des ponts de singe, des passerelles et des balançoires. Préparez-vous à défier la gravité avec des tyroliennes et des filets à escalader, tout en vous amusant en plein air avec vos proches.



## Zipline & aerial game trek for kids

Climbing trees is allowed here!

Introduce your little trekkers to a wonderful world of wooden bridges, tightropes, net walkways, mini ziplines, and more — all suspended in the trees.

Offered at Arbraska Chauveau and Laflèche.

[Learn more](#)

Ages  
5+



## Zipline & aerial game trek

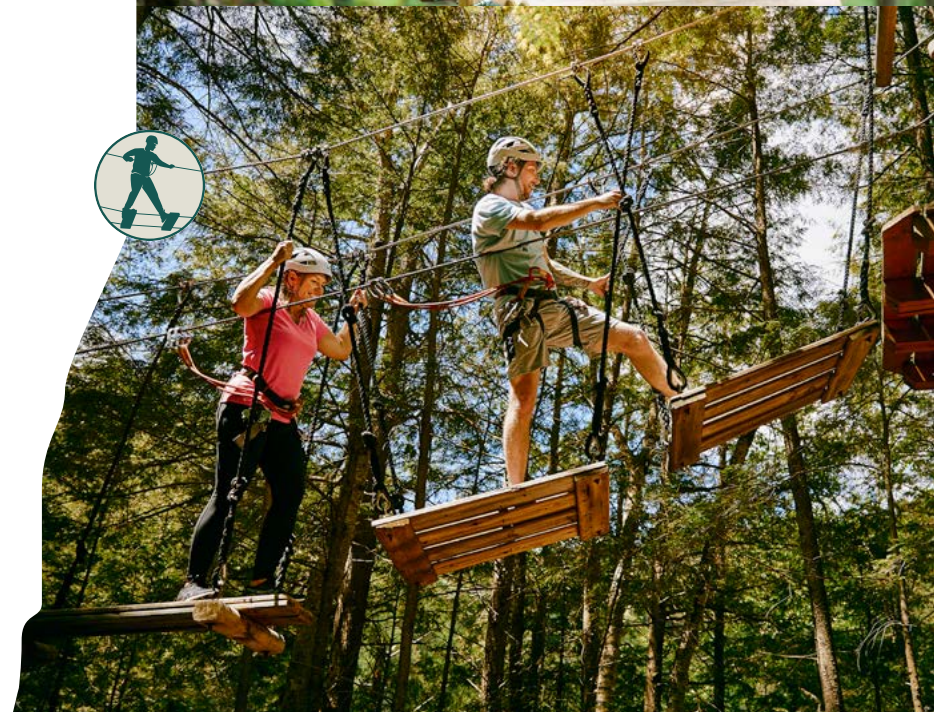
Challenges to conquer, endless fun to enjoy!

Put your strength and balance to the test while navigating towering trees, jumping from wooden platforms, and gliding across stunning lakes with your family.

Offered at all Arbraska parks.

[Learn more](#)

Ages  
5+



## Ziptour

Nature, adventure and flying thrills!

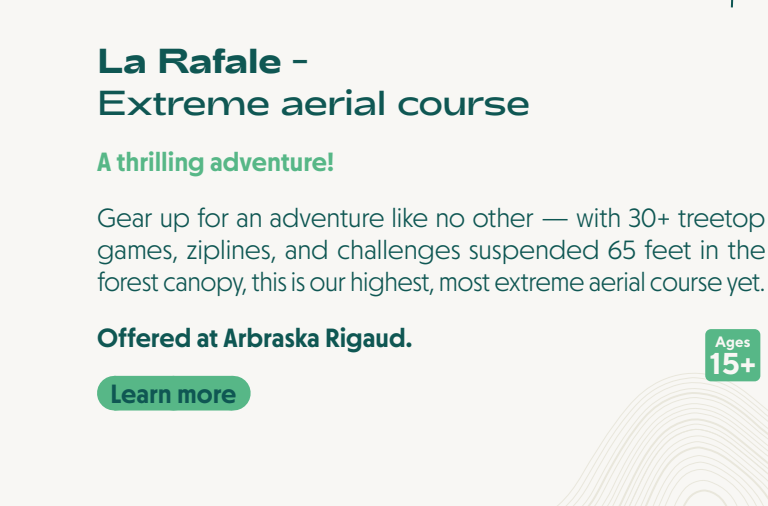
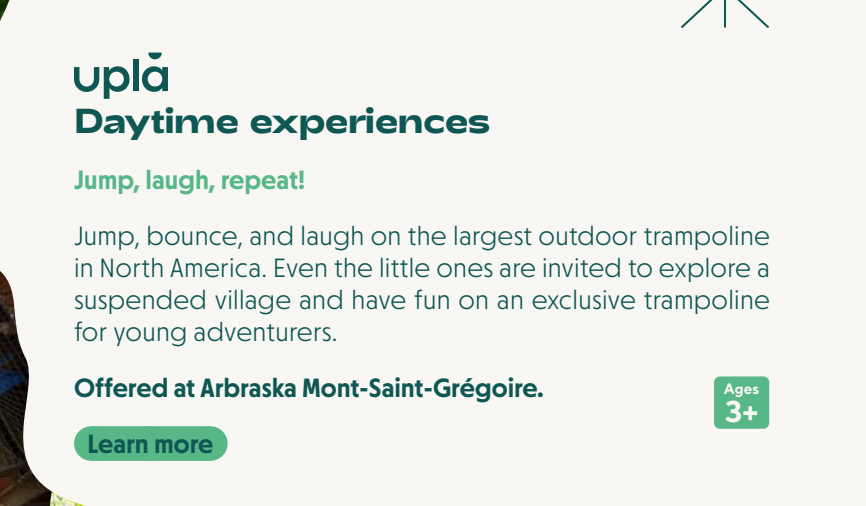
Experience all the exhilaration of ziplining, but with minimal climbing. Soar through breathtaking vistas on our mega-ziplines at Arbraska Rigaud, or embark on captivating zip tours at Arbraska Chauveau and Laflèche for an unforgettable adventure.

Offered at Arbraska Chauveau, Laflèche and Rigaud.

[Learn more](#)







## Arbre-En-Ciel Village

Explore, play, discover!

Step into a colourful, enchanting world of treehouses, winding slides, sturdy rope bridges, and towering hammocks — nestled at the perfect height among the trees to ensure the safety of our young adventurers

Offered at Arbraska Rawdon and Rigaud.

[Learn more](#)

All ages

## uplā Daytime experiences

Jump, laugh, repeat!

Jump, bounce, and laugh on the largest outdoor trampoline in North America. Even the little ones are invited to explore a suspended village and have fun on an exclusive trampoline for young adventurers.

Offered at Arbraska Mont-Saint-Grégoire.

[Learn more](#)

Ages 3+

## La Rafale - Extreme aerial course

A thrilling adventure!

Gear up for an adventure like no other — with 30+ treetop games, ziplines, and challenges suspended 65 feet in the forest canopy, this is our highest, most extreme aerial course yet.

Offered at Arbraska Rigaud.

[Learn more](#)

Ages 15+

## Cave discovery tour (FR and EN)

Prepare to be amazed by the Laflèche Cave!

Explore one of Canada's top 10 stunning caves, according to Reader's Digest! Experience the thrill of cavern exploration and witness magnificent geological formations like stalactites and stalagmites. Our knowledgeable guides will share the cave's history and legends.

Offered at Arbraska Laflèche.

[Learn more](#)

Ages 5+

## Cave exploration

Step off the beaten path!

Venture into the unknown and experience the wonder of underground caves. Navigate narrow passageways, crawl through tight spaces, wade through underground streams, and make your way back to the exit.

Offered at Arbraska Laflèche.

[Learn more](#)

Ages 8+





# LIST OF ACTIVITIES OFFERED BY **PARK**







## Arbraska Chauveau

📍 7200, boulevard De l'Ormière, Québec QC G2C 1C1

### Venture into the heart of Quebec City!

Located only 15 minutes from downtown Québec City, our Chauveau site is nestled within the vast nature park, offering a serene escape from the urban chaos. Embark on an adventure through the majestic treetops of the hardwood forest or experience an exhilarating journey on our extensive zipline, spanning the lively Saint-Charles River beneath.

#### Activities Offered:

- Aerial courses for children
- Zipline & aerial game trek
- Ziptour

## Arbraska Mont-Saint-Grégoire

📍 45C, chemin du Sous-Bois, Mont-Saint-Grégoire QC J0J 1K0

### Discover a universe of colorful activities!

Make your way to the magnificent maple grove that surrounds our Mont-Saint-Grégoire park, only 45 minutes from Montréal. With exhilarating uplâ trampoline park, treetop obstacle courses, and a local farmhouse next to a sugar shack and apple orchard, there's something for everyone.

#### Activities Offered:

- uplâ daytime experience
- Zipline & aerial game trek



## Arbraska Laflèche

📍 255, route Principale, Val-des-Monts QC J8N 4B7

### Explore the forest from the treetops to the roots!

Just 20 minutes from Gatineau, the Arbraska Laflèche Park offers a multitude of thrilling aerial and underground adventures to suit all tastes.

#### Activities Offered:

- Aerial courses for children
- Zipline & aerial game trek
- Cave discovery tour (FR and EN)
- Cave explorer tour

## Arbraska Rawdon

📍 4131, rue Forest Hill, Rawdon QC J0K 1S0

### Reach new heights!

Venture to Arbraska's first-ever adventure park in Quebec — established 20+ years ago. Conveniently located under an hour north of Montreal, our Rawdon Park is the perfect city escape.

#### Activities Offered:

- Zipline & aerial game trek
- Arbre-En-Ciel Village

## Arbraska Rigaud

📍 85, chemin Bourget, Rigaud QC J0P 1P0

### Push the boundaries of adventure!

Located in Montérégie, 45 minutes west of Montreal, Arbraska Rigaud Park invites you to escape into a beautiful maple forest at the foot of Mount Rigaud. Get ready to embark on a thrilling adventure surrounded by nature's wonders.

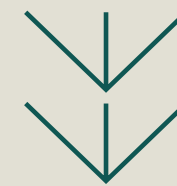
#### Activities Offered:

- Zipline & aerial game trek
- Arbre-En-Ciel Village





## LIST OF ACTIVITIES OFFERED BY **AGE GROUP**



**An unforgettable school trip that brings focus back to what truly matters.**

At Arbraska, we provide your students with a memorable experience where every activity is designed to take on challenges and encourage collective growth. Our engaging activities, tailored to your group's age, inspire students to step out of their comfort zone, build team spirit, and enjoy the benefits of outdoor adventure.

Turn your school trip into a moment of learning and fun with Arbraska!

**ARBASKA**



## Preschool students | Ages 4 to 5

### Early childhood

Age 3-4

Arbre-En-Ciel Village  
uplâ daytime experience

### Pre-Kindergarten (4 years)

Age 4

uplâ daytime experience  
Arbre-En-Ciel Village

### Kindergarten (5 years)

Age 5

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)



## Primary school students Ages 6 à 12

### 1<sup>st</sup> cycle of Primary school | Ages 6 to 8

#### 1<sup>st</sup> grade

Ages 6-7

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)

#### 2<sup>nd</sup> grade

Ages 7-8

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)

### 2<sup>nd</sup> cycle of primary | Ages 8 à 10

#### 3<sup>rd</sup> grade

Ages 8-9

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)

#### 4<sup>th</sup> grade

Ages 9-10

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)

### 3<sup>rd</sup> cycle of primary | Ages 10 à 12

#### 5<sup>th</sup> grade

Ages 10-11

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)

#### 6<sup>th</sup> grade

Ages 11-12

uplâ daytime experience  
Arbre-En-Ciel Village  
Aerial courses for children  
Cave discovery tour (FR and EN)







## High school students Ages 12 à 17

### 1<sup>st</sup> cycle of secondary school | Ages 12 to 14

**7<sup>th</sup> grade (1<sup>re</sup> secondaire)**  
Ages 12-13  
uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Ziptour

**8<sup>th</sup> grade (2<sup>e</sup> secondaire)**  
Ages 13-14  
uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Ziptour

### 2<sup>nd</sup> cycle of secondary | Ages 14 to 17

**9<sup>th</sup> grade (3<sup>e</sup> secondaire)**  
Ages 14-15  
uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Ziptour

**10<sup>th</sup> grade (4<sup>e</sup> secondaire)**  
Ages 15-16  
uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Ziptour

**11<sup>th</sup> grade (5<sup>e</sup> secondaire)**  
Ages 16-17  
uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Cave explorer tour  
Ziptour

## Post-secondary education

Ages 17-19 and up

uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Cave explorer tour  
Ziptour

## Vocational Training

Ages 16 and up

uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Cave explorer tour  
Ziptour

## University Education

Ages 16 and up

uplå daytime experience  
Zipline & aerial game trek  
Cave discovery tour (FR and EN)  
Cave explorer tour  
Ziptour







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Dive into adventure

in a forest near you!

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