

## **Wales Adventure Tourism Organisation (WATO)**

### **Definition of Adventure and associated activities**

(in relation to the Visit Wales Self Accreditation Scheme – excludes petrol & blood sports)

**“Adventure is where the focus is on engaging with the natural environment in a physically challenging manner where skill and an element of risk are central to the experience and the participant seeks to appreciate the aesthetic qualities of the natural environment in a peaceful manner.”**

The following comprise of the core **‘guided activities’** that fall within the outdoor sector definition, as defined by inspection / accreditation schemes for Adventure Activities in the UK:

<b>CLIMBING</b>			
Abseiling	Bouldering	Ice Climbing	
Rock Climbing		Ropes Courses (inc. Zip Wires)	
<b>WATERSPORTS</b>			
Board Surfing	Canoeing	Diving	
Improvised Rafting	Kayaking (inc. River, Sea, Surf Kayaking & Sit-on-Top Kayaking)	Sailing	
Kite Surfing		Stand Up Paddleboarding	
White Water Rafting	Wild Swimming	Windsurfing	
<b>COMBINED WATER &amp; ROCK ACTIVITIES</b>			
Canyoning		Coasteering	
Gorge Walking		Sea Level Traversing	
<b>TREKKING &amp; LAND BASED ACTIVITIES</b>			
Bushcraft	Coastal Walking* (excluding urban areas)	Fell Running	Hill Walking
Horse Trekking	Lowland & Moorland Walking*	Mountaineering	
Mountain Biking	Off Road Cycling	Orienteering	
Road Cycling (excluding urban areas)	Scrambling	Skiing	Snow Boarding
<b>CAVING</b>			
Caving	Pot-Holing	Mine Exploration	
<b>AIR SPORTS</b>			
Paragliding			

\* Environment as determined by Mountain Training United Kingdom & Ireland (MTUK&I) definitions for Lowland Leader Award