



CORPORATE INFORMATION PACK

WILDER, TOUGHER, STRONGER TOGETHER
TEAM BUILDING | MEETING SPACES | EXPERIENCES | ADRENALINE

TIME TO GET OUTDOORS AND OUT OF THE BOARDROOM

Bring your team members together and escape the office for an unforgettable experience at Nuclear Essex. We offer the perfect mix of fun, connection, and skill development, ranging from muddy obstacle challenges and exciting fitness races to high ropes and a Cold War Bunker tour.

We offer fun experiences that improve problem solving skills and are designed to encourage communication and teamwork within your group. With your designated point of contact, organisation is easy and your team can focus entirely on the experience and celebrating achievements.



NUCLEAR ADVENTURES [SITE A]

OUTDOOR ACTIVITIES FOR EVERYONE

Take teamwork to new heights with our treetop high ropes course, zip wire course and axe throwing range. Designed to encourage trust, problem-solving, and a healthy dose of laughter, it's a brilliant way to connect colleagues and boost morale in a relaxed, fun environment.



ONGAR ROAD A128



SECRET BUNKER [SITE A]

STEP INTO COLD WAR HISTORY

For something truly unique, host your event underground at the historic Kelvedon Hatch Secret Nuclear Bunker. This fascinating Cold War relic features a conference room for hire and a handset-guided tour, making it an inspiring choice for meetings and workshops. The atmosphere is unlike anywhere else – memorable, immersive, and guaranteed to spark conversation.



NUCLEAR WILD FOREST [SITE B]

OUTDOOR MUDDY OBSTACLE CENTRE

An exciting outdoor muddy obstacle venue that's perfect for team challenges, active away days, and group bonding. With acres of woodland, a scenic lake, and purpose-built obstacles, it offers the perfect mix of fun and teamwork. Whether you choose an event guided by our experienced instructors, or a bespoke chip timed race, your team will climb, crawl, slide and laugh their way through a truly unforgettable experience.



NUCLEAR FIT [SITE C]

THE ULTIMATE OUTDOOR FITNESS RACE

A high-energy outdoor fitness race designed to inspire. They're ideal for teams who love a physical challenge or the gym. With 6 unique fitness stations and a variety of race formats, there's something for everybody. Races held in May, July and September.



NUCLEAR RACES [SITE C]

AWARD-WINNING MUDDY OBSTACLE RACES

Our legendary obstacle course races offer the ultimate team challenge – mud, water, obstacles, and plenty of laughter. Perfect for rewarding hard work, building confidence, and strengthening bonds outside the workplace. Held in May, September and November.



NUCLEAR
ESSEX



Brentwood, Essex



nuclearessex.com



enquiries@nuclearessex.com



01277 366301



TAILORED ESPECIALLY FOR YOUR TEAM

Our year-round venues, open 7 days a week, combine adrenaline, space, and flexibility to suit every kind of business event. From dynamic outdoor challenges to one-of-a-kind meeting spaces, we can provide everything you need for a memorable, professionally managed day.



Nuclear Fit



Nuclear Wild Forest



Nuclear Adventures

JUST SOME OF THE OPTIONS TO CREATE YOUR BESPOKE DAY

- Dedicated point of contact throughout the entire booking to keep your booking simple, stress free and personal
- Options to exclusively hire any of our sites or reserve entire race waves at our regular events
- Indoor and outdoor spaces available to hire for breakout sessions or team meetings

- Mix and match activities, visit Nuclear Wild Forest and Nuclear Adventures in one day or even add on a bunker tour
- Full day or half day, tailored to suit your budget and schedule
- Bespoke medals, tshirts and more available for a truly personalised away day

- Option to simply hire the site for your own bespoke white label event - we can support in sourcing music and entertainment vendors as needed
- Catering options available and guidance on sourcing local catering vendors
- As Nuclear Essex is based on a working farming estate, we have a large variety or resources available



Nuclear Races

All our sites have a range of indoor and outdoor spaces. Whether you want to host a structured development day or simply give your team a chance to reconnect and work on teamwork, we'll help you tailor every detail to meet your goals.



Nuclear Adventures



Secret Nuclear Bunker



Nuclear Wild Forest



Push your team beyond their comfort zones with award-winning muddy obstacle races designed to build teamwork and unforgettable camaraderie. Nothing breaks down corporate hierarchy faster than pulling your leadership team through Essex mud.

NUCLEAR RACES

WHAT IS IT?

Escape the 9-5 and get your team stuck into our muddy obstacle course at Nuclear Races, Essex's best mud run. From thrilling slip 'n' slides and the iconic Travelator and Deathslide to mud pits and cargo nets, every obstacle delivers mud, fun and a genuine sense of achievement. There's a race for everyone, with a variety of distances and masses of opportunities to improve your team's bond.

WHAT WE CAN OFFER

- 3 events each year; **Rush** in May. **Mud Tribe** in September and **Fallout** in November
- 4km, 6km, 7km and 12km obstacle races featuring epic obstacles, mud pits, and water slides. Suitable for adults and families
- To make the day run smoothly, we have a bag drop, heated washdowns, warm changing rooms and car parking included in your tickets
- Professional chip timing, finisher medals and finishers photos included for every racer (additional action photos available to purchase after)
- Discounts for group sizes 10+
- Designated start wave for your team





A high-energy outdoor fitness competition designed to challenge, motivate and bring teams together. Nuclear Fit is ideal for teams who love the gym, thrive on competition or simply enjoy a physical challenge. With six unique fitness stations and a choice of race formats, there's a challenge to suit every ability.

NUCLEAR FIT

WHAT IS IT?

The ultimate outdoor fitness race, designed to test you physically and mentally and held three times a year (May, July and September). The race format combines six 1km trail runs with six intense fitness stations, including sled pulls and tyre flips. It's the perfect test of strength, endurance and determination, all set in the great outdoors. Take on Storm to tackle the stations without the running element, share the challenge in a three-person Relay, or step up to Pro for an even tougher test.

WHAT WE CAN OFFER

- Book a private wave at one of our three annual races
- Private hire and bespoke race, ideal for large corporate groups, our private hire package gives your company exclusive access to Nuclear Fit
- Discounts for groups of 10+
- Detailed professional chip timing, a finisher's medal, and a finisher wall photo
- Free bag drop, free spectators and free car parking for your team and any spectators
- Additional action photos available to purchase afterwards



SWEAT TOGETHER SUCCEED TOGETHER



ENERGISE YOUR TEAM | [REQUEST A CUSTOM PACKAGE](#)



Trade spreadsheet stress for treetop high ropes, thrilling zip wires and and competitive axe throwing. Challenge your team to step outside their comfort zones, build trust and strengthen communication. Whether they're conquering heights or hitting targets, there's something for everyone to get involved in.

NUCLEAR ADVENTURES

WHAT IS IT?

Experience the greatest outdoor adventure at Nuclear Adventures. Take on our thrilling High Ropes or Zip Trek course where your team will test their balance, courage and cheerleading. For those not keen on heights, your team can unleash their inner warriors at our axe throwing range, where expert instructors will teach them how to make an accurate throw with knives and axes.

WHAT WE CAN OFFER

- Breakout space for smaller teams
- Dedicated point of contact for booking
- Free Wifi on site
- Free large car park
- Free tea and coffee
- Exclusive hire available
- We can recommend local food and drink vendors
- Evening sessions available all year round, plus during autumn and winter the course is lit up at sunset, providing an opportunity to kick off a fantastic evening out with your team!



TAKE TO THE TREES | [PLAN YOUR ADVENTURE NOW](#)



Leave the office behind and give your team a chance to experience something completely different. Nuclear Wild Forest is a year round outdoor obstacle venue set across acres of woodland with a scenic lake, where teams can swap desks and meeting rooms for mud, obstacles and fun.

NUCLEAR WILD FOREST

WHAT IS IT?

Designed for corporate away days, team building and group bonding, the course gives colleagues the opportunity to step outside their comfort zones, take on challenges together and discover what they can achieve as a team. Choose a safe, supportive and successful experience suitable for all abilities. It is a completely unique, unforgettable way to break the ice and build genuine connections outside the traditional corporate environment.

WHAT WE CAN OFFER

- Stress free planning process with a dedicated point of contact who will help you build a flexible, bespoke package
- Fully equipped for corporate groups, large free car parks, indoor hot washdowns, changing areas, toilets, and breakout rooms for meetings and a large grass area for post event celebrations.
- Combine your away day with a good cause. Wild Forest is the perfect venue for large scale sponsored mud runs and charity events, having hosted groups of up to 500 people.
- We can recommend food and drink vendors
- Bespoke finishers medals available



**MUDDY
OBSTACLES,
TRUE
TEAMWORK**

CHALLENGE YOUR TEAM | BUILD CONNECTIONS



Leave the everyday office behind and take your team 125 feet underground into one of the UK's most unusual corporate venues. Once a highly classified Cold War headquarters, the Secret Nuclear Bunker offers a completely different setting for meetings, strategy days, presentations and team events.

SECRET NUCLEAR BUNKER

WHAT IS IT?

Hidden beneath the Essex countryside, the vast 3 storey bunker was built to house government and military personnel in the event or a nuclear attack. Today, its former briefing rooms, corridors and operational spaces provide an unforgettable setting for corporate events. Escape everyday distractions, bring your team together and discover the fascinating history and secrets of the bunker with an audio tour.

WHAT WE CAN OFFER

- Conference and meeting room hire
- Handset guided tours of the Secret Nuclear Bunker
- Flexible spaces for different group sizes
- Catering options available
- Dedicated point of contact to help organise your day
- Combine your meeting with other Nuclear Essex activities
- Exclusive hire options available



A CORPORATE EXPERIENCE WORTH KEEPING CLASSIFIED

TAKE YOUR TEAM UNDERGROUND | **PLAN YOUR UNIQUE DAY**

TESTIMONIALS



A special thank you to all the **Nuclear Races** staff and marshals for being so friendly, helpful and encouraging throughout the event. We also really appreciate the incredible energy that went into capturing lots of photos and content on the day – it made such a difference to us as a charity.

This year, 95 of our supporters took part and have raised an amazing £11,390 for Haven House so far. We're incredibly grateful to Nuclear Races for continuing to give us the opportunity to be part of such a brilliant event and helping us raise vital funds for seriously ill children and their families.

HAVEN HOSPICE



Bringing Music Mudder to a new venue was a significant step for us, and your support, experience and commitment throughout the planning and delivery gave us real confidence. From the preparation behind the scenes to the welcome and support on the day, the **Wild Forest** team played an essential part in bringing the event to life. I also know that an event of this scale creates plenty of challenges and moving parts behind the scenes. The flexibility, practical support and positive approach shown by you and your team made a huge difference, and I am extremely grateful for the way you worked alongside us at every stage.

Around 400 people from teams across the music industry took part, supported by approximately 200 colleagues from across our organisation who participated or volunteered. We have already raised more than £54,000 for Nordoff & Robbins, and we expect the final total to be close to £60,000 once the remaining fundraising and raffle proceeds have come in.

The feedback has been fantastic. People loved the course, the setting and the atmosphere, and we have heard repeatedly what a brilliant experience it was for both team building and supporting such an important cause.

Music Mudder has now raised more than £350,000 for Nordoff & Robbins since 2019, and this year has given us a brilliant platform to build from. We are already excited about what we might achieve together in 2027.

THE TEAM - MUSIC MUDDER



Excellent day at Nuclear Races **Wild Forest**. Sam and the team were excellent from start to finish, keeping the energy high and motivating everyone along. They were excellent in facilitating our day and the feedback from the 50+ people who attended was extremely positive. Would 100% recommend to anyone who is thinking of doing one.

GRANT JONES, ESSEX FIRE & RESCUE



We had a great time at the **Nuclear Races** event in Brentwood. The event was well organised with friendly staff, good quality food/drink trucks and a fun course that catered for all ability levels. Would definitely recommend!

TIM FLACK (LEVEL UP GYM)



From start to finish, our corporate day out at **Wild Forest** was absolutely fantastic! Sam was incredibly helpful and accommodating right from the beginning, promptly answering my numerous questions and adapting to many changes throughout the planning process. The team had an amazing time and returned glowing with hilarious stories and hundreds of fantastic photos that Sam kindly took for us. We asked for 'lots of mud'—and we definitely got it! I would highly recommend Wild Forest to anyone looking for a fun day out where business formality is left at the door and laughter is guaranteed.

LUCY MURDOCH



Loved it. Tim and the team at **Nuclear Adventures** were all great. High ropes courses super, lovely setting. Not over packed and felt we could take time. We also did the zip wire course which is fantastic and quite frankly amazing value for what you get. A really fun family afternoon in a forest, over water with ultra safe facility and kind, fun people. As a shout out I would say it's the first time someone helpfully coached me on some tricky bits. Special.

CAMBRIDGE VISITOR



Massive thank you to **Nuclear Races** for putting on yet another amazing event (Mud Blast 6K). It was a pleasure to bring along 26 Fight Klub members, we had an afternoon of muddy fun fully of belly laughs, all staff were so welcoming as always. We will definitely be back for a 3rd year.

TEAM FIGHT KLUB



Went to **Nuclear Races** for a corporate day out last week and had a really great time! Definitely a good event for team building and getting to know people better. The Nuclear Races team were super friendly and also more than happy to laugh at our attempts to cross the various obstacles. Would highly recommend.

NICK LANE



Absolutely brilliant fun (at **Nuclear Races**) and so well organised. We had over 100 people attend our booking and the registration, organisation and comms was seamless - and it was great fun on the day!

SIMON ROLLS



22 Bishopgates had lots of fun at this (**Nuclear Races**) event with more obstacles compared to Tough Mudder, which equals more fun. Booking was easy with the help of Sam.

DAVE TESTA



Thank you to you and the (**Wild Forest**) team for a seamless, incredible experience for the Gold Geese community. You run a slick operation! A great day was had by all.

GOLD GEESE



A fantastic day out for Team KGPF at Nuclear **Wild Forest**! The course was great fun, with plenty of mud, laughs, and team spirit throughout.

A special thank you to Sam, who was an amazing host—friendly, encouraging, and brilliant at keeping everyone motivated and having fun.

We all thoroughly enjoyed ourselves and would highly recommend it to anyone looking for a fantastic team-building experience!

KEELEY HEASLEY, EVERYONE ACTIVE



This is my 5th year organising a charity fundraiser at Nuclear **Wild Forest**, and as always they were fantastic to deal with. A huge thanks to Sam, Tracey and the team. A fantastic time was had by all and we already have people asking about next year's event. Plenty of mud, water and laughing!

ESSEX WILDLIFE TRUST



A bonzer big up to Sam (and the team) at **Nuclear Wild Forest** for being the hostess with the mostest and making it a morning to truly remember!

Our 50 strong team of muddy ducks ran, swam, climbed, clambered, rolled, pulled, slid, bounced and welly wangled their way around the Wild Forest obstacles and raised lots of lovely lolly for our chosen charity, the awesome, Aoifé's Bubbles!

We can totally recommend the whole experience - it was the best fun, we literally belly laughed our way round the course and have already planned our return visit!

FIN THE PHOENIX



What a day!! Amazing (**Nuclear Races**) event as always - so nice to do it as a big group and appreciate all the Marshalls and staff who run an amazing event! Bring on next year!

RHIANNON STEVENS

FREQUENTLY ASKED QUESTIONS

CAN WE GET PHOTOS?

At **Nuclear Essex**, we love to see photos of everyone having a blast at all our sites. We can help you capture shots of your team at **Nuclear Adventures** upon request and our team at **Nuclear Wild Forest** always endeavor to capture as many muddy smiles as possible on the course. Your race ticket for Nuclear Races and Nuclear Fit include your finisher wall photos that show off your medal and hopefullu a fab shot of your team for the office notice board! We have plenty of professional photographers roaming the race events so action photos available to purchase additionally supplied by *Your Photo Finish* are uploaded within approximately 48 hours.

IS THERE CAR PARKING?

Free and ample car parking is available at all Nuclear Essex venues, with space for coaches too.

WHAT HAPPENS IN BAD WEATHER?

Most of our activities and events go ahead in all weather conditions, so please dress appropriately for the forecast!

Nuclear Wild Forest: Rain only adds to the muddy fun! The course remains open in almost all weather conditions, except during severe ice, nigh winds or lightning storms.

Nuclear Adventures: Our High Ropes course is situated in a sheltered bowl and is generally unaffected by bad weather. However, we may need to close during very high winds, snow, severe ice or lightning

Nuclear Races & Nuclear Fit: Our events go ahead in all weather conditions, except during lightning storms.

In the event of extreme weather, we'll assess conditions and make a decision as early as possible, with safety always our priority..

ARE THERE CATERING FACILITIES ON SITE?

Secret Nuclear Bunker has an onsite canteen offering a selection of refreshments, including hot and cold drinks, cakes, snacks and sandwiches. Availability may vary depending on the day.

Nuclear Wild Forest has vending machines available for drinks and

snacks, and you're welcome to bring your own food. Picnic benches, grass areas and heated indoor rooms are available.

Nuclear Races & Nuclear Fit event villages feature a variety of food trucks offering food and refreshments throughout race days.

Nuclear Adventures has vending machines available for drinks and snacks, and you're welcome to bring your own food. There are outdoor picnic benches and a dedicated event cabin for groups.

Group catering: For corporate events and group bookings, we can also put you in touch with local catering suppliers to arrange food for your team.

ARE THERE ANY WEIGHT/HEIGHT RESTRICTIONS?

Nuclear Adventures has a maximum weight limit for taking part on the high ropes course which is 120kg.

WHAT GROUP SIZE CAN YOU ACCOMMODATE?

We can accommodate groups of all sizes across Nuclear Essex, from small gatherings to large corporate events.

Nuclear Races & Nuclear Fit have no maximum group size! We can accommodate teams of any size, making our events ideal for large corporate groups, clubs and charity fundraisers.

Nuclear Wild Forest can accomodate small groups and large events of 500+ participants.

Nuclear Adventures can take up to 60 participants per two-hour High Ropes session. By staggering start times or combining activities with **Nuclear Wild Forest** or the **Secret Nuclear Bunker**, we can accommodate groups of up to 180 people.

Secret Nuclear Bunker can accomodate groups of 100+ can be accommodated, with tours organised into groups of.

CAN I DO A PRE VISIT TO CHECK OUT THE SITE?

Yes, please ask when enquiring if you would like to visit us before booking.

ARE THERE TOILETS?

All sites have toilet facilities.

ARE THERE FIRST AIDERS ON SITE?

Our **Nuclear Wild Forest** team are trained First Aiders. At **Nuclear Adventures** we always have a first aider on site. At all **Nuclear Races**, **Nuclear Fit** and large scale **Wild Forest** events we have a professional medical unit located in the main event village as well as roaming medics to handle medical emergencies on the course.

DO YOU OFFER LARGE GROUP DISCOUNTS?

We offer a range of group discounts across Nuclear Essex.

Nuclear Races: Groups of 10+ receive 10% off standard-price entries, with free race places and additional rewards for larger teams.

Nuclear Fit: Groups of 10+ receive 10% off standard-price entries, with options for private waves and exclusive group training sessions.

Nuclear Adventures: Groups of 20+ receive 10% off standard activities when booked together.

Secret Nuclear Bunker: Groups of 15+ receive discounted adult admission at £14 per person. Discounts are subject to availability and individual offer terms.

ARE THERE WATER STATIONS ON SITE?

On hot days we provide water stations on the **Nuclear Wild Forest** course, plus drinking water refills are available in the Wild Forest Hub. The **Nuclear Adventures** cabin and **Secret Nuclear Bunker** canteen both have places to refill water. At **Nuclear Races** and **Nuclear Fit** we have water stations along the route and a primary water station at the Event Village.

IS THERE A GIFT SHOP?

There is merch available to buy at **Nuclear Adventures**, **Nuclear Wild Forest**, **Nuclear Races** and **Nuclear Fit**. There is a gift shop at the **Secret Nuclear Bunker**. We also have an online shop.

IS THE HIGH ROPES COURSE CERTIFIED?

We operate the highest category safety system on our ropes course and once attached, your team can only be disconnected from the safety system by one of our trained instructors.

ARE THERE CHANGING AREAS AT EACH VENUE?

At **Nuclear Wild Forest** there are hot washdowns available at the Hub, where your team can wash off in their clothes. We have separate M/F changing areas. At **Nuclear Races** has outdoor hot washdowns and heated changing tents.

DO YOU HAVE PUBLIC LIABILITY INSURANCE AND RISK ASSESSMENTS?

Yes, we have full cover and risk assessments. More details available on request.

DO MY TEAM NEED TO KNOW HOW TO SWIM?

No, At **Nuclear Wild Forest** there will always be at least two water safety trained members and buoyancy aids are provided for all non-swimmers at the Lake Zone. During **Nuclear Races** events, a dedicated, professional water safety crew is stationed at the Lake Zone at all times.

CAN I BRING AND USE DRONES?

Drones are allowed with authorisation from Nuclear Essex.

CAN I DISPLAY OUR OWN BRANDING?

Yes you can put up as much of your own branding for private events as you like. For **Nuclear Races** and **Nuclear Fit**, it's allowed with authorisation from Nuclear Essex if you partner with us.



TRUSTED BY THE BEST

Join hundreds of forward-thinking brands that trust us to unite, challenge, and energize their teams. Have a look at just a few of the household names who've swapped the office for adventure.

