

Adventure / Challenge Initiatives

Pilgrim Heights Camp & Retreat Center offers a variety of team-building opportunities for your group. Whether you're with a sports team, corporate work team, non-profit leadership team, or children's group, we'll customize activities for your age-group, team-size, time available, goals and objectives.

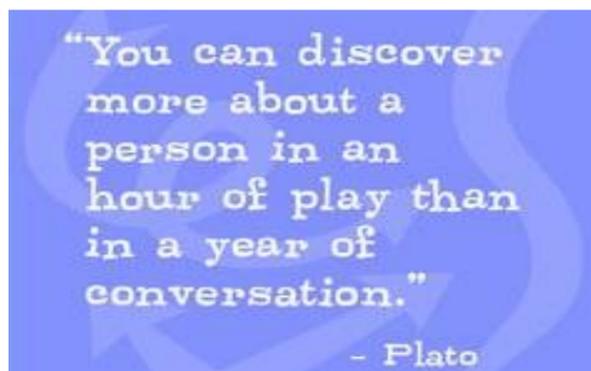
Adventure based Challenge initiatives are designed for teams of 5 or more, ranging in age from adults to 10 year olds.

If you are looking to re-energize and re-focus your team, our professional facilitators can help your team members drill down on topics such as:

communication,
problem-solving,
trust building, and
teamwork.



Adventure / Challenge initiatives present situations where the group dynamic becomes evident. The facilitator and group leaders will be able to see who naturally leads, who follows, and how that plays into the productivity of the team.



Getting to know your team members is extremely important.

Objectives & Outcomes

Understanding group dynamics will make your team successful!



During your team's time on this course, it is important to focus on the outcomes of the team. What is it that you want to accomplish as a group while on the course?

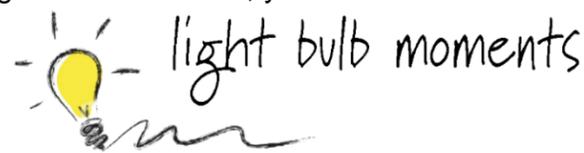
To that end, our facilitators will assist the group through processing and understanding what happened during each initiative.

Many facilitators will use three questions during this discussion.



What?
So What?
Now What?

Through these initiatives, your team members will reach



and be able to apply those new realizations to their everyday roles within the team.



Challenge by Choice

"Challenge by Choice" is simple in principle, but complex in practice and reality. The simple principle is that participants are invited to participate voluntarily in each of the various activities and challenges of an Adventure based Challenge program. Each participant decides:

- **If** they would like to take part in an activity in a physical manner or in a supportive/advisory manner.
- **When** they would like to take part.
- **Which** activities to take part in.
- **How much** or to **what degree** they will take part.
- **Whether** to stick to their initial objective - or revise it as the activity unfolds.

"Challenge by Choice" reinforces the concept that as individuals, we take personal responsibility for our actions and behaviors. It encourages the notion that individuals can often learn and/or grow more by refusing to participate in certain activities *on the odd occasion* rather than participating due to peer pressure or participating and being resentful about it.

However, your safety is our top priority. So, choice is not offered when safety may be compromised.

Beginning Teamwork & Learning Trust

Plan at least a half-day for your adventure. The facilitator will start by introducing the concepts of teamwork and group communication.

Initiatives may start in the field, indoors or on the course, with activities such as "Virtual Juggling", "Ants on a Log" and "Whale Watch".

To begin building deeper trust levels with the team, Pilgrim Heights offers trust building games such as "Willow in the Wind", "Wild Woozy" and "Traverse".



Everything that is learned during the adventure will be applied to real-life situations.

Advanced Trust & Problem Solving

During a full-day of adventure, the team will learn higher levels of trust involving more physical contact with more carrying and supporting. The level of necessary problem solving will also rise.

At this level, the initiatives include activities such as "Blind-folded Running", "Spider Web" and the "Nuclear Fence".

The Pilgrim Heights' Low Ropes Adventure based Challenge Course consists of 11 team challenge elements nestled in the woods. These elements and games get progressively more challenging as your group continues to grow through each initiative.

Build stronger bonds among team members.



Optional Meals and Overnight Lodging

Join us for meals while you're on-site. See [Catering Guide](#) for menu options and pricing.

Consider extending your stay and lodging in one of our various facilities:

Facility	Description of Facility
Autumn House	Hotel-like accommodations 12 rooms: each sleeps 4 w/ private bath & 2 nd sink Air-conditioned and Handicap accessible
Shagbark Lodge	Classic lodge 4 bunk rooms 2 bathrooms
Oak Village	4 Traditional cabins surrounding a Central lodge w/kitchen & ½ bath in lodge Shower house nearby
RV / Tent Camping	Sleep under the stars byot (bring your own tent) Showers @ Oak Village

For more details refer to our [Facility Guide](#).

Please bring linens, towels and toiletries.

How to Prepare?

Each participant will be required to bring a signed Acknowledgement of Risk – Release of Liability form with them on the day of the event. A parent or legal guardian's signature is also required if the participant is under the age of 18.

Please advise each participant on what to wear / bring, and what NOT to, prior to departure.

What to wear:

- Comfortable clothes that you do not mind getting stained or dirty. (Not baggy clothes).
- Long pants are suggested to protect your legs from scrapes or splinters, however shorts are acceptable depending on the weather.
- Tennis shoes or hiking boots with good traction.

What NOT to wear:

- Jewelry-Including rings, watches, earrings, necklaces, etc...(if rings can't be removed, they must be taped)
- Sandals or dress shoes.
- Baggy Clothes.

Participants may be asked by the facilitator to remove objects from body or clothing that could lead to injury.

What to bring:

- Sunglasses and hat or sun visor to keep sun out of eyes.
- Ponytail holder for long hair (long hair should be pulled up in a bun or clipped up)
- Weather gear-windbreaker, raincoat, winter gloves, etc... depending on the weather.
- Camera (if you want to capture the memories!!).
- Gatorade, PowerAde, bottled water, etc...
- Sun screen and insect repellent

If you have a pre-existing condition such as asthma, bee or wasp allergies, diabetes, etc... bring the appropriate medications or snack foods you need.

What NOT to bring:

- Personal climbing equipment - we will provide everything you will need.
- Alcohol, tobacco products, illegal substances, etc... We have a no smoking policy.
- Glass containers.
- Valuables. (There is no place to store anything.)

Extended Individual Challenges Off-site

If you would like to experience a multi-day adventure and challenge your individual abilities, we'll arrange for your group to travel 15-minutes off-site to a High Ropes Course with a 50-foot high pole and rope Tower and a "Giant Swing".

The tower has 3 different levels of difficulty along 6 different routes.

Participants start on the beginner route and can work their way up to the moderate, as well as the advanced routes.

Success is measured by each individual according to goals set on how high to climb.

Facilitators focus on challenging participants to climb beyond their goals.

The "Giant Swing" element is also known as a "Breathtaker", "Screamer", or a "Pendulum Swing" for obvious reasons.



The participant is attached to a cable that is pulled up by their team to the height of their choice.

When ready, a release cord is pulled and the participant swings. This element is a lot of fun and gets a large group of people involved in the experience.

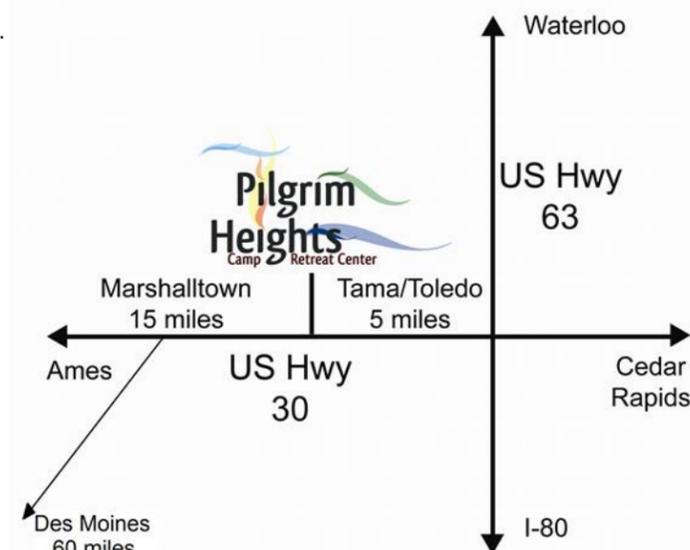
Again, safety is the first priority.

Each leg of the tower is secured to the ground by screw anchors and guy wires. Hardware that supports belay cables has a tensile strength of at least 11,500 pounds.

Participants who are climbing are attached to a team member with another team member ensuring their safety at all times.

Participants on the Giant Swing are on belay cables (attached to a horizontal lifeline made of flexible wire rope) at all times.

Approved safety seat harnesses and helmets are worn by every participant.



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Communication,
Problem-solving,
Trust building,
and Teamwork.

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