

# ECO-ADVENTURE GUIDE

CORPORATE & PROFESSIONAL GROUPS



## PROGRAM OVERVIEW

Our adult professional and corporate group offerings can be broken down into two principal categories: team bonding and team building.

Our award-winning, eco-adventure activities, including the Zip Line Canopy Tour, Treetop Obstacle Course, Climbing Adventure, and ArborTrek Team Challenge, provide novel opportunities for new or established teams to come together and share in a common adventure. Our events consist of lively, dynamic activities designed to motivate, inspire, and create lasting memories. They are great bonding experiences, which can be paired with an off-site meeting, conference, or picnic – perfect for celebrating team successes and bringing groups together outside of the office.

Our Experience-Based Team and Development (EBTD) programs involve adventure-based team building challenges designed to expand upon initiatives already in progress in the workplace. Programs are designed to provide a laboratory-type experience where, given a series of tasks and constraints, groups are able to explore critical problem-solving, group decision-making, communication, leadership, and teamwork skills. These high-energy enterprises get team members out of the office, out of their comfort zones, and challenge them physically, mentally, and emotionally. Along the way, our team leaders facilitate discussions aimed at investigating group

perceptions, capturing learning, and transferring relevant learning back to the workplace in the form of action items and benchmarks.

## ARRANGING A PROGRAM

We invite you to take some time to peruse the adventure-based offerings in this guide. Call us with your specific goals and requirements, and we will help to develop a program that generates excitement, fosters growth and learning, and creates lasting memories. Our leadership team has years of experience designing and delivering adventure-based programming throughout the United States and is eager to work with you to create an event that meets your needs.



### FOR MORE INFORMATION OR TO ARRANGE A PROGRAM

(802) 644-9300 office | [www.arbortrek.com](http://www.arbortrek.com) | [reservations@arbortrek.com](mailto:reservations@arbortrek.com)  
1239 Edwards Road, Jeffersonville, VT 05464 | GPS: 44.597832, -72.800817

**SMUGGLERS' NOTCH**  
V•E•R•M•O•N•T•  
America's Family Resort™

## TEAM BONDING PROGRAMS

Every team needs a few opportunities each year to celebrate success, build relationships, and blow-off steam. At ArborTrek, our adventure outings and special events are opportunities for co-workers to interact beyond the office in high-energy settings outside their comfort zones, which challenge them physically, mentally, and emotionally, and create shared and lasting memories.

## ZIP LINE CANOPY TOUR



Traverse cables high above an ever-babbling mountain stream and spend time among centuries-old hemlocks, mature sugar maples and paper birches on Vermont's first "World-Class" zip line canopy tour. Leave the stresses of everyday life behind as you soar through the forests at heights up to 70 feet in the air and speeds up to 35 MPH.

The Zip Line Canopy Tour will educate, entertain and inspire groups as they navigate a series of up to 8 interconnected zip lines through dense mountain forest, 2 suspension bridges, and 2 rappels. Venturing out in small groups, each tour is accompanied by two guides familiar with the local ecology and natural history who are prepared to deliver an unforgettable experience.

The zip line canopy tour has been designed with first-time zippers in mind, but it is certain to delight even the most ardent adventure seeker. Following a thorough ground school, participants are transported to the top of the course. From there, gravity does most of the work.

Larger groups are subdivided into pods of 8 participants and course starts are staggered with pods departing every 12 to 15 minutes. The full zip line canopy tour takes 2.5 to 3.0 hours to complete. Abbreviated versions of the tour are available for large groups with advanced notice.

## TREETOP OBSTACLE COURSE



Come prepared to climb, swing, balance, jump, zip, and dash through the trees on our Treetop Obstacle Course. Designed for those teams who like to get physical, the Treetop Obstacle Course blends beautiful views with a variety of elements ranging from easy to extremely challenging, including wobbly bridges, balance beams, rope swings, cargo nets, log swings, and more.

Following a thorough ground school, participants may select from five different courses. Supervised and encouraged from below by trained guides, participants move through the course connected to a flexible lifeline system that uses SmartBelay technology to ensure 100% connectivity.

The course requires participants to draw upon reserves of courage and strength and to re-examine assumptions about their physical and emotional limitations. Conducted within a context of group encouragement and support, these programs often lead participants to a heightened awareness of self and to an increase of confidence and self-esteem.

The treetop obstacle course is most appropriate for groups that have participated in other physical challenges together or who have completed a session of group initiatives with us, where group members value the contributions of others, and recognize individual strengths and limitations of members of the team.



## CLIMBING ADVENTURES



Test your climbing prowess on our mobile rock wall and new, innovative tree climbs. A variety of routes ranging from easy to challenging are available. Our climbing adventures can be stand-alone conquests or can be incorporated with our treetop obstacle course, teambuilding programs, or zip line canopy tour. Some features of the climbing adventure are incorporated as elements in the ArborTrek Challenge, although success in the challenge does not provide all team members the opportunity to climb.

## ARBORTREK CHALLENGE

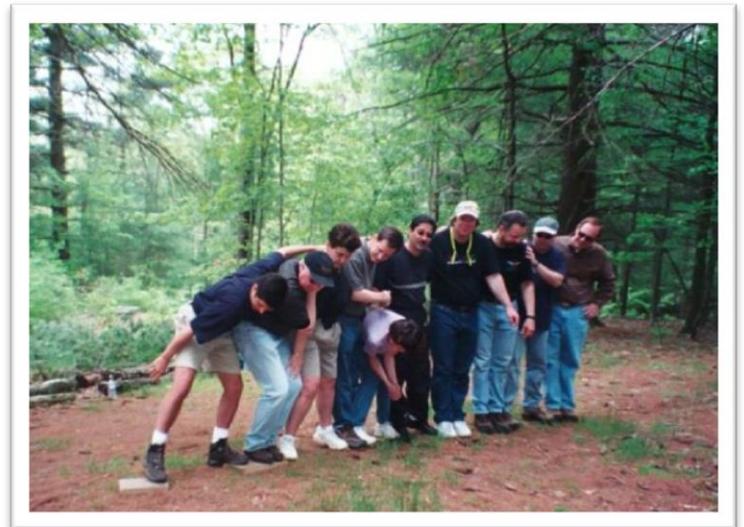


The ArborTrek Challenge pits workgroups or intact work teams against the clock to complete tasks, strategize, network with other groups, solve challenges, and score as many points as possible to further the entire organization. Each team is provided a backpack containing task clues and limited resources. The goal: score as many points as possible in a finite amount of time. A team's success at the ArborTrek Challenge will depend on their ability to communicate effectively, strategize, pool their resources, and work in concert to complete mentally and physically demanding tasks.

Designed to meet the needs of your team or workgroup, the ArborTrek Challenge can be built toward a variety of outcomes. It can be run at our site, or portably at a park, resort, or other location of your choosing.

The ArborTrek Challenge is a great addition to any corporate event or celebration where the goal is to encourage networking, incorporate new members, celebrate team successes, learn team skills, and/or re-energize. A debriefing session will conclude each event, with all the groups capturing and sharing learning.

Programs are run in half-day and full-day formats and are tailored to meet the goals and needs of the group. The ArborTrek Challenge is reserved for groups of 40 or more. Depending on the location of the event, programs may include "Survivor"-like team challenges, bar games, geocaching, traditional challenge elements, and more. Call for details.



"The experience helped our group to recognize the value of working together to achieve common goals and gave us the opportunity to get to know each other in a different setting. The program moved us a long way toward achieving our goal of working more collaboratively."

—**Rochelle Prestage, Customer Service, Comcast**

## ADVENTURE-BASED TEAMBUILDING

Based on the belief that all successful teams need to practice, our teambuilding programs make use of a variety of educational tools—group initiative activities, low ropes elements, high ropes courses, and climbing walls—to do just that, help teams practice team skills. Groups are given a series of tasks and constraints which enable them to explore critical problem-solving, group decision-making, communication, leadership, and teamwork skills. Between activities, our facilitators will help groups critically assess their performance and process, lead discussions regarding best practices, interject short skill sessions, and help groups develop action plans to move forward. Used as a learning tool, our programs can help groups to rapidly assess performance issues, address behaviors, improve process, and develop essential teamwork skills. Through feedback loops, critical analysis, and implementation of an action learning process, group members will gain insights into their team that directly impact their performance at work.

Whether run as a stand-alone program or incorporated as part of a more sophisticated organizational development process, our programs are designed to meet the needs of each group. Programs are generally run in half- or full-day sessions, but may be expanded to multi-day events when combined other adventure-based team bonding activities or scheduled to complement meetings and skill sessions.

### OUTCOMES AND BENEFITS

- ☑ Assess team processes, people, and performance
- ☑ Improve morale
- ☑ Develop stronger relationships
- ☑ Increase awareness of team issues
- ☑ Practice and improve teamwork skills
- ☑ Incorporate new members



## JUMPSTART



With the focus on strengthening relationships and improving team problem-solving, our Jumpstart Teambuilding Program includes a series of fast-paced, ground-level team challenges (Group Initiatives). Challenges are followed by short discussions to help participants gain new insights, strategize, action plan, and to celebrate success. This program is ideal for groups that want to:

- ☑ Build relationships
- ☑ Incorporate new members into the team
- ☑ Establish a set of standards for new teams
- ☑ Create a more collaborative working environment
- ☑ Learn new team skills
- ☑ Assess team performance under adverse conditions
- ☑ Explore new team strategies
- ☑ Assess team dynamics and leadership potential
- ☑ Improve team problem-solving

Although activities vary according to participant and group needs, groups should expect to complete a series of outdoor, adventure-based group challenges interspersed with action planning and skill development sessions. Indoor programs are available off-site or at our site during off-peak season. Approximately 60% of workshop time is spent engaged in activities, and 40% of time is spent reflecting, analyzing, and creating action plans. Discussion at the end of the event is spent helping connect learned skills back to the workplace.

Jumpstart programs can be run in half-day or full-day sessions, or combined with one of our team bonding programs.

## RATES & FEES

### PEAK SEASON Memorial Day to Labor Day

### OFF-PEAK SEASON Labor Day to Memorial Day

NUMBER OF PARTICIPANTS	<4	5-8	9-15	16-49	50+	<4	5-8	9-15	16-49	50+
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### ZIPLINE CANOPY TOUR

Arbor's Wild Ride (8 zip lines, 2 bridges, 2 rappels)	99.95	94.95	89.95	79.95	74.96	99.95	89.95	84.95	74.96	69.97
Arbor's Wild Winter Ride (6 zip lines, 2 bridges, 1 rappel)	CALL FOR AVAILABILITY			70.00	65.63	87.50	78.75	74.34	65.63	61.25
Arbor's Express (3 ziplines, 1 rappel)	CALL FOR AVAILABILITY			52.00	48.75	65.00	58.50	55.25	48.75	45.50

### TREETOP OBSTACLE COURSE

Full-Course (2.5 hrs)	55.00	52.25	49.50	44.00	38.50	50.00	52.25	49.50	44.00	38.50
Half-Course (1.5 hrs) <i>Only available with teambuilding</i>	NOT AVAILABLE			32.95	29.95	NOT AVAILABLE			29.95	27.95

### CLIMBING ADVENTURE

Stand-alone Event <i>1 – Only available on days when Treetop Obstacle Course is open</i>	20.00	19.00	18.00	16.00	15.00	19.00 <sup>1</sup>	18.00 <sup>1</sup>	16.00 <sup>1</sup>	14.00	12.00
Add to Initiatives or Canopy Tour	\$10.00/person with minimum of 15					\$10.00/person with minimum of 15				

### ARBORTREK CHALLENGE

Half-Day (2.5-3.0 hrs)	CALL FOR AVAILABILITY (JULY 1 – LABOR DAY)					44.95/person with minimum of 40 <sup>2</sup>				
Full-Day (4.5-5.0 hrs)	CALL FOR AVAILABILITY (JULY 1 – LABOR DAY)					74.95/person with minimum of 40 <sup>2</sup>				

### TEAMBUILDING - JUMPSTART

Half-Day (2.5-3.0 hrs)	CALL FOR AVAILABILITY (JULY 1 – LABOR DAY)					79.95/person with minimum of 15 <sup>2</sup>				
Full-Day (5.0-6.0 hrs)	CALL FOR AVAILABILITY (JULY 1 – LABOR DAY)					150.00/person with minimum of 15 <sup>2</sup>				

\* Rates above are quoted *per participant*. All programs are subject to 6% sales tax and 1% booking fee. Pricing does not include gratuities. Groups of more than 16 persons participating in the Zip Line Canopy Tour or Treetop Obstacle Course will have a 10% gratuity automatically added to their final bill. Prices are subject to change without notice and subject to course availability. Tour lengths as presented for the Canopy Tour and Treetop Obstacle Course are for estimated time on course per participant. Large groups will need to stagger starts. Call for more details on program length.

<sup>2</sup> ArborTrek Challenge and Jumpstart program pricing are for programs run at ArborTrek/Smugglers' Notch. Call for off-site pricing.

## PARTICIPANT REQUIREMENTS

## & PROGRAM RESTRICTIONS

The adventure-based teambuilding programs at ArborTrek are designed for participants in moderate to good health with average to good mobility. Group leaders are encouraged to carefully read over all of the requirements. While requirements for our teambuilding programs are limited, very specific requirements exist for the zip line canopy tour, treetop obstacle course, and climbing adventure.

### ALL PROGRAM REQUIREMENTS

- *All participants must agree to and sign a participant agreement. Participants under the age of 18 must have a signed agreement by a parent or legal, court-assigned guardian.*
- All of our courses incorporate short nature walks at various inclines on unpaved trails, which participant must be able to complete.
- Participants must be able to understand and comply with instructions in English or bring their own translator.
- **Sturdy, closed-toe shoes are required.**

## ZIP LINE CANOPY TOUR

*The canopy tour is the least physically demanding of our eco-adventure programs, but it is also the most remote. For most of the program, participants are elevated high in the forest canopy above a mountain stream, some distance from the ArborTrek Welcome Center and Resort Village.*

- **Weight:** 70 – 250 lbs. (< 5'4", max weight is 220 lbs.; < 5'0" max weight is 180 lbs.); must fit properly into the harness and other protective equipment. All participants will be weighed prior to entering the course. Failure to meet requirements will result in forfeiture of tour and no refund will be provided. Weight limits have been set by the manufacturer for your safety and ours.
- **Minimum Height:** 48 inches
- **Ground School:** Prior to embarking on the course proper, participants must complete a short training by demonstrating the ability to observe and respond to guide signals, control their speed by applying downward pressure with a gloved hand to a steel cable, maintain proper zip-lining posture, and to pull themselves along a short length of cable.

## TREETOP OBSTACLE COURSE

The Treetop Obstacle Course and Climbing Adventures require participants to step, balance, jump, swing, and pull themselves up or along elements. Participants engaging in these activities should be prepared for a physical challenge.

- **Weight:** 40-250 lbs.; must fit properly into the harness and other protective equipment.
- **Minimum Height/Reach:** 66 inches standing with both feet flat on the ground
- **Ground school:** Prior to embarking on the course proper, participants must complete a short training by demonstrating the dexterity to transfer their SmartBelay lanyard and the ability to observe and respond to guide signals.
- **Private Guides:** Private guides are available with adequate notice for \$65.00/guide.

## CLIMBING ADVENTURES

Our climbing programs make use of auto-belay technology. Participants engaging in these activities should be prepared for a physical challenge and understand that should they fall, or upon completion of the climb, they will be automatically lowered to the ground at a controlled rate of descent.

- **Weight:** 40-250 lbs.; must fit properly into the harness and other protective equipment.

- **Minimum Height:** While no minimum height is required, routes are designed with teens and adult participants in mind.

## YOU CANNOT PARTICIPATE IF YOU:

- Are under the influence of alcohol, illegal drugs, or legal drugs that impair you in any way (*all programs*)
- Are pregnant or think you might be pregnant (*treetop obstacle course, climbing, and canopy tour*)
- Have recent or reoccurring neck, back, or musculo-skeletal injuries (*treetop obstacle course, climbing, canopy tour*)
- Have epilepsy or seizure disorders that do not permit you to drive (*treetop obstacle course and canopy tour only*)
- Suffer from a heart condition that may require immediate medical attention (*treetop obstacle course, canopy tour only*)

## WHAT TO WEAR

Guests should come dressed for the weather and be prepared to be outside in the elements for the duration of the tour. We recommend wearing several layers as conditions on the courses can change during the span of the tour. **Consideration should be given to the type of program: in general, the Canopy Tour is a passive activity; the Treetop Obstacle Course and Climbing Adventure are highly active.**

**Warm Weather (60°F or above):** Pants or longer shorts, long- or short-sleeved shirt or wind jacket, sturdy, closed-toe shoes or light hiking boots, rain gear, and/or sunscreen.

**Cool Weather (30°F to 60°F):** Long underwear, turtleneck or long-sleeved shirt; sweatshirt, sweater or fleece jacket; long pants, light-weight jacket, athletic shoes or light hiking boots, light fleece or wool gloves, and rain gear.

**Cold Weather (30°F and below):** All cool weather gear plus a pair of insulated, waterproof boots, winter-weight jacket, ski pants, neck warmer, fleece or wool hat, ski goggles or wrap-around sunglasses with retainer strap.

## CLOTHING NOTES

- For best comfort with the harnesses, we recommend long pants or longer shorts. Shirts should be long enough to tuck into pants to prevent the harness from rubbing on skin.
- Guests with long hair should bring a hair tie or clip to pull their hair back.

- Sunglasses or ski goggles are recommended during cold weather and on days where rain or snow is predicted. We recommend that all glasses be secured with a retainer strap.
- Dress prepared for periods of inactivity.
- **Guests must wear sturdy, closed-toe shoes or boots. Sandals, flip flops, slip-ons, barefoot running shoes, and Crocs are NOT acceptable and guests without proper footwear will be turned away without refund.**
- ArborTrek cannot be responsible for lost or stolen goods. Please leave all valuables, including jewelry, at home.

- Food and chewing gum are not allowed on the course. Picnic tables and benches are available for use before and after the program.
- Backpacks, hip sacks, and purses are not allowed on the zip line canopy tour or aerial trekking course because they distort balance and can cause participants to invert while traversing lines.

## WHAT TO BRING

- An adventurous spirit!
- Cameras and video cameras with retaining straps are welcome. Due to the difficulty of retrieving dropped items from below the courses, we do not recommend bringing cameras that lack secure retaining straps.
- All sunscreen and bug repellent must be applied prior to the start of the tour and may not be re-applied once the harnesses and equipment have been put on.
- Necessary medications. Our courses traverse areas with limited access where medical help could be some time away. Please bring with you all medication that might be immediately necessary to prevent onset of a more serious condition, such as asthma inhalers, nitroglycerine pills, EpiPens, insulin, etc.
- Food, water, and snacks for before or after the program. Picnic tables and lawn games are available at the Welcome Center during warmer months. You are welcome to hang out, enjoy the views, and watch others as they prepare for the zip line canopy tour or make their way through the treetop obstacle course.
- Money to purchase ArborTrek gear and to tip your guides. 8-10% is the customary gratuity.
- Cell phones are not permitted on the canopy tour or treetop obstacle course. Please leave them at home or in your car.
- Pets. No accommodations will be made for pets on the tour or at the ArborTrek Welcome Center. Please leave pets at home. The only exception to this policy is for trained leader dogs or animals. If you require the assistance of a leader dog or animal, we request you provide us advanced notice.
- Smoking and chewing tobacco, alcohol, or drugs are not allowed on the tour or on the grounds.

## PROGRAM PREPARATION

Most of our programs take 2.5 to 3.0 hours to complete. For larger groups participating in the treetop obstacle course and zip line canopy tour, additional time will be required to space out groups. The majority of this time is spent outdoors and some distance from the Welcome Center and other facilities. Please arrive prepared to be outdoors for up to 3.0 hours, rain or shine.

**Programs leave promptly at the scheduled time.** We recommend that participants arrive 20-30 minutes prior to their scheduled departure time. Large groups should arrive 30 minutes prior to their scheduled departure time with participant agreements already signed and members divided into sub-groups. During the warmer months, yard games and picnic tables are available. Hiking trails depart from right next to the Welcome Center. In the winter, cross-country ski access is available for Smugglers' Notch Resort guests and pass holders.

## BAD WEATHER POLICY

We operate rain or shine. Rarely must programs be cancelled due to inclement weather. During periods of electrical storms, heavy icing, or high winds, we will first delay the program start and only cancel as a last option. In the event that we must cancel a program, we will provide you the option to reschedule or receive a full refund. If you have questions about the weather, please call. We will only call if we know the program you are scheduled on will definitely need to be cancelled or rescheduled.

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**Note:** Some of the most memorable tours come during or after storms. Coming prepared helps ensure a positive experience in any weather.

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## CANCELLATION POLICY

When you make a booking, you are arranging for a program that requires us to reserve course space and equipment and to hire and train guides and support staff. When you cancel or reschedule, we often incur the same costs and may have turned other people away. For this reason **we require 14 days notice for cancellations or rescheduling for groups of less than 8 and 30 days notice for cancellation or rescheduling for groups of 8 or more.** Groups who cancel a reservation for any reason with more than 14 days notice (30 days for groups of 8 or more) will receive a full refund less a 20% non-refundable booking deposit. Participants may make one date change outside of the cancellation period without fee. **No refund will be provided with less than 14 days notice.**

Participants should carefully review all program requirements and restrictions prior to booking. In booking, group leaders and all participants acknowledge that the final screening process will take place on-site upon arrival. Guides are authorized to deny any guest participation if they fail to meet any of the participation requirements or if it is deemed they might pose a risk to themselves, other members of the group, or our staff. No refunds will be issued if participants are denied access to the course for failure to meet screening or participation requirements (including weight limits), choose to depart the course early, or are removed from the course for their inability to follow guide instructions or to participate safely.

## MAPS & DIRECTIONS



**Site Address:**  
 ArborTrek Canopy Adventures  
 1239 Edwards Road  
 Jeffersonville, VT 05464



The historic Smugglers' Notch Pass on Hwy 108 between Stowe and ArborTrek is closed from Mid-October to Mid-May for passenger vehicles and closed year round to motor coaches, motorhomes, and commercial vehicles.

**From Burlington:** Follow Route 15 East to Jeffersonville. Turn right on Route 108S at Jeffersonville. Follow for 4.5 miles to Edwards Road on the left. Note: Edwards Road intersects with Route 108S twice. Turn left at the second entrance to Edwards Road. Drive 0.3 miles and turn right into ArborTrek.

**From I-89/Stowe/Waterbury (Summer):** Take Exit 10 (I-89) in Waterbury, VT. Follow Route 100N to Stowe. In Stowe, turn left on Route 108N/Mountain Rd. through Smugglers' Notch Pass to Edwards Road on the right, about 4.5 miles from the top of the pass. Drive 0.3 miles on Edwards Road and turn right into ArborTrek.

**From I-89/Stowe/Waterbury (Winter):** Take Exit 10 (I-89) in Waterbury, VT. Follow Route 100N through Stowe to Morrisville. In Morrisville, pick up Route 15W through Johnson to Jeffersonville. In Jeffersonville, turn left on Route 108 South. Follow for 4.5 miles to Edwards Road on the left. Note: Edwards Road intersects with Route 108S twice. Turn left at the second entrance to Edwards Road. Drive 0.3 miles and turn right into ArborTrek.

**From St. Albans:** From I-89 and St. Albans State Hwy, head south on VT-104 S/Fairfax Rd. for 18 miles. Turn left on Route 15E for 3.0 miles. Turn right onto Church St. at Jeffersonville. Keep right on Route 108 South. Follow for 4.5 miles to Edwards Road on the left. Note: Edwards Road intersects with Route 108S twice. Turn left at the second entrance to Edwards Road. Drive 0.3 miles and turn right into ArborTrek.

**From Smugglers' Notch Village:** Turn right on Route 108S and drive for 0.6 miles. Turn right on Edwards Road. Drive 0.3 miles and turn right into ArborTrek.

TO  
 JEFFERSONVILLE  
 AND VT ROUTE 15

