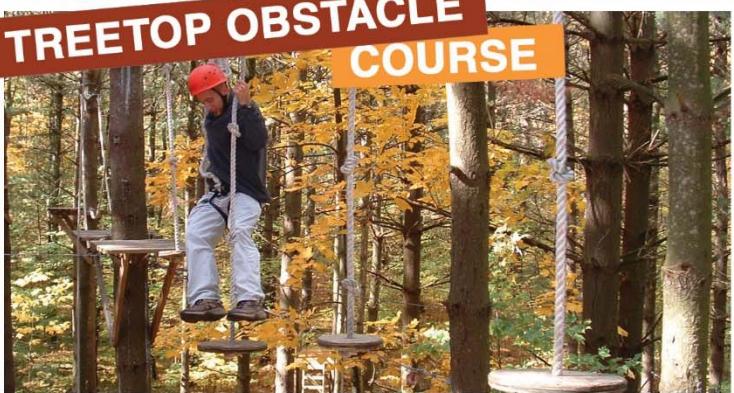


ADVENTURE CHALLENGE

SCHOOL, YOUTH, AND COMMUNITY



TREETOP OBSTACLE COURSE



TEAMBUILDING



Our Treetop Obstacle Course (also referred to as High Ropes Course or Aerial Trekking Course) poses challenges to the individual. It presents tests of physical strength, stamina, agility, balance, and flexibility, and invites participants to confront such emotional issues as fear of heights, fear of failure, and fear of losing control.

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.

Our treetop obstacle course is offered as a stand-alone event or can be combined with a session of teambuilding or climbing to create a full-day program.

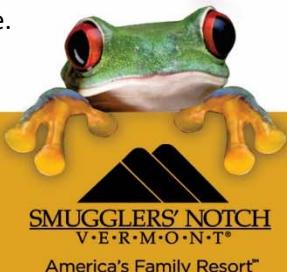
Our Group Initiatives, involving real and imaginary ground-based obstacles, present physical, mental, and emotional challenges that invite a group to explore teamwork strategies and demonstrate for themselves the importance of planning, cooperation, and communication.

The success of a group in meeting the challenges of an initiatives sequence will depend not only upon individual strengths but also upon creativity, tenacity, strategic planning, shared risk taking, the allocation of resources, and the ability to create a climate in which individuals are able to trust each other and in which each member's contributions are recognized and valued. In the process, members should discover their collective power to meet the ongoing challenge of work in other settings. Whatever the focus of a program, nearly every group comes away from the experience with a renewed sense of community and common purpose.



FOR MORE INFORMATION

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



ZIPLINE 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.

Designed to educate, entertain and inspire, the zip line canopy tour consists of a series of interconnected zip lines through dense mountain forest, suspension bridges, and rappels. Navigating 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.

PROGRAM OVERVIEW

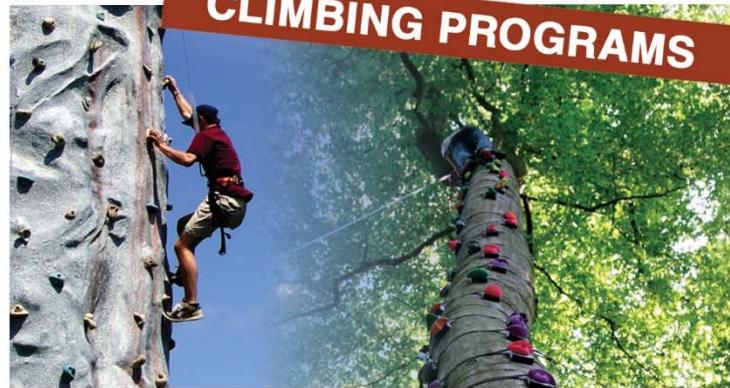
There's nothing better than spending a day in the trees... unless it's spending a day in the trees with a group of family, friends, classmates, co-workers, or peers.

Whether focused on serious educational and treatment objectives or purely on group recreation, the programs offered at ArborTrek are designed to educate, entertain, and inspire.

The options presented in this guide provide broad progressions that have proved successful for thousands of groups. The descriptions should enable group leaders to select a program that will best fit their needs. After choosing a program option or options, group leaders should arrange to meet with an ArborTrek Course Manager to complete a needs assessment, develop a program, and establish specific program objectives. The more we know about your group prior to the program, the more the experience can be tailored to its needs.

If none of the standard options in this guide fit your group, please let us know and we will work to design a custom program for you.

CLIMBING PROGRAMS



Climbing presents participants and small groups the opportunity to explore problem-solving, confront a fear of heights, and to test physical abilities.

Individuals can prove their prowess on our tree climbs or artificial rock wall. A variety of routes ranging from easy to challenging are available. Climbing programs can be run as stand-alone events or incorporated with our treetop obstacle course, team building, and canopy tour programs.

GROUP TYPES

- School Groups (grades 5 and up)
- Student Government/Leadership Groups
- Church Groups
- Summer Camps and Travel Programs
- Boy Scouts & Girl Scouts
- Athletic Teams
- College Clubs & Outing Groups
- Non-profit Organizations
- Family Reunions
- Birthday Parties
- Galas and Private Functions
- Fundraising Events
- Bachelor & Bachelorette Parties
- Bar & Bat Mitzvahs
- Adventure Races & Competitions

More detailed program descriptions, photos, and videos are available on our website at www.arbortrek.com.

RATES & FEES

Discounted rates are available to groups of 8 or more with the greatest discount allotted to groups of 50 or more participants. Please call us at (802) 644-9300 for a program quote.

GROUP PROGRAM OPTIONS

The group programs offered in this guide are designed for youth ages 10 and older, who are in Grade 5 or above. Group programs can be arranged for younger children, but pricing may reflect the need for additional staff and supervision.

We are very busy during the summer months and on weekends in the Spring and Fall. Groups seeking dates during peak season are encouraged to plan well in advance.

ArborTrek is located at Smugglers' Notch Resort in Jeffersonville, Vermont and operates in partnership with the Resort. With adequate notice, custom events can be arranged in conjunction with programming, lodging, and food service from the Resort and its other vendors.

GROUP LEADERS, TEACHERS, AND TEACHERS

Teachers, group leaders and chaperones are invited to accompany youth groups, and, in some cases, will be required to participate and assist Minors in moving through the Treetop Obstacle Course and Zip Line Canopy Tour to meet Supervision of Minor Requirements. In general, teachers, school personnel, and non-profit group leaders accompanying minor student/youth groups are not charged to participate in the Treetop Obstacle Course and Zip Line Canopy Tour (based on one (1) complimentary adult voucher per every ten (10) participating Minors). Additional adults are charged based on the group rate. Group leaders, chaperones, and accompanying school staff must meet all tour requirements and sign a participant agreement before entering the course.

PAYMENT

For groups of less than 16 participants, payment is due at the time of booking. For groups of 16 or more participants, a deposit of 50% is required at the time of booking. The remaining balance is due prior to the start of the program.

For groups of 50 or more, a more detailed payment schedule may be required.

We understand how challenging it can be to plan, arrange, and execute a large group function. In situations where numbers increase, we will do our best to accommodate groups. If several members are absent on the day of the program, we will forgive the balance for up to 10% of the group for groups of 16 or more participants. **Please note, increasing or reducing numbers may impact group rates.**

Payment can be made by cash, Visa, Mastercard, Discover or American Express. Checks are acceptable for groups of 16 or more provided they are received with adequate time for all funds to clear prior to delivery of the program. Government agencies and non-profit organizations that are exempt from paying sales tax should forward a tax exemption letter in advance of the program. No tax exemption will be granted until an official certificate or letter of exemption is on file.

Staff working on our zip line canopy tour and treetop obstacle course generate a fair portion of their pay from gratuities. For groups of 16 or more participating in either the treetop obstacle course or zip line canopy tour, an 8% gratuity will be automatically added to the final bill.

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, receive a gift certificate, 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 for will definitely need to be cancelled or rescheduled.

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

CANCELLATION POLICY

When you purchase tickets or make a reservation, 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.

Individuals and groups of less than 16: Cancellation requests made more than 72 hours before the scheduled departure will result in rescheduling of booking, a gift certificate, or refund less 20% booking fee. No refunds or departure time changes are available with less than 72 hours notice.

Groups of 16 or more: Cancellation requests made more than seven (7) days before the scheduled departure will result in rescheduling of booking (within 365 days), a group credit, or refund less 20% booking fee. No refunds or date changes are available with less than seven (7) days notice. Final group counts are due no later than seven (7) days in advance of the program date. Groups will be charged for the greater of the confirmed count or the number of participants who participate on the day of the program. Credits or refunds are not available for no-shows.

Cancellation and rescheduling requests must be made by calling our offices between 9am and 6pm. You are responsible for confirming contact.

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. ArborTrek staff 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 and height limits), choose to depart the course early, or are removed from the course for their inability to follow guide instructions or to participate safely.

PREPARING GROUPS

Groups who arrive properly prepared stand to gain the most from their participation in an adventure challenge program. Prior to arriving at the course, we recommend all participants (and their parents or guardians in the case of minors) read and understand our "Preparing Groups" packet including participant

requirements and what to bring to the program. Additionally, each group member must read, understand, and agree to the Participant Agreement by signature. A Parent or legal guardian must sign for Minors.

Copies of these forms, along with video, photos, and descriptions of our programs are available at our website at www.arbortrek.com.

PARTICIPANT REQUIREMENTS & PROGRAM RESTRICTIONS

The adventure challenge programs at ArborTrek are designed for participants in moderate to good health with average to good mobility. Due to the physical nature of the activity some restrictions and requirements apply:

ALL PROGRAM REQUIREMENTS

- *All participants must agree to and sign a participant agreement. Participants under the age of 18 must also have their agreement signed by a parent or legal, court-appointed 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.**

TEAM BUILDING

Team building programs are tailored to the needs of an individual group and group members are welcome to choose their level of participation at any time throughout the activity. With notice prior to the program, special needs can often be met.

TREETOP OBSTACLE COURSE & CLIMBING

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:** 40-275 lbs. with max BMI of 35; Max weight on Climbing Wall is 250 lbs.; must fit properly into the harness and other protective equipment.
- **Minimum Height:** 54 inches standing with both feet flat on the ground; Participants that do not stand 54 inches in height may participate in the ArborTrek Junior and Climbing Adventure Areas Only.
- **Ground school:** Prior to embarking on the course proper, participants must demonstrate the dexterity to transfer their

SmartBelay lanyard, connect and disconnect their zip line trolley, cross a series of elements observing course procedures, and respond to guide signals and commands.

ZIP LINE CANOPY TOUR

The zip line canopy tour is the least physically demanding of our adventure challenge 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 other access points.

- **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.
- **Minimum Height:** 48 inches or by Manager approval
- **Ground School:** Prior to embarking on the course proper, participants must demonstrate 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.
- **Independence:** Participants must be able to perform tour activities independent of an aid or parent.

YOU CANNOT PARTICIPATE IF YOU:

- Are under the influence of alcohol, illegal drugs or legal drugs that impair you in any way
- Are pregnant or think you might be pregnant (*treetop obstacle course, climbing, and canopy tour only*)
- Have recent or reoccurring neck, back, or musculo-skeletal injuries (*treetop obstacle course, climbing, canopy tour only*)
- 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*)

SUPERVISION OF MINORS

All Minors must be supervised by a Responsible Adult who remains on property during the program. A "Minor" means any person who has not yet reached the age of 18 years of age. A "Responsible adult" means the parent, legal-court appointed guardian, or an adult who has the permission of the parent or legal, court-appointed guardian to supervise the minor (e.g. school personnel, camp counselors, grandparents, etc.). Parties which cannot meet the supervision requirements are encouraged to contact our office. Private guides may be rented to assist meeting requirements for supervision. Groups of 16 or more may meet supervision requirements by positioning Responsible Adults. Please call for more information.

TREETOP OBSTACLE COURSE / ARBORTREK JUNIOR

- Ages 12 years and under must be accompanied on the course by a Responsible Adult. One (1) Responsible Adult can accompany two (2) children ages 12 years and under OR one (1) child age 4-7 years AND must remain within one element at all times
- Ages 13-17 years who meet the height and other rider requirements and who can act independently may use the course without a Responsible Adult participating, but the Responsible Adult must remain on property at all times.
- Any Minor who is less than 54 inches in height OR cannot manage their own transfers must be accompanied on a one-to-one basis by a participating Responsible Adult who meets all rider requirements; the pair is limited to the ArborTrek Junior course area and Climbing Adventure.

CLIMBING ADVENTURE

- Minors must be supervised by a Responsible Adult. One Responsible Adult may supervise up to 24 Minors

ZIP LINE CANOPY TOUR

- Ages 15 years and under must be accompanied by a participating Responsible Adult; one (1) Responsible Adult can supervise up to eight (8) minors, 15 years and under.
- Ages 16-17 years and older who meet all rider requirements may participant without direct supervision of a Responsible Adult, but a Responsible Adult must be present on-site or immediately available for the duration of the program

WHAT TO WEAR

Guests should come dressed for the weather and be prepared to be outside in the elements for the duration of their program. We recommend wearing several layers as conditions on the courses can change during the span of the program. Consideration should be given to the type of program: in general, the canopy tour and team building are passive activities; the treetop obstacle course and climbing are highly active.

Warm Weather (60°F/15°C 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 (32°F/0°C to 60°F/15°C): 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 (32°F/0°C 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.** Some locations offer shoes for rent, but it is highly recommended that each participant bring their own.
- ArborTrek cannot be responsible for lost or stolen goods. Please leave all valuables including jewelry at home.

WHAT TO BRING

- An adventurous spirit!
- Cameras and video cameras with retaining straps are welcome. Due to the difficulty in retrieving dropped objects from below the courses, we do not recommend bringing cameras that lack secure retaining straps.
- All sunscreen and bug repellent must be applied before the start of the program and may not be reapplied 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 their programs.
- Money to purchase ArborTrek gear and to tip your guides. 8-10% is the customary gratuity.

WHAT NOT TO BRING

- Cell phones are permitted on course, however, we respectfully request that you place your phone on airplane mode to prevent interruptions that could impact the wilderness experience others are seeking. ArborTrek cannot be responsible for dropped or damaged cell phones. All cell phones are brought at the owner's risk.

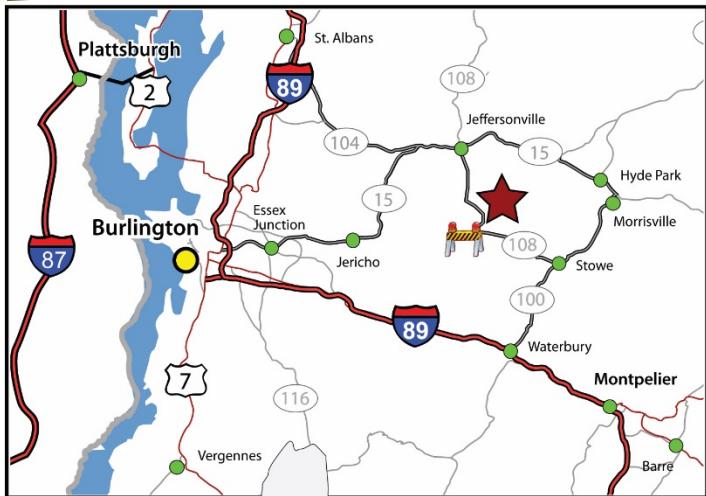
- Pets. No accommodations will be made for pets on the tour or at the ArborTrek Welcome Center. Please leave pets at home. The only exception to this policy is for trained leader dogs or animals. If you require the assistance of a leader dog or animal, we request you provide us advanced notice.
- Smoking and chewing tobacco, alcohol, or drugs are not allowed on the tour or on the grounds.
- Food and chewing gum are not allowed on the courses.

PROGRAM PREPARATION

Most of our programs take 2.5 to 3.0 hours to complete. For larger groups, 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. Large groups should arrive 20-30 minutes prior to their scheduled departure time with participant agreements already signed and members divided into sub groups with assigned chaperones or staff. During the warmer months, yard games and picnic tables are available. Hiking trails depart from right next to the Welcome Center. For more information about amenities and other local attractions, please call our offices.

MAP & 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.

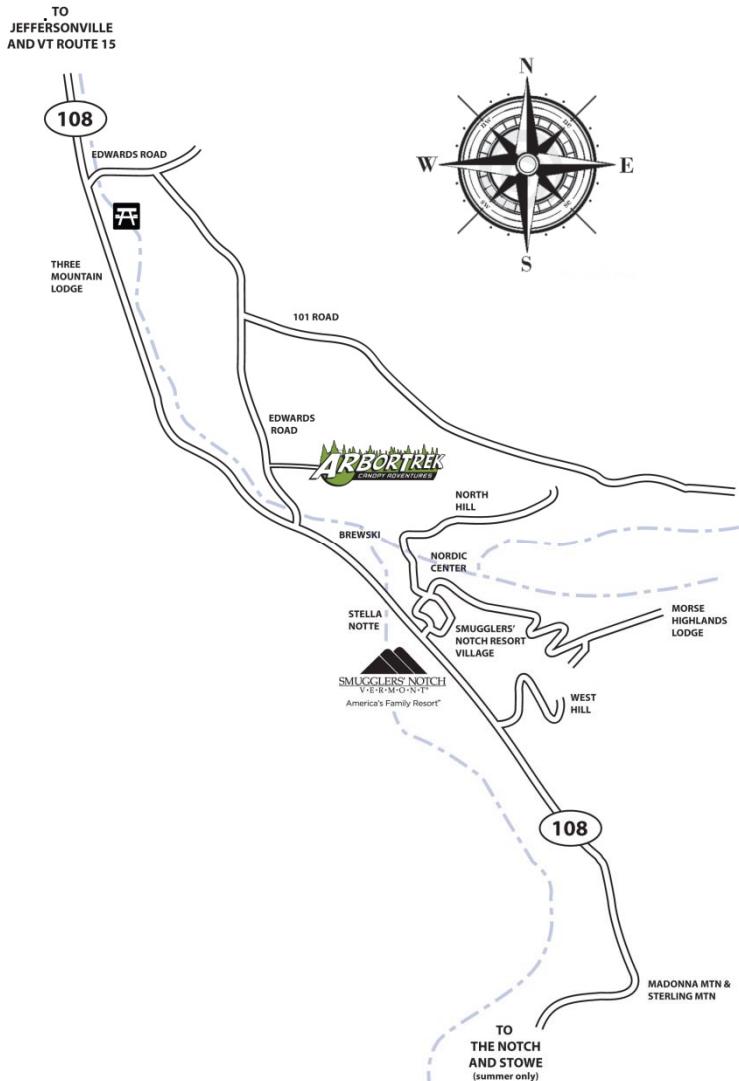
From Burlington: Follow Route 15 East to Jeffersonville. Turn right on Route 108S at Jeffersonville. Follow for 4.5 miles to Edwards Road on the left. Note: Edwards Road intersects with Route 108S twice. Turn left at the second entrance to Edwards Road. Drive 0.3 miles and turn right into ArborTrek.

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 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.



ADVENTURE CHALLENGE

IS FOR TEACHERS, TOO!



A great many teachers and school administrators are familiar with the benefits of adventure challenge to their student populations. Fewer know that the same programs can yield equally valuable results for the school staff who regularly bring their students to our and other courses.

TRAINING PROGRAMS & IN-SERVICE WORKSHOPS

Over the years we have designed programs to meet a variety of staff development needs for school personnel. These offerings can be presented in the context of a staff retreat, on-site as part of an in-service day, in open enrollment classes at our own facilities, or to self-organized groups at a site of their own choosing. Here is a sampling of what we have to offer.

Team Building for Teachers and Staff. A half-day or full-day program of group initiatives for adults instead of kids.

Adventure Challenge Awareness Session. A full-day hands-on introduction to adventure challenge programming with students.

Facilitator Training. Instruction in basic to advanced facilitating skills for low and high element challenge course programs.

Curricular Development. Instruction and consultation for teachers who wish to include adventure challenge in the school curriculum.

TEAM BUILDING PROGRAMS

(3.0 – 6.0 HOURS)

So-called "group initiatives," involving real and imaginary ground-based obstacles, present physical, mental, and emotional challenges that invite teacher groups to explore teamwork strategies and demonstrate for themselves the importance of planning, cooperation, and effective communication. The success of a group in meeting the challenges of an initiatives sequence will depend not only upon individual strengths but also upon creativity, tenacity, strategic planning, shared risk taking, effective resource allocation, and the ability to create a climate in which group members are able to trust each other and in which each member's contributions are recognized and valued. In the process, teachers should discover their collective power to meet the ongoing challenges of work at school. Whatever the focus of the program, nearly every teacher group will come away from the experience with a renewed sense of community and common purpose.

Programs are specially tailored to the needs of each group served, and the activities selected are designed to include all group members without regard to physical or medical limitations.

For more information about our in-service workshops and teacher training programs, please contact April Edwards or Mike Smith at (802) 644-9300 or e-mail groups@arbortrek.com.



FOR MORE INFORMATION

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