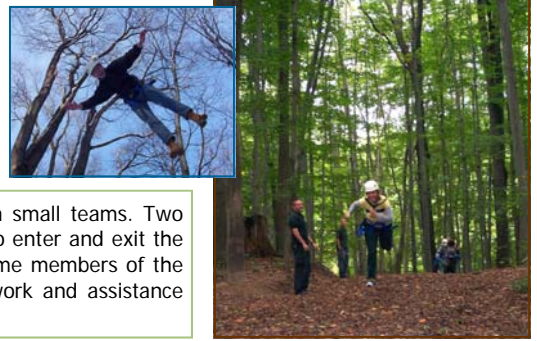


**Beaver Retriever:** Standing outside a circle approximately 30 feet in diameter, whose center point is a large tree, the group is challenged to create a system of retrieving randomly placed objects inside the circle. The group is provided with a 100-foot length of rope. Neither the rope nor any person may make contact with the ground inside the circle.

**Back Writing:** Teams of 5-10 individuals are lined up single file, front to back, in rows. Symbolic messages are drawn on the back of the person in front and passed down the line "silently." No verbal communication of the message is allowed. The last person in the line writes out the message they received. An effective initial activity that illustrates communication.

**All Aboard:** Participants are challenged to get the group to balance on a 2'x2' platform and hold a position for at least 5 seconds. This activity is a great finish to the Islands Activity.



**Challenge Wall/Log:** The participants scale a 12' high wall using only organizational planning and group effort. Once they accomplish this they are challenged with attempting to scale a log suspended between 2 trees.

**Floating Cubes:** This activity can be accomplished as a single group activity or with the group split in small teams. Two cubes, roughly 4" in size, are suspended from a tree. Members of the group are presented the challenge to enter and exit the cube in a fashion different from other members of the group. The result is that the activity is easy for some members of the group, but as the entry and exit options become limited, the activity becomes more challenging. Teamwork and assistance from the group is essential with this fun activity.

**Climbing Tower:** Participants are trained in proper belay and climbing techniques. They are then given the opportunity to climb any of our 3 climbing surfaces.

**Flying Squirrel:** A team of runners are attached to a line which will launch one of the group (the Squirrel) into the air in a pendulum swing 15-20' off the ground.



**High Ropes Course:** Participants are challenged to climb trees to heights of 23-40 feet and traverse a variety of elements. The High Ropes Course offers the participant several options, culminating with the Leap of Faith platform placed 42 feet up.

**Mohawk Walk:** The group is challenged with traversing a designated area using a series of cables, hand holds and other elements without touching the ground. One of the most effective takeaways that the group experience is the process used by the group to set a common goal.

**Nitro Crossing:** All the members of the group and a container, which is ¾ full of water, (nitro) are to get from one side of an open area to the other (about 20') using a rope swing.

**Beaver Trap:** Participants are placed into groups of 2 – 6 people. Each group is given 15 Mouse Traps and shown a picture. Groups are challenged to replicate the picture in the fastest time possible.

**Zip Line:** The Zip Line is located at the top of the 34' Climbing Tower. This activity is a great finish to the Climbing Tower and Earth Ball/Cargo Net Challenge. The activity is very simple. Participants are safely harnessed to the Zip line pulley and once ready, ride the 200' long Zip line through our Teambuilding Park!

**Blind Square:** All participants are blindfolded and challenged to find the length of rope positioned somewhere in the room. Once found, the group is challenged to construct a "perfect square" out of the rope. Once achieved, the group is challenged with more difficult symbols to replicate with the rope.

**Blind Mile:** The group is asked to partner into groupings of two. One Partner is then blindfolded and led by their partner through a walk in the woods with some obstacles to navigate around. Then the partners switch blindfolds and the other partner walks a different course in the woods led by their partner going over and under some obstacles. This activity initiates trust, differing forms of communication and interpretation of communication within the group.

**Ringer:** Groups are challenged to place a tire over a 12-foot tall pole and place it on the ground while not coming into contact with the pole.

**Trail Challenge:** Trail Challenge is the newest Team Challenge activity at Beaver Hollow Conference Center. In fact, this activity can be experienced only at Beaver Hollow. It is one that every participant is sure to find exciting, challenging and rewarding.

The goal of this activity is a race to successfully complete every challenge found on the Nature Trail course in the most time effective manner. The skill lies in each Team's ability to match the attributes of the Team members with the various challenges on the course. Critical to the successful completion of each challenge is for each Team to work as a team.

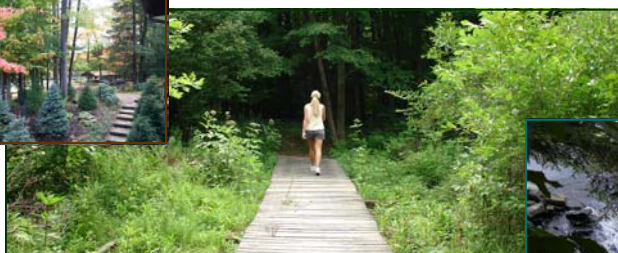
Teams of 4-6 people begin the course at staggered start times. At specific intervals along the course they encounter a new challenge. The challenges range from requiring some degree of physical activity from the members of the Team to other challenges that are purely cerebral. The success, though, in effectively completing each challenge is participation by every member of the Team.

Once each team has navigated the course and completed each challenge, their time is measured against the other Teams. The Team that completes the course with the fastest time is declared the Winner!

The Trail Challenge course encompasses our 2-mile Nature Trail walking path carved through our wooded property. It is a walking path that takes the Teams around our lake, both up and down a few short hills, over a few footbridges, and through an open area. In some spots the Trail has wood chips; in other spots the Trail is more natural with dirt pathways. There are 5 different challenges posted at different intervals along the course. At each challenge a monitor is stationed to ensure the integrity of each Team's performance. A challenge may require the Team to navigate a certain feature of the terrain or it may involve a puzzle or riddle that must be solved.

This is an exciting activity that offers a certain level of physical challenge for most members of the Team.

**Triangle Traverse:** The group is presented with the challenge of successfully navigating around a triangle. The triangle consists of cable suspended 18" off the ground and strung between 3 trees. Although this activity does not require strenuous physical ability, it does require the group to coordinate their actions and work together in order to accomplish their goal. The Triangle Traverse is a fun activity for the entire group and lends itself as a warm-up to some of the High Elements in the Teambuilding Park.



**Vertical Minefield:** Participants are split into groups of 3 to 6 people. One person from each team is chosen to negotiate the Climbing Tower while blindfolded to retrieve an object or totem.



**Noodle Press:** Participants are divided up into groups of two and four; they are given a large number of 1 inch cut foam noodle pieces. They are then challenged to compile the noodles into a large "press". The group with the largest "press" of noodle pieces will be the winner. The guideline is that every time a noodle piece is added the individual adding the noodle piece must reveal a fact about themselves or ask a question of the group.

**Islands:** Participants are assigned islands to occupy in a unique configuration. The islands are 4'x4' platforms allowing 3-4 people per island. Given only three pieces of lumber, neither of which is long enough to span the distance between the islands, the group is challenged with safely and effectively navigating participants to the designated home island without touching the ground between any of the islands.

**Electric Snake:** Participants are asked to stand on specified locations on the ground, and pick up a rope. They are then challenged to guide a member of their group holding a Hoop and Blindfolded from end to end of the rope while not coming into contact with the rope or the other participants.

**Gyroscope:** Participants are placed into groups of 6 people. Groups are challenged to turn someone on the team head over heels while holding a cup of water, and not spill the water.

**Have You Ever:** Individuals are set up in a circle around a piece of paper. The person in the center starts that game by asking "Have you ever...?" Anyone who has ever done the named task is required to move to a new location. Much like musical chairs, there is a scramble for available locations. The person left without a spot on the circle goes to the center and proposes the next question.

**Pamper Pole:** Participants scale a 30 foot telephone pole and prepare for a leap. With emotional support and encouragement offered by the other group members, the climber leaps from the top of the Pole towards a target (a tether ball), cementing a symbolic leap towards positive change. This activity is very powerful in it's ability to draw members of a group together and form a lasting bond. Beaver Hollow is unique in that we are probably the only Teambuilding facility that has 2 similar-sized Pamper Poles placed next to each other. This allows larger groups the opportunity to program this activity in a time efficient manner while keeping the whole group together.

**Hoopdom:** Participants are split into groups of 3 – 6 people. Each group will be given six hoops and 30 feet of rope. They will have five minutes to plan this activity. After the five minutes they must build a geodesic structure that is shown to all groups, and then weave the rope through all 20 openings within this geodesic structure. Participants may not come into physical contact with the structure, only the rope may come into contact with the structure. The first group to build the geodesic structure, run the rope through all 20 openings and raise their flag for the judges' inspection will be declared the victor.



**Labyrinth of Darkness:** Participants are blindfolded and led to a labyrinth using ropes and trees. Upon arrival participants must hold the rope and find their way out of the labyrinth. Once participants leave the labyrinth their blindfold is removed, so is their ability to communicate with the group.

**Mine Field:** Teams of two individuals are created around a defined area containing all manner of objects (balls, Frisbees, rubber chickens, etc.). One individual is chosen to negotiate the "Mine Field" blindfolded, listening to the voice of their partner. If any object in the "Mine Field" is touched, the participant exits and re-starts until they have successfully negotiated the entire area.

**Shut Your Trap:** Using mousetraps and teamwork the group is guided through three sequences of loading and unloading the traps. This activity is a powerful tool, requiring trust and communication, used to grow leadership and open communication within your team.

**Earth Ball Challenge:** The participants work as a Team to raise a 5' earth ball up a Cargo Net given two possible climbing stations and one extra length of rope (50').

**Rope Cuffs:** Participants are asked to choose a partner and stand facing each other. One person places the rope cuff over both of their wrists. The second person places one hand into the wrist loop; they pass the middle of their rope through the other person's rope and place the loop on their other wrist. They are now connected together. The challenge is for the partners to become separated without altering the ropes at all.

**Trafficking Traps:** Replicating a factory process the participants are challenged to load mousetraps, transfer the loaded traps to the assembly area where they must create mousetrap structures. Followed by routing these set trap structures to loading and shipping where the set trap structures wait for inspection. Trafficking Traps is an excellent activity that touches on many aspects of the workplace and leads to discussions from process improvement, to cross training, to high stress and how to deal with these situations.

**TP Shuffle:** Each person in the group randomly steps up onto a telephone pole (TP) suspended 12" off the ground. From this position they are challenged with rearranging or shuffling their order on the pole in any possible fashion: by height, alphabetically by first name or last name, or any other possible order...without stepping off the pole!

**Trust Fall:** After ground level trust sequence, participants are challenged to fall backward into the arms of their peers. A very powerful activity, the Trust Fall builds team unity and trust like few others.

**Trap Towers:** Participants are challenged to stack pairs of loaded Mouse Traps on the edge with the metal spring facing towards the inside. Each new level is stacked on top of and perpendicular to the pair below.

**Spider Web:** Each person, without touching the string, passes through a different hole in a string "Spider Web" that is suspended between two trees. Once a person is successful on the Spider Web activity they are challenged with the opportunity to build their own Web adjacent to our Web and transport each person through the group's own unique Web design.

**Trap Floats:** Participants are asked to join with two or three other people. Individuals then take turns loading Mouse Traps and placing them upside down on the table attempting to stack as many traps as possible on top of each other.

**Walk of Faith:** Participants are challenged to load a Mouse Trap and place the trap in the middle of a circle. Participants are then placed into groups of three, and asked to remove their shoes. One member of the group then guides another member through the circle of loaded traps keeping eye contact with the guide.

