

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.

Blind Square: All participants are blind folded 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.

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.

Frenzy: Groups are placed into teams and challenged to gather all the Tennis Balls from the center Hoop and place them into their teams Hoop within a given amount of time.

Lean on Me: Each participant is given three knives and three marshmallows. They are shown a picture and asked to recreate the picture. In the second sequence participants are asked to partner with someone and then shown another picture using six knives and six marshmallows and asked to recreate a second photo. The third sequence participants are asked to create teams of four individuals; they are then shown a third picture and asked to recreate the photo using 12 knives and 12 marshmallows. Groups that are physically capable are asked to create the photos using their bodies, using their arms as marshmallows and their and feet as knives.

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.

Knotty Business: Participants are split into groups of 6 people. They each hold the end of a rope, and then are asked to create the largest, nastiest knot possible without letting go of their ropes.

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.

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.

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.

Moonwalk: Participants are lined up single file and given carpet squares. The group must go from one location to another location only stepping on the carpet squares and reach their destination with their group in its entirety with all of the original carpet squares.

Catapult Challenge: A fun group challenge that draws on the individual skills of each member of the team. Each team collects their materials through a draft process and collaborate on an effective design they plan to construct. Each team must construct their catapult within a specified time frame. Test launches are staged with final modifications allowed. Each team then launches tennis balls, grapefruit or watermelon to determine a team victor for distance, accuracy and design.

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.

Nitro Crossing: All the members of the group and a container, which is $\frac{3}{4}$ full of water, (nitro) are to get from one side of an open area to the other (about 20') using a rope swing.

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.

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.



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.

GeoCaching: We are the only Conference Center or Teambuilding facility in the area offering GeoCaching. This activity is the newest teambuilding activity. Based on the scavenger hunt concept, GeoCaching integrates state of the art Global Positioning System (GPS) technology with a team hunt. We hide a number of "caches" throughout our 200 acre property, inside of which are clues to help the team locate the next cache. Teams must navigate their way throughout our property along the Nature Trail using a handheld GPS unit to locate their particular cache. Teams must navigate their way throughout our property along the Nature Trail using a handheld GPS unit to locate their particular cache. This is a fun activity that can be done any time of the year.

Marketplace: This activity lends itself to several meaningful corporate group metaphors. Positioned around a circle, the group is challenged with sequentially identifying the letters of the alphabet, represented by objects within the circle. The Marketplace consistently draws both intuitive thinking as well as laughs.

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 out 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.

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.

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.

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.

Tying the Knot: 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.

Walk This Way: Group members are challenged to move across a stretch of ground while standing on a set of long beams with hand ropes attached.

Toxic Waste: The group must transfer a bucket full of "Toxic Waste" from one bucket to a different bucket, using only ropes and an inner tube. If any of the waste is dumped the team must begin again.



Traffic Jam: Individuals exchange places on a line of squares that has one more place than the number of people. All the individuals to the left of the Center must end up on the right and vice versa.

Team Tubes: An energetic and creative series of group initiatives using PVC sections and connections that are used by the Group to execute a broad range of activities. Activities range in scope from creative problem solving challenges to team competition scenarios to fun group challenges. Team Tubes is an activity that can be tailored specifically to the unique goals of the group. It's also fun to see the different outcomes and creations that different groups produce.



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.

Sky Hook Commander: Groups are challenged to transfer items and drop them into a target zone using a system of ropes and pulleys. Participants must work in unison to accomplish this task.

Unified Vision: Participants are asked to take out paper and pencil and to write the correct word or phrase from the list read. After all the phrases are read the answers are used to illustrate the importance of each member having a clear vision of what they are working towards or a unified vision.

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!

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

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.

Work of Art: The group is challenged with attempting to communicate a collection of objects (A Work of Art) as accurately as possible. The process involves smaller groups of approximately 5-10 participants that arrange themselves in a specific order. The first person in the group(s) is shown the Work of Art. The image must then be passed along (communicated) to each member of the group. Only verbal communication is allowed. The last person in the group is then presented with similar objects found in the original Work of Art and attempts to successfully recreate it in every detail. This activity is great opener because it often leads to a meaningful discussion pertaining to communication; the cornerstone for all Group Unity and Teambuilding.