

## **Westminster Woods Challenge Course Program: Sample Itinerary**

- **9:00 am: Arrival**

Group has a chance to use the restroom, gather necessary belongings for the day etc.

- **9:15 am: Introductions**

Group gathers and meets for introductions, definitions of a challenge course, and some brief visioning and goal setting. A few games, ice-breakers and “initiatives” happen at this time which set’s a tone of both focus and fun for the rest of the day. At this time we make verbal contracts within the group and discuss our philosophy of ‘challenge by choice’ and how it applies to the group and to the individuals.

- **9:45 am: Low Ropes**

At this time, the groups break off into smaller “pods” of about 8-10 to spend the day with. These groups can be pre assigned, or divided by the group’s consensus. The small groups will then spend the next few hours working with their facilitator on a variety of activities and “low ropes elements” that are specifically designed to increase the groups ability to effectively communicate, problem solve, think critically, respect each other, evoke their personal leadership abilities, and learn to trust one another on a deeper level.

- **12:15 pm: Lunch**

Lunch is a free time for the groups to socialize, discuss the day thus far, and restore some spent energy. Our kitchen can prepare gourmet hot meals for groups of 25 or more, and can make fresh “boxed” lunches for groups under 25. Lunch lasts for about 45 minutes. Drinks are included. Groups are welcome to bring their own sack lunches as well.

- **1:00 pm: High Ropes**

After lunch, the groups are gathered back together to begin our afternoon activities. We then put on our harnesses and helmets, and begin focusing on our high ropes elements. The rest of the afternoon is spent working as individuals, as partners, and as a team to overcome many physical and emotional challenges. Some of the high ropes elements can be physically challenging, but most are designed to challenge the individual on a more emotional level.

- **4:30 pm: Final Closing**

A full day of problem solving and learning to communicate more effectively while challenging oneself both physically and emotionally can be both inspiring and exhausting. This is the point of the day when we come back together as a large group, discuss some of the high points of the day, evaluate our achievements, and pat each other on the back for a job well done. Groups are usually on the road by 4:30.

*\*We can be flexible with all of our timing here at The Woods, working with you to design a program that suits the needs of your group. Call (707)874-2426 x633 or e-mail [challengecourse@westminsterwoods.org](mailto:challengecourse@westminsterwoods.org) for more information or to schedule a program.*