

Zip Line Canopy Tour

at Refreshing Mountain Camp
455 Camp Road
Stevens, PA 17578

... that times of
refreshing may
come from the
Lord. Acts 3:19



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1-888-353-1490

www.RefreshingMountain.com

What is a Canopy Tour?

The Zip Line Canopy Tour at Refreshing Mountain Camp is a series of cables and platforms between 10 and 60 feet off of the ground. Participants will be harnessed to a pulley that rides the cable and will “zip” from platform to platform through the “canopy” of trees through which the course is built. There are 5 zip lines, with a combined length of over 1400 feet! Additionally, in the middle of the course, there is a “cat walk” (a narrow bridge without walls, that spans approx 70 feet). Participants will walk across the bridge to reach the next part of the course.

When working with a group of 5-10 persons, it is expected that the course will take approx 1.5 hours to complete.

What are the Benefits?

Besides the fact that it is just a lot of fun, the Zip Line Canopy Tour takes Teambuilding to the next level (literally). The course is designed to work with a small group of people (up to 10 persons per group) and create a shared experience that they will remember for a lifetime. Participants will also be challenged to push past fears, help each other, and encourage each other through the course, leading to a sense of camaraderie throughout the event.

What is unique about the Canopy Tour at Refreshing Mountain Camp?

1. Safety First

- **“Dialed In” Gravity stops on every zip line.**
 - This means you don’t have to worry about braking to stop. The course is precision engineered to slow you down at the right time.
- **Double Redundancy**
 - Every strategic piece of equipment on the course has a “back up” directly on line as double security.

2. No Tipping Expected.

- There will be 2 guides with your group for the duration of the event and you can expect that they will be extremely professional and safety conscious. They will take good care of your group through the experience, and you don’t have to pay extra for that 😊.

Where is the Canopy Tour Located?

The Canopy Tour described here is located at Refreshing Mountain Camp (RMC). RMC is located in Northern Lancaster County, PA. We are approx 1 hour from Harrisburg and Philadelphia, and approx 2-3 hours from NYC, Baltimore, and Washington DC.

Detailed Description of the Course

If the idea of flying through the trees like a bird sounds fun to you, then this experience is not to be missed. Participants should plan to arrive at least 30 minutes prior to their scheduled start time. This will allow for the introduction to the guides, general discussion on the activity, completing paperwork, etc.

The first zip line starts close to the ground (up a flight of steps to the platform) and “flies” you into the trees and to our High Ropes Course. At this point you will be about 30’ above ground and you will walk the 70’ “cat walk” to the next platform. Once you reach the third platform, you will be about 45’ off the ground and you will then continue the canopy tour for the duration of the event. The fourth and fifth platforms are each 55-60’ above the ground. The sixth and final platform is “nestled” within an expansive red oak tree. You will end the tour with a zip line over 400’ long, across a pond, and safely back to the ground, close to where you started (no long walk back to where your car is parked).

The scenery from the platforms is truly magnificent. There are over 20 varieties of trees to be identified on the course of the tour, not to mention the wildlife you may spot. Our guides may point out various points of interest from each platform, and the aerial view provides an unparalleled perspective of the beautiful woodscape. A great discussion topic during the tour can be how your angle of perspective changes your perception. This is true physically, and can also be applied to other aspects of life.

What Physical Condition should I be in to participate?

Participants do need to be reasonably fit to participate, by nature of the event. Please see the Release Form for more details on this, but in general participants should be able to carry 20-30 lbs of weight without difficulty, climb a flight of stairs, stand without need for assistance, and walk over uneven terrain up and down a moderate slope.

If you have a physical impairment that prohibits walking/standing but are interested in this type of adventure activity, feel free to contact RMC as we also have other activities that we can offer which may be of interest to you .

How Do I Make a Reservation?

Contact Refreshing Mountain Camp at 1-888-353-1490. We will need to know

- What date(s)/time(s) you are interested in
- How many people to expect (this can be approximate to start, but will need to be finalized before your arrival)
- Do you have interest in adding any other activities to your event (i.e. Climbing Tower, High Ropes, Giant Swing, etc)?
- Your credit card information will be required to finalize the reservation (a 25% deposit will be billed to the card, with the balance due on the day of the event).

Can I bring a Camera/Camcorder along with me?

Yes, as long as you can secure it to your wrist. We do not necessarily recommend doing so since there is a possibility that it could be damaged on the tour, so if you choose to do so, it is at your own risk. It is essential that it can be secured to your person for the tour.

Cancellation Policy

In cases where the weather does not allow for the event to proceed and/or complete, the deposit will be refunded and it will be your option as to whether or not to re-book. For all other instances of cancellation, the 25% deposit is non-refundable. If the event is cancelled with less than 24 hours notice, the full value of the event will be billed.

It should also be noted that RMC reserves the right to cancel events without notice for any safety related concern. In such an occurrence, any funds paid toward the event would be refunded, including deposit.

What happens if I start the tour and don't want to finish?

In this situation, you will be billed for the full event, however, you do not need to finish the tour. The course is "Challenge By Choice" so if you feel that you cannot continue, our tour guides will be able to belay you to the ground from any of the platforms on the course. You will then need to walk from that point, back to the starting point.

Can I add other Activities to the Event?

Yes, Refreshing Mountain Camp offers an array of other activity options including High Ropes, Climbing Tower, Giant Swing, Giant Ladder, Low Ropes, Archery, Paintball Obstacle Course, and more. If you want to participate in any of these activities while you are on site, they are easily added to your itinerary. Just talk about these details with our sales team when making your reservation.

Thank you for your interest. We hope to have you here soon.



1-888-353-1490



www.RefreshingMountain.com

Preparation Checklist

We are excited to have you join us for an exhilarating experience in the tree-tops. In order to have the best possible experience, please review this sheet.

Physical Requirements

Minimum weight 80 pounds

Maximum weight of 280 pounds

- Prior to participating, all guests must read, understand, and sign a waiver and liability release form.
- Guests must be of moderate to good health and free of alcohol, drugs, or medication which might alter their normal physical or mental abilities. Guests taking medications that prohibit driving or operations of machinery may not participate in the tour.
- All guests must wear sturdy, closed toe shoes that cannot fall off.
- Clothing must be worn that will protect your torso from rubbing caused by the harnesses. We ask that guests avoid wearing revealing or low cut tops.
- We recommend wearing long pants. If you choose to wear shorts, please make sure they have at least a 4-inch in-seam so that your legs are protected and padded from the waist and leg loops of the harness.
- No dresses, kilts or skirts.
- Supportive undergarments are required.
- Please remove any loose or dangling jewelry. Body piercings are not recommended.
- Guests with long hair need to have their hair tied back and secured.
- All necklaces must be able to tuck under your shirt.
- It is best to remove all rings and bracelets. Belt buckles must be small for comfort and safety.
- You may bring a camera if you have some means of securing it. If you choose to bring a camera, RMC will not be responsible for any damages to the equipment.
- Cell phones and other electronic distractions to the tour group (iPods, etc.) are not allowed on the tour.
- There is a designated area on our facilities for smoking, HOWEVER, smoking is NOT PERMITTED during the course of the canopy tour.

While we seek to use equipment that is easily fit and comfortable for guests of many shapes and sizes, we may not have equipment that will safely fit all shapes. Please understand, we can not test this in advance and must put safety first.

We reserve the right to deny participation for any safety-related reason.

Activities Release and Waiver Form (Side A)

Description of Activities

Refreshing Mountain Camp, Inc (hereafter RMC) provides structured activity opportunities for environmental education and adventure recreation. The following list, though not necessarily comprehensive, lists elements/activities that may possibly be included in the Participant's event at RMC, dependant upon the schedule arranged (either by the Sponsoring Organization or Group Leader):

Activity Options			
Archery	Campfire	Canopy Tour*	Canopy Tour Run*
Climbing Wall*	Climbing Tower*	Giant's Ladder*	Giant Swing*
Group Initiatives	Hay Rides	High Ropes*	Low Ropes
Nature Studies	Orienteering	Paint Ball Challenge Course	Physical Challenge Course
Sling Shot	Swimming	Wobbly Log*	Zip Lines*

* indicates that this type of activity will involve safety equipment like harnesses, helmets, and fall-restraint devices, and participants will potentially be 10-60' above ground at various points of the activity.

A detailed description of these activities can be obtained by visiting www.refreshingmountain.com/activities.cfm or by calling 1-888-353-1490.

Challenge By Choice

Participants in events will be encouraged to participate in activities that may challenge them to push past their perceived fears and comfort, but at no time will a participant be coerced into participating in something that he/she wishes to decline. All activities are "Challenge by Choice" and at any time, a participant may choose to remove himself/herself from the activity.

Medical Concerns

Participants must be reasonably fit. Activities are designed for use by participants of at least average mobility and strength who are in reasonably good health. Obesity, high blood pressure, cardiac and coronary artery disease, pulmonary problems, arthritis, tendonitis, and other joint and musculo-skeletal problems and some psychological and psychiatric problems, may all increase the risks of the experience and cause the Participant to be a danger to himself/herself or others. If you are uncertain as to whether or not you are fit enough to participate, you should consult your doctor before doing so. Certain activities have weight, height, and age restrictions.

Inherent and Other Risks

Serious injuries are uncommon in these activities, but the risk of injury certainly exists, by reason of falls, contact with other participants and fixed objects, moving about the grounds on which the activities are initiated and conducted, and otherwise. A number of risks are inherent to the activities. These are risks that cannot be eliminated without changing the essential nature and educational and other values of the activities. The emotional risks range from simple hurt feelings to panic and psychological trauma (fear of heights, for example). The physical risks range from small scrapes and bruises, to bites, stings, skin rashes, broken bones, sprains, neurological damage, and in extraordinary cases, even death. The property on which these activities are located includes uneven, rocky and wooded terrain, cliffs, ravines, springs, animal's holes, and hold potentially harmful plants and animals which may bite or sting. Injuries may be a natural consequence of the activity undertaken, a consequence of structural design or failure, as a result of environmental hazards (including terrain and weather), a result of errors of judgment or other negligence of staff or participants or otherwise; and may occur in spite of the reasonable efforts of staff to prevent them. In all such cases, these inherent risks, and other risks which may not be inherent, must be accepted by those who choose to participate.

Side A

Activities Release and Waiver Form (Side B)

Consideration. I acknowledge the personal benefits accruing to me (and my child, as applicable) by reason of participation in the described event(s) (as listed on Side A of this document) and am aware of the activities in which I, or my child, will be involved through said participation.

Release / Indemnification. I hereby, in consideration of such benefits and other good and valuable consideration received, consent to the above listed participation and release absolutely, forever discharge, hold harmless and covenant not to sue RMC, their directors, employees, agents, volunteers and affiliates from any and all present or future liability, claims, demands, actions, or rights of action, whether asserted by me or a third party arising out of my (or my child's) participation in event activities (the "Claims"). I agree to indemnify RMC for any such Claims brought by me or a third party from any costs associated with defending or litigating such claims, including but not limited to attorney fees, costs and legal expenses.

Assumption of Risk. I am aware of the risks associated with participation in the above event(s) and do hereby voluntarily assume full responsibility for any risk of loss, property damage or personal injury, including death, that may result from participation in event activities, whether caused by RMC's negligence or otherwise.

Medical Emergency. I understand that RMC may not have medical personnel available at the site of the activity. I understand and agree that RMC is granted permission to authorize emergency medical treatment, if necessary. Further, I agree that RMC assumes no responsibility for any injury or damage, which might arise out of or in connection with such authorized emergency medical treatment.

Understanding. I represent and acknowledge that I have completely read and understand this document and all its terms, that I have had an ample opportunity to obtain the advice of counsel and that, by signing this document, I understand that I am relinquishing legal rights and remedies that may have otherwise been available to me. I understand that this Waiver and Release shall be construed as broadly and inclusively as is permitted by applicable law and agree that if any portion of this document is held invalid, the remaining shall continue in full force and effect. To the extent the restriction on filing lawsuits is deemed unlawful, I agree to submit any Claims to a Christian conciliation/mediation organization for binding resolution.

Signature of Participant _____ Date _____

Signature of Legal Father, Mother, or Guardian if participant is under the age of 18 _____ Date _____

MEDICAL INFORMATION

Please list any/all of the following that may restrict participation of the individual in programming and/or activities: condition(s), illness or other injury, any allergies, any prescription medications being taken. If none, write NONE:

Side B

Zip Line Canopy Tour Pricing

2010 rates

Standard Pricing

1-3 Adults	\$175 flat rate for event
4-6 Adults	\$46 per Adult
7-10 Adults	\$38 per Adult
11-20 Adults	\$35 per Adult
20+ Adults	Call RMC to discuss details of this option.



1. NO TIPPING EXPECTED.
2. Add \$15.00 per person for GUARANTEED EXCLUSIVE (in this arrangement, no other groups will be combined with your tour group).
3. Child ages 8-12 is \$23 per child with a parent or guardian (note that min/max weights still apply and Child does not count toward group size for adult pricing)

Group Leader FLIES FREE (min group size of 15 persons)

When scheduling, don't forget to ask about adding on the Climbing Tower, Giant Swing, High Ropes or other activities to your event (additional costs will apply).

Day Event for Large Groups (includes pavilion rental, pool use, and general facility access)

Facilities Use Fee	\$6.50 pp	(min of 40 persons)
Canopy Tour Run	\$350.00 per hour	(approx 20-25 persons per hour)

Non-Profit Groups

Scouts	\$28.00 per person
Schools	min of 15 persons
Churches	

Overnight Retreats (event must be scheduled at least 2 weeks in advance to qualify for discounted rates)

1-10 persons	flat rate of \$250.00
11-20 persons	\$25 per person
With 20+ persons, ask about "Canopy Tour Run" pricing/setup	

Terms and Conditions

1. 25% deposit due at time of reservation (non-refundable unless cancellation due to inclement weather)
2. RMC reserves the right to cancel event for any perceived safety concerns.
3. Participants are expected to arrive 1/2 hour prior to the scheduled start time of the event.