



## High Ropes Course

Available June 15 - Labor Day

The High Ropes Course is facilitated by CAW staff who have been certified each year by attending a 3-day instructional course. Participants are led through the 30-foot high challenge course, fully equipped with harnesses, helmets and proper rope attachments. An excellent confidence, team & communication building activity for campers ages 12+



## Low Ropes Course

Our Low Ropes course consists of 7-8 challenge elements constructed to help small groups build team dynamics.

With the exception of one, each element is no more than 2 feet off the ground, ranging from a simple tarp on the ground, to a set of tightly strung cables between trees. A full Low Ropes Course manual is available for groups who want to facilitate their own session, or groups can choose to hire CAW facilitators.