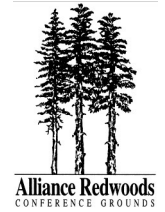


Activities at Alliance Redwoods



Sonoma Canopy Tours



- 2 1/2 hours of thrills in the Redwoods
- 7 adrenaline-pumping zip lines—one over 800 feet long!
- 2 sky bridges and a majestic spiral staircase high in the air
- Panoramic views
- A highly educational experience of a lifetime

Special pricing for **Sonoma Canopy Tour** for all Alliance Redwoods Conference Ground's Retreat Attendees! (Reg. price is \$89-\$99/person).

- Group leaders, please call **888-494-7868** to reserve spots for your group!
For more information visit: www.SonomaCanopyTours.com.
- Full payment due when you register.
- Groups with children ages 10 to 17 must have one (1) adult with each group & a signed waiver for each child.

NOTE: Minimum Age/Minimum Weight: 10 years & 70 pounds/ Maximum Weight: 250 pounds
Guest rate cannot be combined with any other discounts.



Group Activities

*There is a 10 person minimum for each activity. Guest groups must provide one (1) adult assistant for every ten (10) participants under the age of 18. All activities must be reserved with Guest Services **3 weeks** in advance. Other age and height requirements may apply.*

ROPES COURSES

Extreme High Ropes Course (\$20 per person)

The ultimate challenge! Your group will push themselves as they are presented with challenges 60 ft. in the air. Minimum Age: 13 years of age.

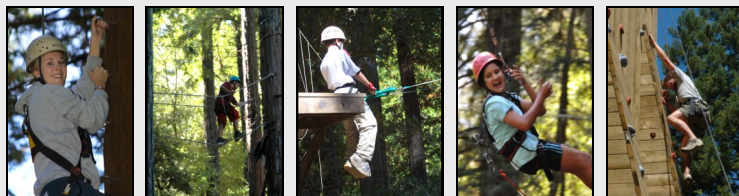
(10 people per 2 hours)

Height Requirement: In a standing position, participant's heel-to-waist measurement must be at least 3 feet.

Ropes Course (\$15 per person)

This is a series of exciting elements that allows you to safely traverse from tree to tree – 30 ft. high in the mighty Redwoods. (10 people per 2 hours)

Height Requirement: In a standing position, participant's heel-to-waist measurement must be at least 3 feet.



ZIP

Flying Squirrel (\$10 per person)

Experience the ultimate zip line where you fly through the air with the greatest of ease. (15 people per hour)

Zip Line (\$10 per person)

This activity is similar to the Flying Squirrel, except the Zip Line stretches through the trees and provides an equally breathtaking challenge. (15 people per hour)

Redwood Express (\$10 per person)

Zip by your friends as you soar through the redwoods. (15 people per hour)

SWING

Rope Rocket (\$10 per person)

Once you're hooked in you will have the swing of a lifetime over the canyon floor. (15 people per hour)

Sky Swing (\$10 per person)

Enjoy the adrenaline rush as you scream on the sky swing! (15 people per hour)

Piñata (\$10 per person)

On this swing you will be hoisted into the treetops by your teammates. Then, pull the self-release ripcord and you will swing back and forth over the creek. (12 people per hour)

CLIMB

Outdoor Climbing Tower (\$15 per person)

This is a two sided climbing wall with just the right challenge for every level of ability. (15 people per hour)

Indoor Climbing Wall (\$15 per person)

This indoor activity will stretch you to new heights. With a variety of routes to choose from, you will want to go for the top a number of times. (15 people per hour)

Vertical Playpen (\$15 per person)

This course has various vertical challenges for two climbers at a time. Challenges include negotiating: cargo nets, tires and beams. *Four people at a time can be accommodated for an additional \$5 per person.* (15 people per hour)

Leap of Faith (\$10 per person)

Scale 65 feet up a giant Redwood tree, take a deep breath and make your leap for the trapeze. This extreme thrill is sure to put your trust to the test. (10 people per hour)

Power Poles (\$10 per person)

Climb 21 feet to the top of a pole, then leap into the air and try to ring the bell. (12 people per hour)

More Group Activities

TEAM BUILDING

Low Ropes Course (\$10 per person)

A series of team-building exercises which requires cooperation, communication, and trust to conquer a physical challenge. Activities include Team Wall, Team Maze, Wild Woozy, Spider Web, Whale Watch, All Aboard, Triangle Tension Traverse, Nitro Crossing, and Mohawk Walk. (15-20 people/hour).

Initiatives (\$10 per person)

Low on the physical requirements but high on problem solving and team building. (15-20 people per group)

OTHER GREAT ACTIVITIES

Paintball (\$25 per person)

40 person maximum/10 person minimum. Additional paint is available for purchase. **Minimum Age:** 13 years of age

Archery (\$5 per person)

How's your aim? If you can't hit the target, here is an activity to hone your skills and become an old dead eye. (16 people per hour)

Naturalist Hike (\$5 per person)

This hike will help you gain a new appreciation of the Redwood Forest ecosystem. Good sneakers or hiking boots/hiking sandals are suggested footwear. (Approximately 1.5 hours for a group of 20)



**AVAILABLE
APRIL 1 – OCTOBER 31**

Canoeing/Kayaking (\$25 per person)

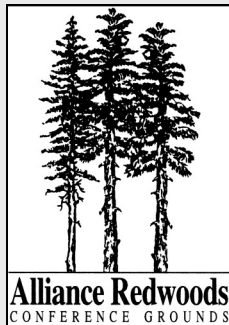
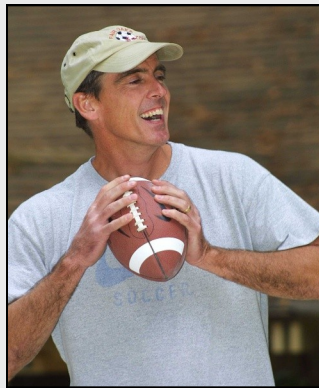
Explore a coastal mountain valley as you paddle the Russian River. You may even spot a harbor seal along the way! (40 person maximum / 10 person minimum) NOTE: You must provide your own transportation to and from the river which is about a 10 minute drive from camp.

Mountain Scooters (\$15 per person)

Hike your scooter up the hill then enjoy the thrills of screaming downhill! (11 people per hour)

Mountain Biking (\$15 per person)

Roll through the Redwoods with an experienced guide on a mountain bike in the area that gave birth to this popular sport. (24 people per 2 hours)



FREE ACTIVITIES

Basketball (indoor or outdoor), **Volleyball** (indoor or outdoor), **The Slab Play Field and Skate Park** (skate park available April 1 - October 31, please check with guest services), **Ball Field, Bouldering Cave, Pool tables, Ping Pong, Air Hockey, Fooseball, Playground, Horseshoes, Swimming Pool** (pool available April 1 - October 31).

CONTACT INFORMATION

IMPORTANT: Activities must be contracted at least **3 weeks** in advance and are on a first come/first served basis

Weekday Retreats Contact: Angie Cave
AngieC@allianceredwoods.org (707)874-3507 ext. 140

Weekend Retreats Contact: Dannah Rhoads
DannahR@allianceredwoods.org (707)874-3507 ext. 187

Prices subject to change without notice

Revised: March, 2012