



# HIGH ROPES, LOW ROPES, AND CLIMBING ELEMENTS

INDIVIDUAL AND GROUP CHALLENGES FOR ALL AGES AND ABILITIES

## High Ropes

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**A high ropes session at Manidokan will consist of one of the following elements to be selected by the Manidokan staff in communication with the group leader.**

**Zip line** – The zip line is the most popular high ropes element at Manidokan. Participants use one of two approach cables to reach the zip platform where they are then attached to the zip pulley and sent flying approximately 300ft to the landing area. Participants are harnessed into safety equipment and reach more than 40 feet above the group.

Cost: \$25 Per Person

Group Size: 10-30

Length: 2-3 Hours

Elements: 1

**Pamper Pole** – Often thought of as the most challenging high ropes element at Manidokan, the pamper pole requires participants to climb up at 25ft telephone pole (foot and hand holds) before standing on top of the pole and leaping for a flying trapezes. Participants are harnessed into safety equipment and belayed during the event.

Cost: \$25 Per Person

Group Size: 10-30

Length: 2-3 Hours

Elements: 1

**Flying Squirrel** – The flying squirrel is perfect for younger participants. Participants are harnessed into both a seat and chest harness and attached to one end of a rope. The rope passes through a pulley suspended 40 feet off the ground. The group takes hold of the other end of the rope and as they pull the participant flies into the air.

Cost: \$25 Per Person

Group Size: 10-30

Length: 2-3 Hours

Elements: 1

**Bridges** – The bridges are also very challenging and are recommended for high school age youth and older. The bridges consist of 4 tree to tree “bridges” and a tube rope ladder. This element can be run a number of different ways and is sure to provide a good challenge. Participants are harnessed into safety equipment and reach 30 feet off the ground.

Cost: \$25 Per Person

Group Size: 10-30

Length: 2-3 Hours

Elements: 1

## **Odji Zipline**

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**Odji Zipline** is the newest ropes element at Manidokan. The zipline is 840 feet long reaches heights of more than 40 feet above the ground. The launch platform is only 6 feet off the ground and is reached by a set of stairs. After the 30 second ride participants exit zipline via a flight of stairs and can return to the launch for a second ride. Participants must weight between 60 and 275 pounds.

Cost: \$20 Per Person

Group Size: 10-100+

Length: Approx. 1 hr. per 20 participants

Elements: 2 rides

## **Low Ropes**

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**Challenge Course** – The challenge course is intended for small groups and focuses on team building, communication, trust, and problem solving. Groups travel through the course overcoming obstacles of various forms including: up and over, spotted individual, stacking, and complex. Participants are not harnessed into any safety equipment and remain under 10 feet off the ground.

Cost: \$15 Per Person

Group Size: 8-12

Length: 2-3 Hours

Elements Per Session: Varies by Group

**Lawn Events** - Lawn events are initial low ropes elements done in to get groups comfortable with the types of activities they will be doing in the low ropes course. These elements are portable and done in an open space at camp.

Cost: Included in Low Ropes

Group Size: 8-12

Length: Included in Low Rope

Elements Per Session: Varies by Group

## **Climbing Wall**

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The climbing wall is great for groups of all ages and sizes. Our tower has two climbing sides: an easier side that is straight up, and a harder side that has both a negative incline and an overhang section. The tower is 30 feet high and is good for climbers of all abilities.

Cost: \$100 for the first 2 hours and \$40 each additional hour or portion thereof

Group Size: Any

Length: 2 hour minimum

Elements: 1

**To books these activities contact Manidokan directly**

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Phone: 301-834-7244

Email: manidokan@gmail.com

Mail: 1600 Harpers Ferry Road, Knoxville, MD 21758