

## **Adventure Activity Options**

All AdventureServe Ministries programs incorporate a minimum of one day of wilderness adventure activities for all participants. Below are details about the different options your group can choose.

### Caving

This is a great option because the cooler temperatures offer some relief from the heat and humidity and this activity can be done rain or shine. Here are some quick facts:

- The ground is very slippery and rocky. Those with knee or back problems should consult a doctor before caving.
- Any clothes worn in will be very muddy and possibly ruined.
- Stable footwear is a must. Sandals will not be permitted.
- No one has to go through small holes or slide in mud but it is greatly encouraged.
- Wear warm clothes. 56 degrees gets cold pretty quick.
- Your group must provide individual flashlights and batteries for the experience.

### Rock Climbing & Rappelling

Climbing and rappelling is not only physically challenging but also mentally challenging as well. It is a great adventure in some of the world's most famous climbing areas. Here are some quick facts:

- The height of the climbs range from 25-70 feet.
- We can't climb in the rain. Back-up activities will be caving, hiking or initiatives.
- The height of the rappels range from 40-120 feet.
- We will not force people to climb or rappel though we will encourage them to try.



### White Water Rafting

White water rafting on the Cumberland River is all day rafting and fellowship. Between the rapids there is time for fellowship and fun in the water. Here are some quick facts:

- Class III rapids and an up-close look at Cumberland Falls from the river below
- An all-day event about 5-6 hours on the water
- Guided by independent rafting companies. This cost is in addition to your participant fee so you will pay them the day you raft.
- The accepted policy is "If you like the ride - tip your guide." Please consider this expense in your budget planning.
- Depending on your base camp there is a drive time of .5-2 hours each way.
- Website: <http://www.ky-rafting.com/short.htm#rainbow>

### Canoeing

This adventure activity, like white water rafting, does have its challenges and is a great day of fellowship on the river. There is less high action but the slower pace allows for more talking and better appreciation for Kentucky's beauty. Here are some quick facts:

- Canoeing is a great way for participants to learn to work together and get quality time together.
- Our staff are trained for canoeing and there will be at least one lifeguard on duty.
- The rivers we canoe are in Kentucky.

### Initiatives and Team Building Exercises

This activity is wonderful for groups who are really wanting to take their teamwork, communication, and leadership skills to the next level. Here are some quick facts:

- These are challenges that encourage group and leadership development.
- They are generally less physical than other activities but can be strenuous.
- Initiatives are already woven into all programs throughout the week. This day will go above and beyond these activities.

### Ropes Course

A ropes course is a great way to take the team building exercises to a new level by adding the adventurous aspect of the low and high course. Here are some facts:

- This is a full day and includes high and low ropes activities; participants are not required to participate in any activity if they are uncomfortable.
- Travel time is anywhere from 30 minutes – 2 hours depending upon your campground location.
- Requires an additional charge of approximately \$20.
- We use ropes courses at Asbury College in Wilmore and the Team Leadership Center in Monticello.
- Our groups in Central/Eastern Kentucky may choose to participate in a Via Ferrata course called Torrent Falls which is a ropes course on natural rock near the Red River Gorge.
- Call the Program Director if this sounds like a good option for your group (800-884-8483).