

2007 Team-building Activities with Lake Buchanan Adventures at Canyon of the Eagles Nature Park

GPS Nature Scavenger Hunt: 3 Hours, Canyon of the Eagles Nature Park

Use the latest technology of Global Positioning Systems (GPS) to bring your team, work group, or club to a higher level of collaboration and communication. This program is custom tailored to meet the specific needs of your group. A brief introduction to GPS technology begins the day and participants work together in small teams to complete the GPS Nature Scavenger Hunt. Teams navigate through a predetermined course in the park, stopping along the way at different activity stations. Each station contains a new challenge. Participants walk away with energized group dynamics and cohesion as well as being exposed to the diverse flora and fauna of the scenic Canyon of the Eagles Nature Park.

Cost: \$35 per person (includes refreshments)

Tandem Kayaking Adventures: 1 – 4 Hours, Lake Buchanan/Lower Colorado River

Tandem kayaks accommodate two paddlers working together as a team. Kayaking provides ample opportunity to develop concise, action-oriented communication skills between team members. Specific roles are assigned to each paddler and learning is generated through an experiential process reviewing individual and team performance. At a designated point these assigned roles are reversed allowing further discussion and exploration of team dynamics.

Cost: \$55 per person (includes lunch at the Bedrock Grill and refreshments)

Team-building Day Excursions

Our day excursion destinations are all within a one-hour drive of the Canyon of the Eagles Nature Park. We are affiliated with some of the most passionate and skilled outdoor education/recreation professionals in the business. Safety ratings are one of primary considerations in building our network of outdoor educators. Whether your group is looking for team-building, skill-building, or simply high adventure, these destinations are among the most unique in Texas.

Caving Tours: 8 Hours, Colorado Bend State Park

Located within Central Texas along the Colorado River, the park occupies 5328 acres within a site once known by the local Native Americans as *Land of the Living Waters*. Approximately 150 wild caves are located on the park property, several of which are accessible via "cave walking and cave crawling tours". Gorman Cave is the 40th longest cave in Texas. Its main passage meanders through larger open rooms as

well as some fairly tight squeezes, and then returns underwater at 2500 ft. Many beautiful formations such as soda straw stalactites, stalagmites, rimstone dams and draperies can be examined. The cave is home to a maternal colony of cave bats, *Myotis velifer*. The cave as an adventure element brings people in touch with a variety of powerful emotions. Many people share anxieties about darkness, enclosed spaces, as well as a lack of understanding of cave-dwelling organisms. Having the courage to enter this domain naturally builds trust between explorers.

Cost: \$95 per person (includes picnic lunch, refreshments, caving gear and park fees)

Canopy Tours: 5 - 8 Hours, Cypress Valley Canopy Tours

You will be strapped into quality climbing and technical gear designed specifically for canopy tours, then attached to a ½ inch steel cable to fly through the trees. Most zip lines traverse from tree to tree and land in platforms high up in the canopy. Cypress Valley Canopy Tours has been designed and constructed by some of the best technicians in the Ropes Course and Zip-line industry. The steel zip-lines, all rigging, and attachments are routinely tested. For your protection we conduct daily inspections and log daily the condition of lines, platforms, and equipment. We follow a rigid set of risk management standards, guidelines, and checks. In addition, Cypress Valley Canopy Tours hires an outside company to periodically certify our course and equipment. The course was designed to meet or exceed ACCT (Association of Challenge Courses standards).

The Cypress Valley *Canopy Challenge* is for the truly adventurous at heart. After having completed the Cypress Valley Canopy Tour, guests may choose to embark on our Canopy Challenge later that same day or on a return trip. The Canopy Challenge takes guests through a series of longer zip lines, sky bridges, and multiple canopy challenge events ranging from moderately to extremely difficult. The Canopy Challenge requires participants to be in good physical health and be able to demonstrate adequate upper body strength in order to enter the course. Participants completing the Canopy Challenge will have had both an incredible time in nature and the opportunity to push open some of their own physical and mental limits. Conquering the Cypress Valley Canopy Challenge can help individuals and groups learn to deal with adversity and approach challenging situations at home and at work.

Cost: \$110 per person (includes picnic lunch, refreshments and park fees)

Rock Climbing with Rock About: 8 Hours, Enchanted Rock State Park

Rock About's climbing courses are designed for those seeking high adventure. They'll show you how to reach the summit safely and teach you skills that enable you to meet future challenges with confidence. Their four step program guides climbers toward complete success on the rock and future outdoor adventure by providing: an introduction to technical climbing, the nuts and bolts of secure anchors, as well as leadership skills and attention to detail. In their *Basic Skills* course they provide an introduction to climbing for anyone who wants to experience a safe adventure in the vertical realm, emphasizing safety skills, basic climbing technique, teamwork, trust, communication, and having a great time in a beautiful setting.

Cost: \$145 per person (includes picnic lunch, refreshments, climbing gear and park fees)