



What is a Ropes Challenge Course?

A Physical Route to a Mental Change!

A ropes challenge course is a series of intriguing obstacles or elements suspended by steel cable, rope and specialized hardware, usually from large trees or utility poles. Ropes challenge course low and high elements are uniquely designed and constructed to provide the participant or group with physical, mental and emotional challenges.

A ropes challenge course is an educational process based on structured activities, which use natural or artificial environments to identify an individual's and group's intrapersonal strengths and weaknesses and from this awareness promote positive personal growth. Intrapersonal issues, including self-concept and self-confidence, encompass social skills, communication, trust, problem solving, conflict resolution, cooperation, competition, leadership and followership. These skills will be emphasized to create an important transfer of learning to the individual's daily work, school or social life. The personal outcome of developing these skills is to enhance self-esteem and self-confidence, allowing users to break through their own preconceived limitations and to achieve more than what they think is possible.

The challenge course provides an opportunity for each participant to achieve success as an individual and as a member of a team. The activities are not designed to be competitive or to be experienced as a race against time. More important objectives include building an individual's confidence and developing leadership and a sense of common cooperation among team members. The course is designed to build more self-confidence in a shorter period of time than most people have experienced.