



girl scouts   
san diego

# Challenge Course Guide



# FAQ

## **What is the Challenge Course?**

Experience the perfect blend of high and low ropes courses, designed with cables, logs, platforms, ropes, and various objects to challenge you both physically and mentally.

Our course is all about teamwork and positive collaboration. You'll work with others to achieve common goals, encourage one another, and take on exciting challenges together.

Prepare to push your limits and create lasting memories while discovering the joy of teamwork in action. Join us for an adventure that's as fun as it is empowering!

## **What is a facilitator? Who are they?**

Girl Scouts Facilitators are vital to our challenge courses. They have strong leadership, energy, and are trained to the standards of the Association for Challenge Course Technology (ACCT). They ensure safety and fun for all participants!

## **Is this an obstacle course? Can we race?**

No! On the course, we're all about fostering a warm and supportive atmosphere. We encourage every participant to challenge themselves to the fullest, set personal goals, and be a source of support and motivation for their fellow participants as they work towards achieving their goals.



### **Can we pick the activities?**

While we will take your input into account, the facilitator's ultimate responsibility is the emotional and physical safety of the group. If they make the call that any element of activity is unsafe, for any reason, that element of activity will not be used.

### **Is this self-led?**

Facilitators will lead your group through the challenge course. The adults present are responsible for assisting as directed and closely following the instructions of the facilitator.

### **How long are sessions?**

Low rope sessions are 1-3 hours.  
High rope sessions are 3-4 hours.

### **How many participants?**

Sessions need a minimum of 8 participants to run. Our Teambuilding Department will work with you to accommodate any group size!

### **Do we have to stay overnight to use the course?**

No, our courses are available for day use. But your group can book a cabin if you like!

### **How to Book?**

Complete this questionnaire: Someone from our Outdoor Programs Department will get back to you shortly. Submitting this request does not guarantee dates and needs to be confirmed by someone on the team.



Questions? Email  
[Teambuilding@sdgirlscouts.org](mailto:Teambuilding@sdgirlscouts.org)



# Host your next adventure at our mountain properties in Julian, California



Climb our 40 foot tower!

Take the Leap Of Faith!



Cross the Multi-Vine!



# Challenge Course in Julian, California

## High Elements (4th grade and up)

Climbing Tower  
Pirate's Crossing  
Burma Bridge  
Two-Line Bridge  
Vertical Playpen  
Giant's Ladder  
Power Pole

## Low Elements

Rock the Boat  
Balance Log  
Circus Walk  
The X

....Plus teambuilding initiatives led by  
our expert facilitators!



# Unleash your inner explorer at our Adventure Zone In San Diego, California



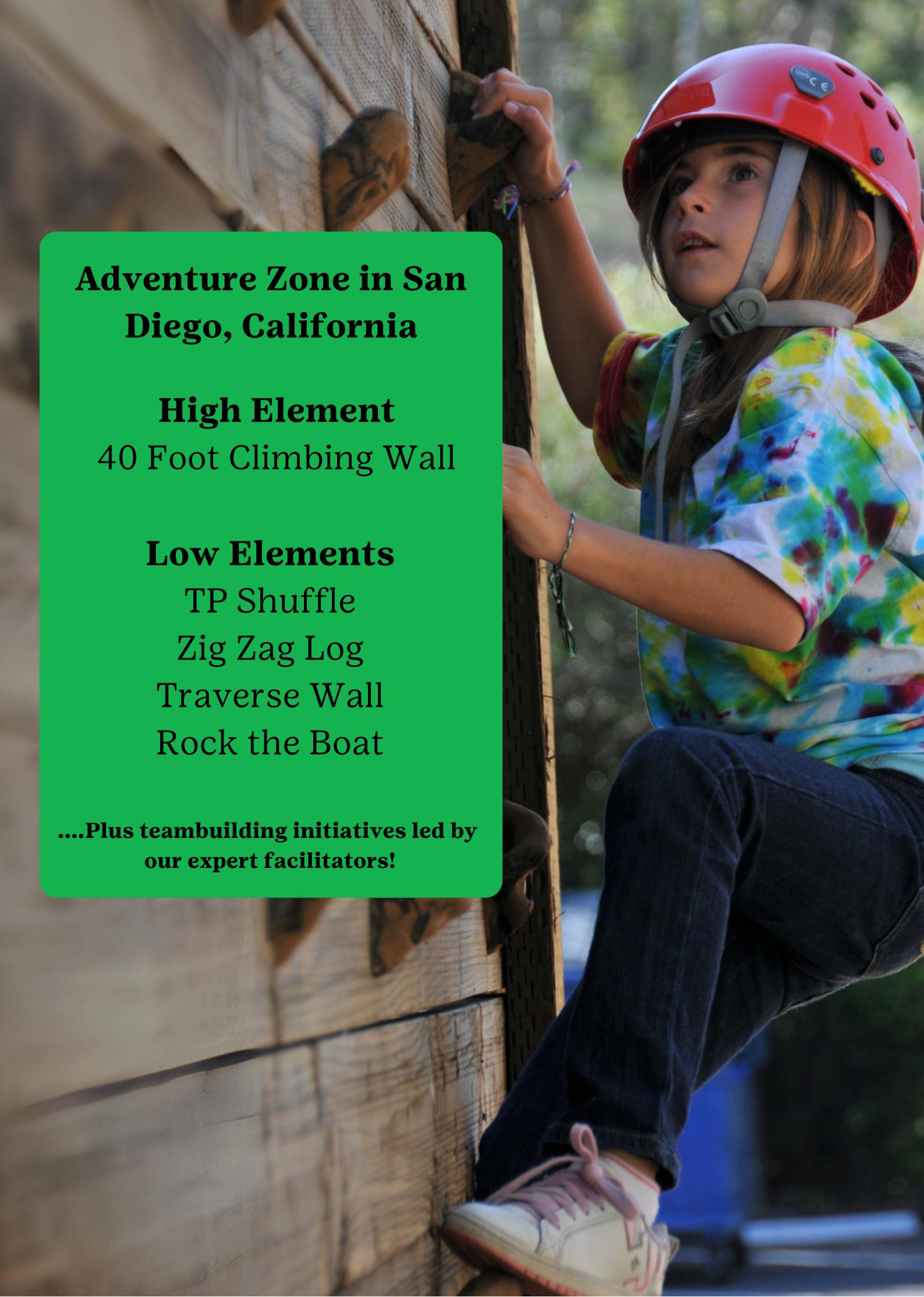
Rock the Boat!



Reach new heights!



Traverse the wall!!

A young girl with long brown hair is climbing a wooden structure. She is wearing a red helmet with a grey chin strap and a colorful, patterned short-sleeved shirt. She is also wearing dark blue jeans and white sneakers with pink laces. She is looking upwards and to the right with a focused expression. The background is a blurred outdoor setting with green foliage.

**Adventure Zone in San  
Diego, California**

**High Element**  
40 Foot Climbing Wall

**Low Elements**  
TP Shuffle  
Zig Zag Log  
Traverse Wall  
Rock the Boat

**....Plus teambuilding initiatives led by  
our expert facilitators!**

Our best pricing is for Girl Scout troops and groups.  
Contact us for outside group pricing.

Outdoor Programs Team  
teambuilding@sdgirlscouts.org  
619.610.0129

Request a session:

