



The Adventure Network
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Team and Low Challenge Course Selection Guide



The Adventure Network offers a wide range of Team & Low Challenge course options for programs of all sizes. Whether your goal is to build upon teamwork with your program or allow participants to challenge themselves mentally and physically, let us help you customize your course!

Element List:

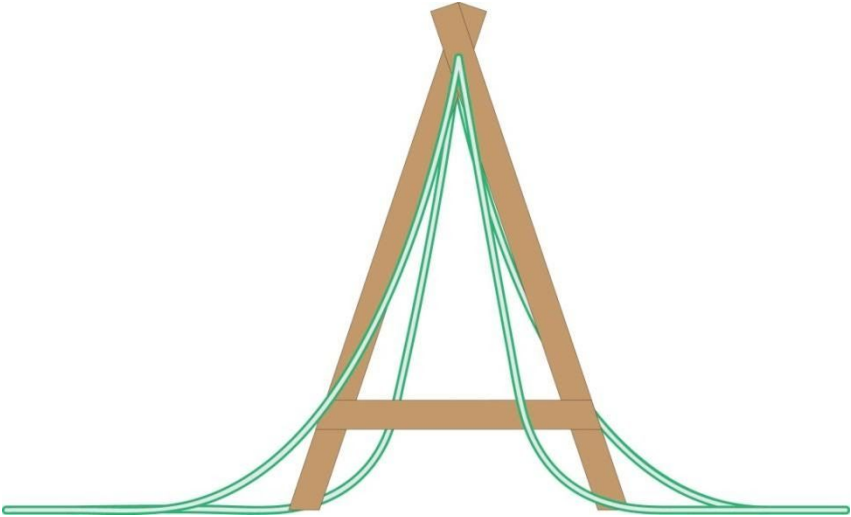
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A few quick notes:

- All of these elements can be built on sturdy trees or installed telephone poles. A site visit is the best way to determine the best installation method. All of the illustrations depict the elements on poles. All guy wires have been omitted for clarity.
- While some elements can be completed by an individual participant (with teammates as spotters), many of them require the whole team to be actively involved in the actual challenge.
- Although cables and elements are close to the ground, proper training and spotting is needed for safe operation of any challenge course.
- Many of the elements can be combined to create custom options specially designed for your program or clientele.
- For safety, all foot cables can be removed by the client (optional turnbuckles required).
- See our Construction FAQ's page for some of the most common questions we receive. Still have more questions, give us a call!
- Check out our "High Challenge Course", "Canopy Tour", and "Climbing Tower/Wall Structures" pamphlets as well. Using a combination of elements from each will help you complete an amazing challenge course custom made for your facility.

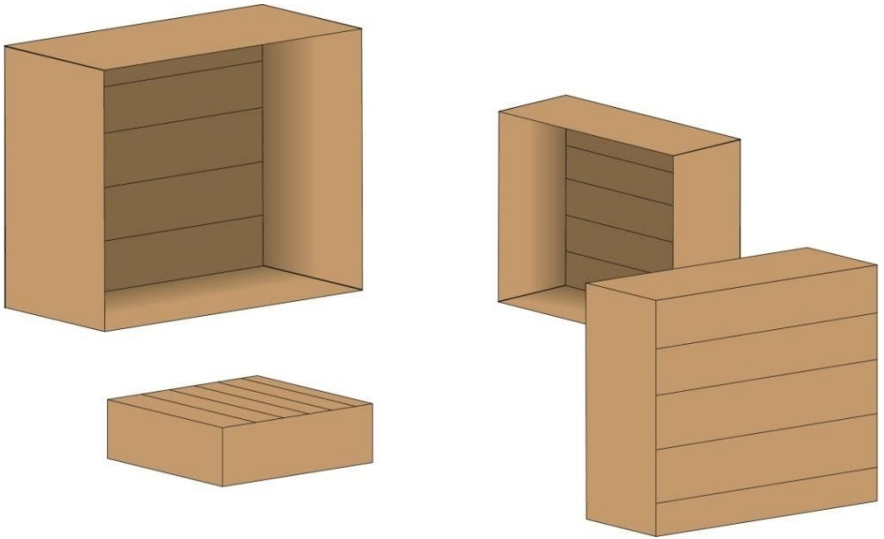
A-Frames



A favorite of our facilitators! The A-Frame is an excellent team element and can be built in collapsible or fixed-size options.

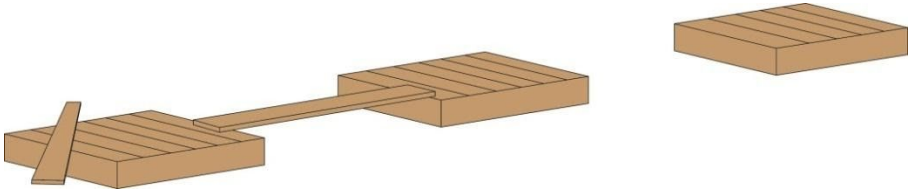
One participant stands inside the A on the horizontal member while four additional participants control the ropes for support. With practice, teams can walk the A-Frame and rider across a field! Use multiple A-Frames to have a race or meet in the middle and swap riders!

All Aboard



Can the whole group fit? All Aboard is a great early-on problem solving activity, which helps individuals get used to sharing their ideas AND their personal space! Shown above is a Stackable All Aboard. The initial platform may seem like an easy challenge, but the group is surprised again and again when the upper platforms are removed to reveal increasingly smaller ones!

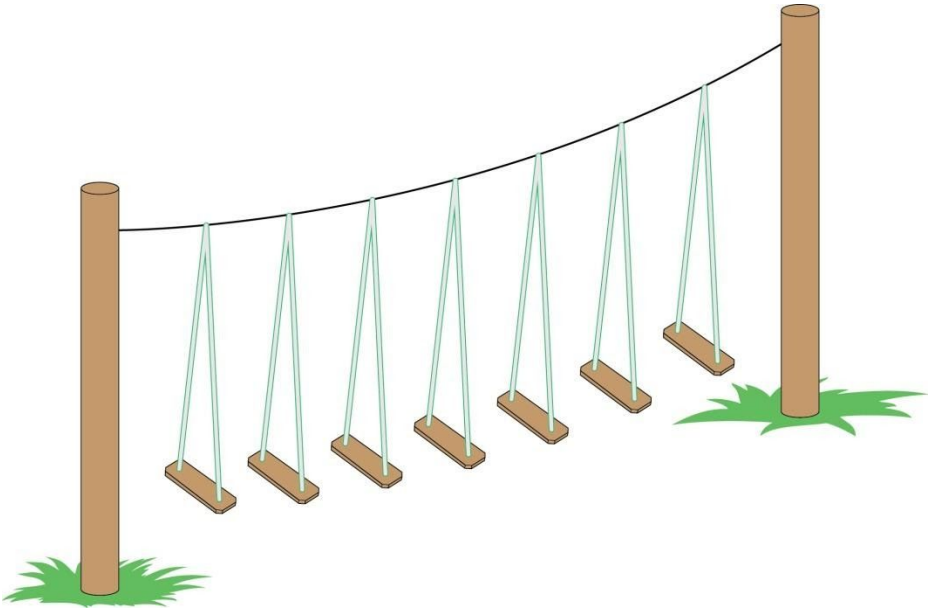
Alligator Pits (Islands or Subways)



**Can they make it from island to island without getting bitten by the HUNGRY ALLIGATORS that swim in-between?
Where's a crocodile hunter when you really need one?**

Using only a plank to aid them, the group must make it from island to island without stepping off. Is it an optical illusion, or are the islands getting smaller as they cross? Will that board fit between? This challenge focuses on planning and communication.

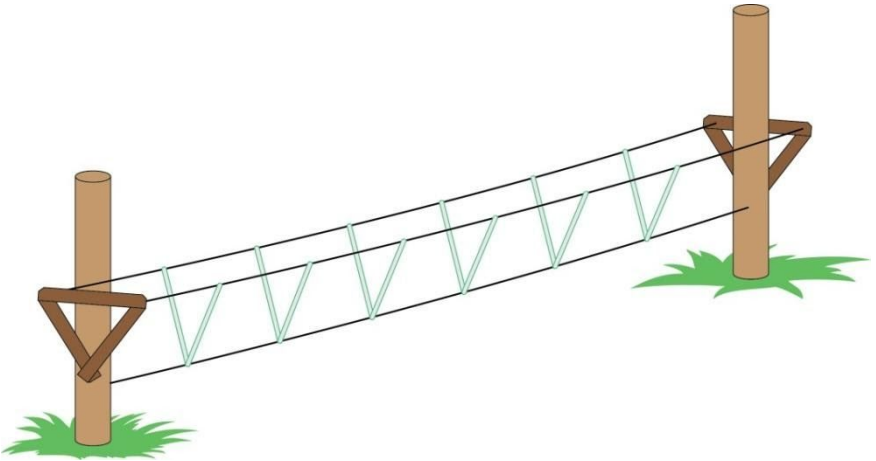
Bosun's Chairs



The Bosun's Chairs is a strenuous element, requiring a lot of tenacity and upper body strength to make it across.

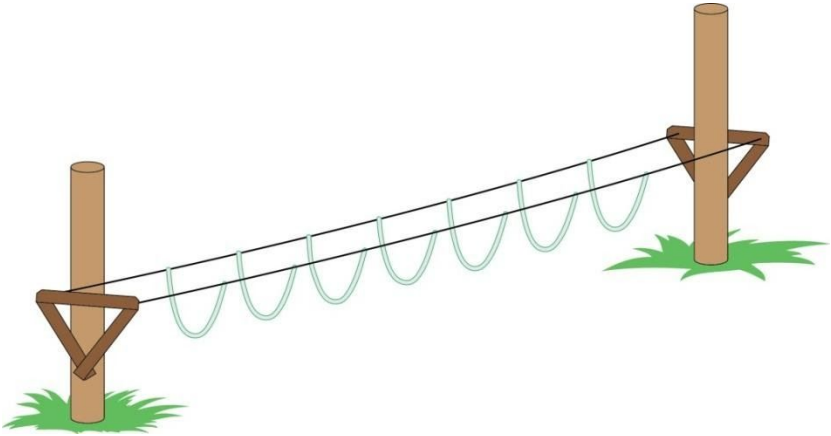
For variety, the station can be a Swing Traverse (shown later) built with a combination of swinging obstacles such as chairs, tires, or rope loops.

Burma Bridge



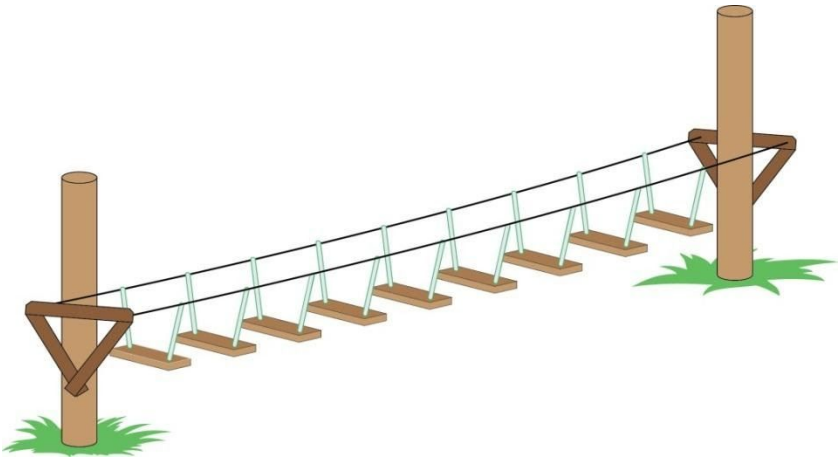
The Burma Bridge is a mainstay in the realm of challenge courses. Though usually not too difficult, it may be so if it is extremely long or loose.

Burma Loops



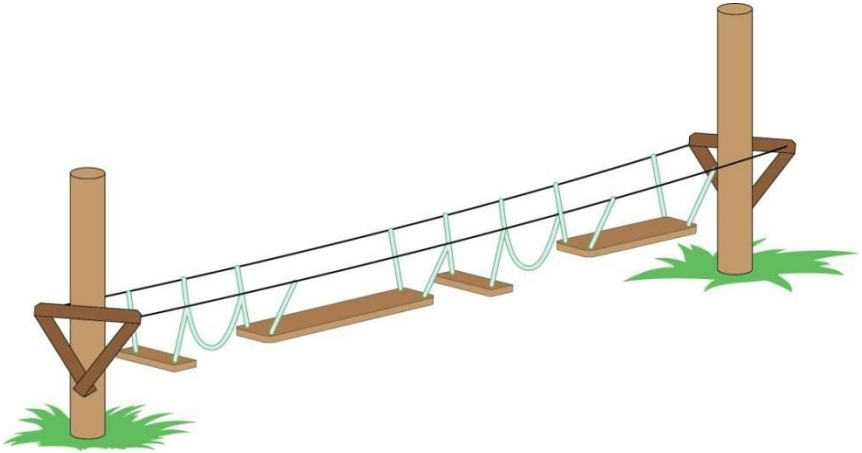
A more difficult variation on the standard Burma Bridge, and ideal if you have a shorter space (less than 40'). The loops can vary in length for added interest.

Burma Steps



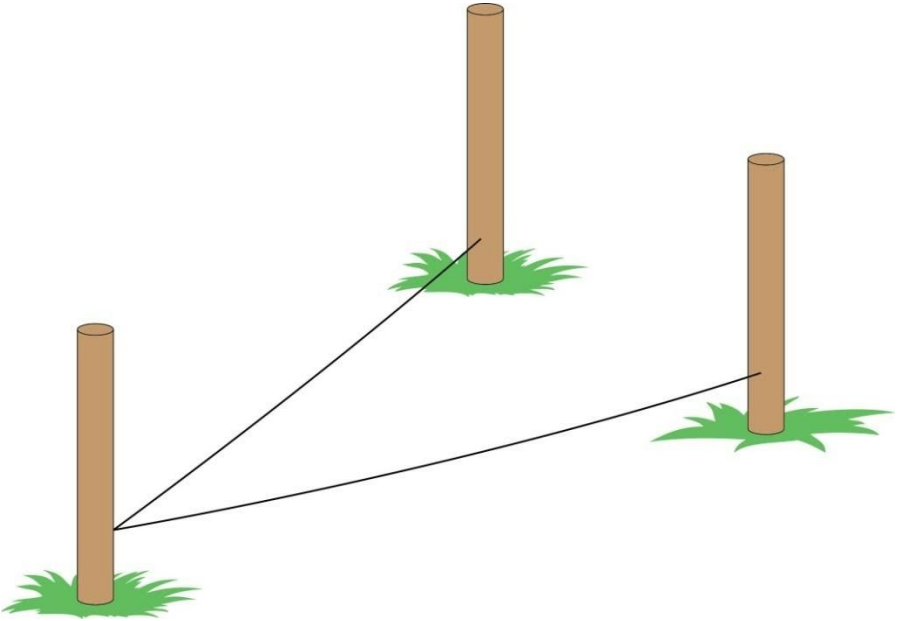
Yet another variation on the classic Burma Bridge! The Burma Steps are slightly easier than the loops, but still more difficult than the traditional bridge.

Burma Planks, Steps, and Loops



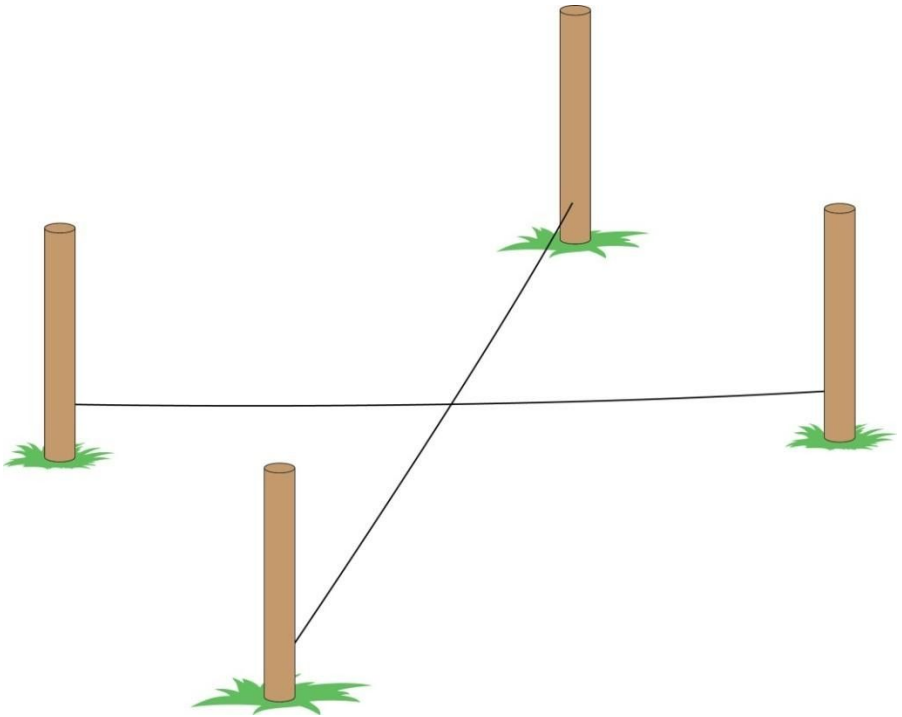
This station is highly flexible and can be adapted for difficulty. The numbers of planks, steps, and loops can be adjusted for the desired difficulty.

Commitment Bridge or Wild Woozy



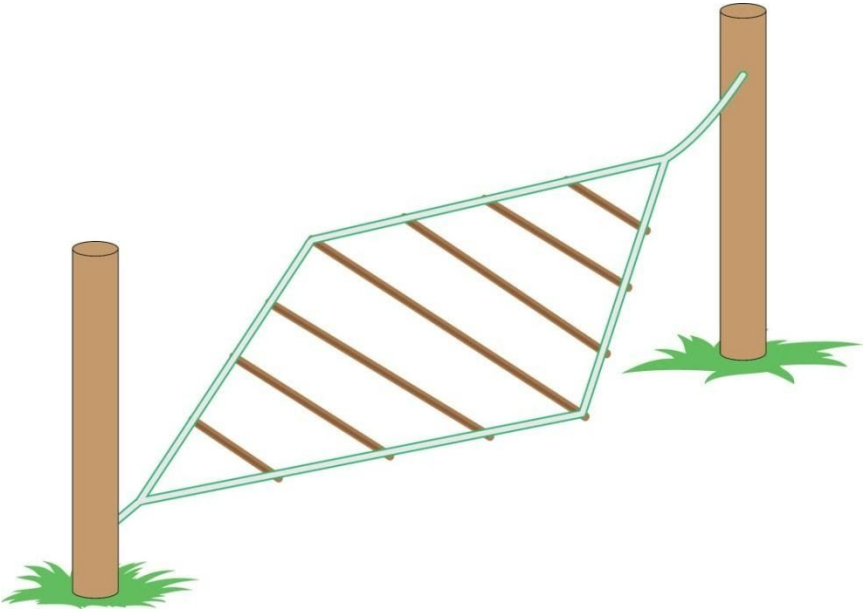
A terrific trust-building activity, the bridge will get pairs to support each other in more ways than one! The rest of the group must work to keep it a safe journey. Partners lean on each other for support as they traverse the length of the cables. How far apart can they go?! This element is designed so that a challenge can always exist, despite size and/or experience.

Criss Cross



This element has the potential to have up to four team members up at once (depending on the number of spotters). Each pair must switch sides in the middle, or switch partners depending on the challenge given!

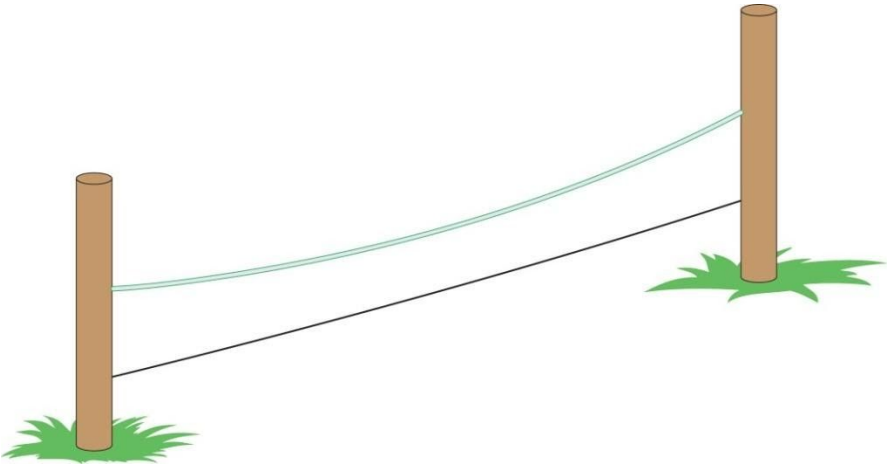
Fidget Ladder



The Fidget Ladder is a great test of balance. It will flip over unless you do it just right!

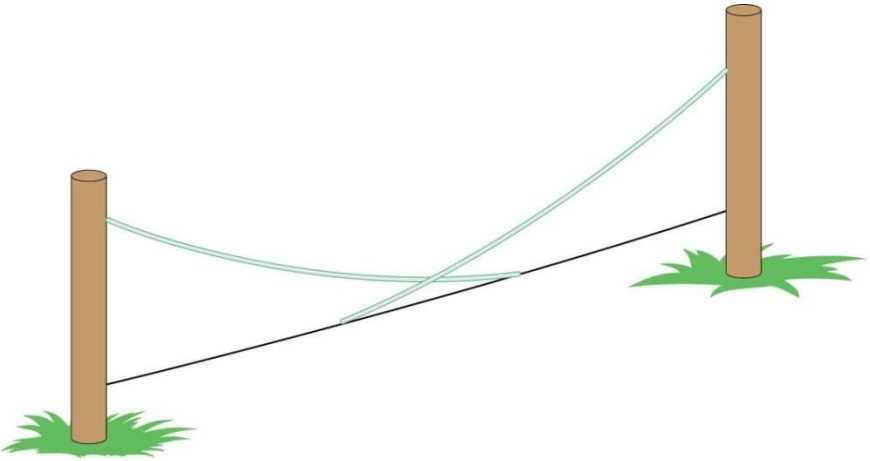
This element provides for individual challenge, but also asks the climber to rely on the group for support and safety.

Floppy Two-Line



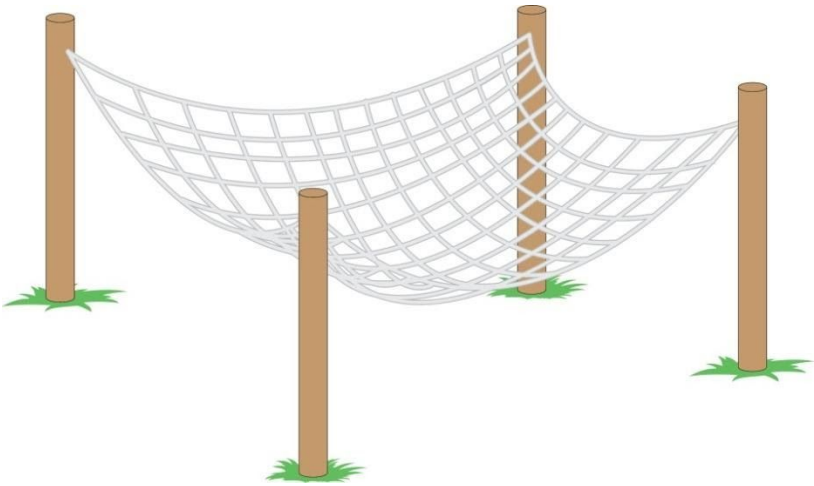
The Floppy Two-Line is one of the most basic low challenge elements. Though usually made easy, it can be quite difficult depending on its length and tension. The adjustable hand-line can be loosened or tightened to alter the level of challenge.

Pirate's Crossing



The Pirate's Crossing can be quite a test of balance. It starts off easy but becomes very unstable and shaky when you reach the center. The hand-lines are typically adjustable and can be loosened or tightened to change the level of difficulty.

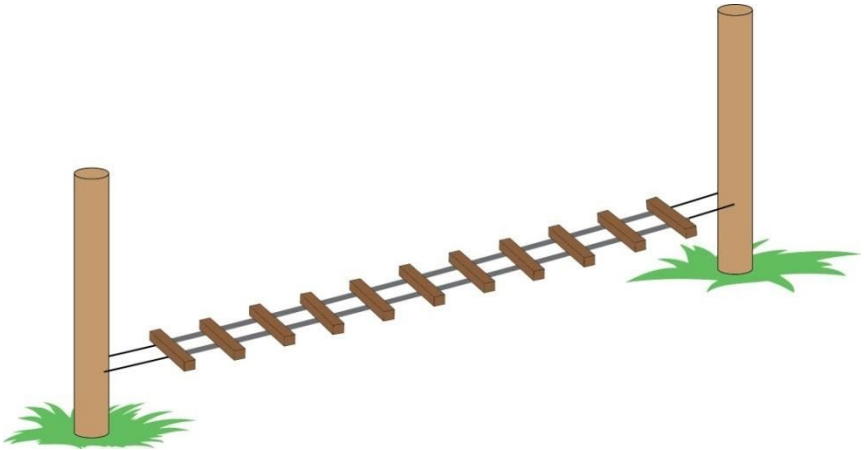
Horizontal Cargo Net



The fishermen are about to pull in their nets, and the catch of the day would appear to be – YOUR GROUP! You have to get up, across, and down the cargo net before the fishermen pull them in, and before the big storm hits! Also – there are sharks in the waters below, so watch those fins!

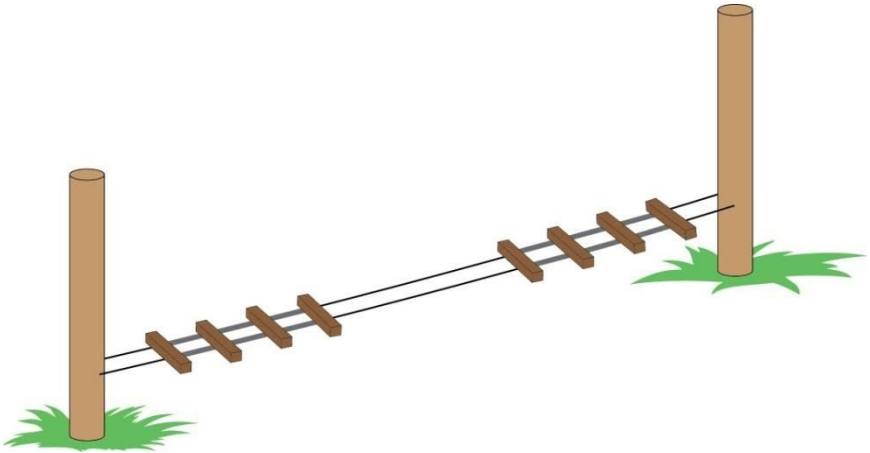
If asked, most groups will reply that the Horizontal Cargo Net was the best experience they had on the challenge course!

Horizontal Ladder



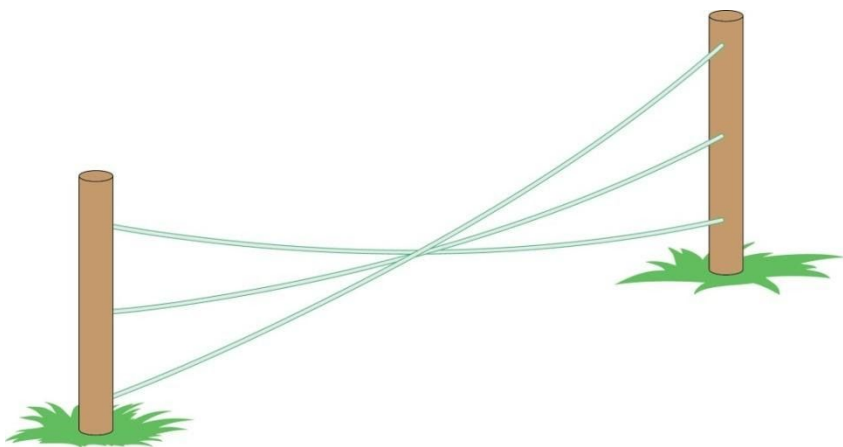
The Horizontal Ladder is a balance element that provides options. Those not trusting their balance can crawl or slide across. Those wanting a test of balance can try walking. The ladder is designed to feel quite loose, but cannot flip over despite its sensations to the contrary. The wooden rungs are usually about two feet apart, but can be made closer or further apart depending on the challenge level desired.

Horizontal Ladder/Tired Two-Line



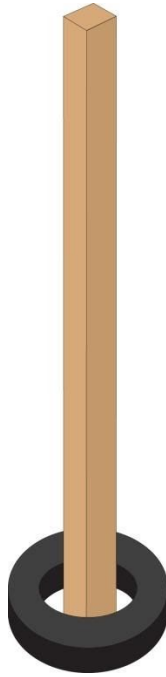
This classic combo element is a great exercise in team building. Meet your partner in the middle just in time to ease the difficulty of the Tired Two-Line portion of the element. Now try to pass your partner on only two cables!

Hourglass



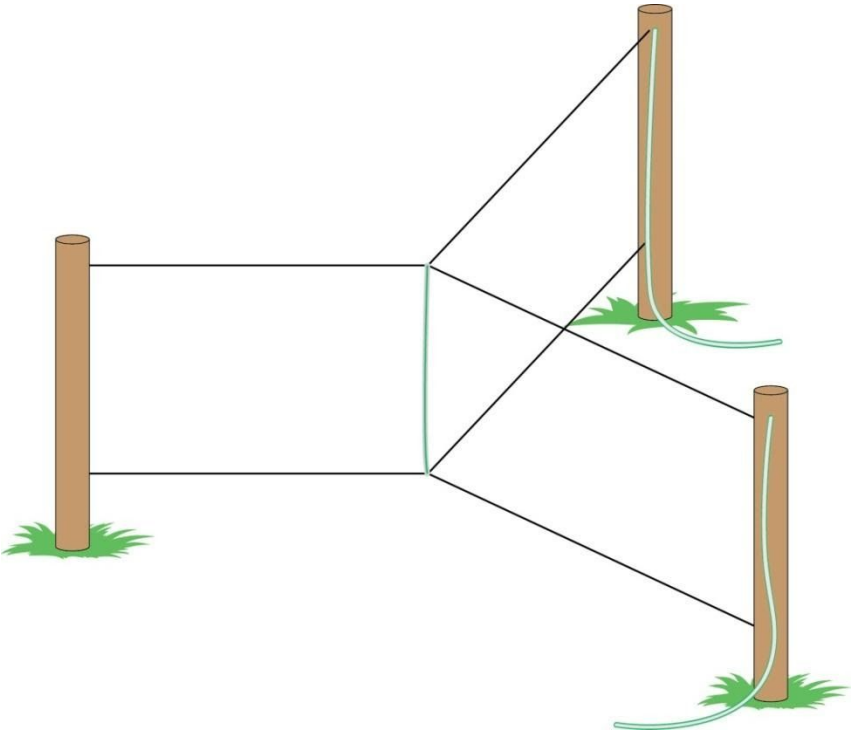
The Hourglass is the toughest balance obstacle in the collection! Three climbing ropes cross each other to create “The Hourglass”! As if the crux in the middle is not tough enough, the whole station shifts as you move your weight from one line to another. Though extremely difficult, a little practice can make this element a great achievement for any climber!

King's Finger



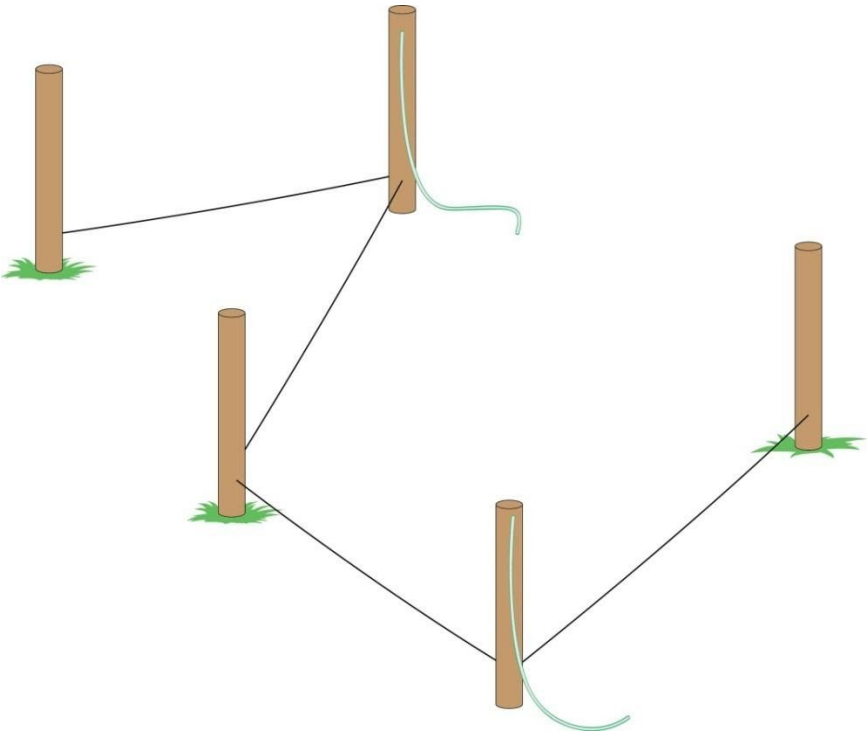
Depending on the height of the “finger” this station can be a serious challenge! This station requires a high level of physical support as participants are lifted into the air to remove the ring from the king's finger.

Low-Y



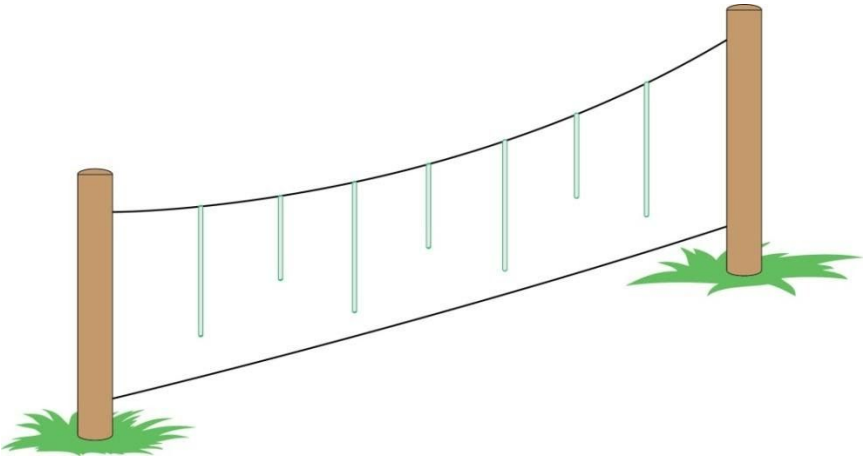
The classic high challenge station is now available for your low course. The Low-Y is a great test of teamwork! It's a two person challenge that is only possible to complete with help and support. Participants meet in the middle of the Y and traverse the last length of cable together, supporting each other.

Cable Walk



Many hands may make light work, but do many bodies make easier balancing? The group will find out as they attempt to traverse multiple lengths of cable without falling off. The trees/poles in-between the stretches of cable help quite a bit, but making it from tree to tree can be tough!

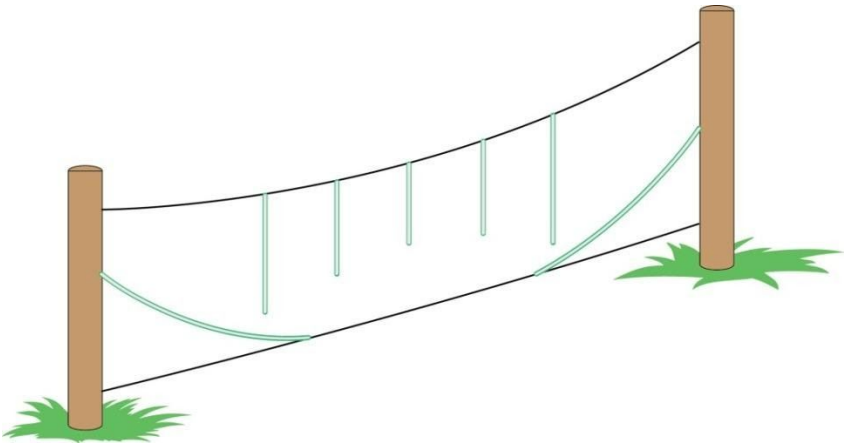
Grapevine Traverse



The Grapevine Traverse is a common favorite in the challenge world and with a little practice is usually far easier than it appears. The dangling ropes can be of various lengths and spacing to alter the challenge, and can be moved or changed fairly easily by any qualified instructor. Once a climber becomes very comfortable with it, they may even go across using only every other rope!

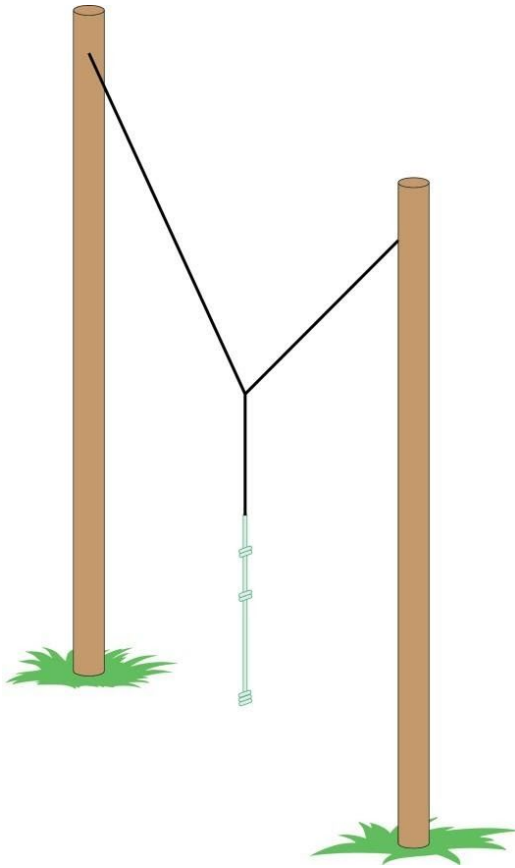
This station can be completed as a team element with two or more climbers going at once.

Grapevine/Pirate's Crossing Combo



The declining and inclining hand-lines start and finish this element (Pirate's Crossing) with hanging ropes in-between (Grapevine Traverse).

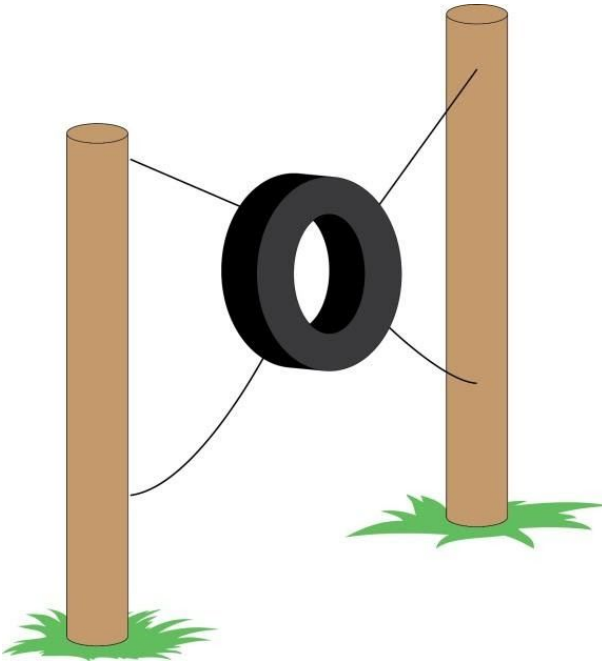
Nitro Crossing



Another popular favorite, the Nitro Crossing can be both a tough Team and individual challenge! Exciting for kids, teens, and adults.

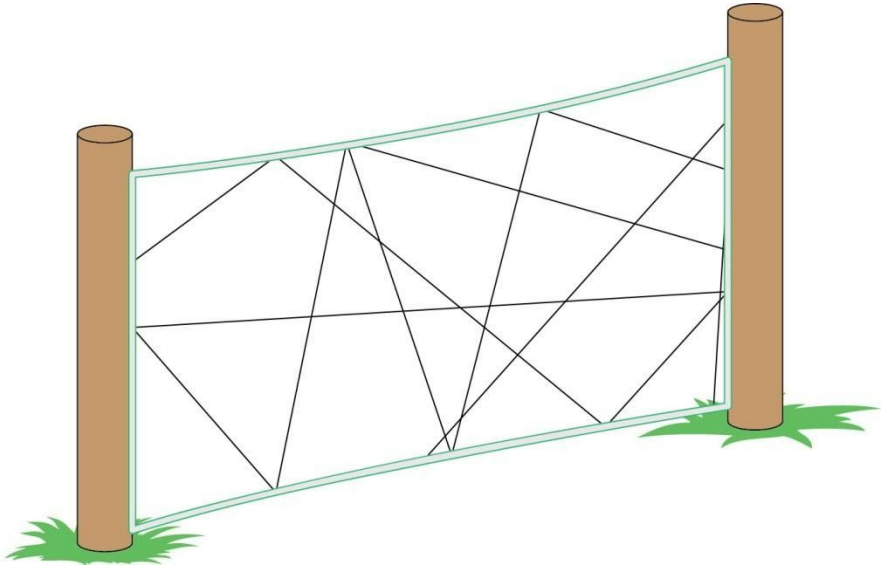
Another part of the challenge is the variety of obstacles or goals that can be placed on the ground on either side. Fragile boundaries, islands, balance beams, or small landing pads can be placed around the swing and worked into the challenge. Add to these a bucket of water, and a great challenge awaits!!

Porthole



The ship is sinking, everybody off! The only lifeboat waits on the other side of the porthole! Just going through the tire can be enough of a challenge for some groups, but multiple additional challenges can be added to this activity.

Spider's Web



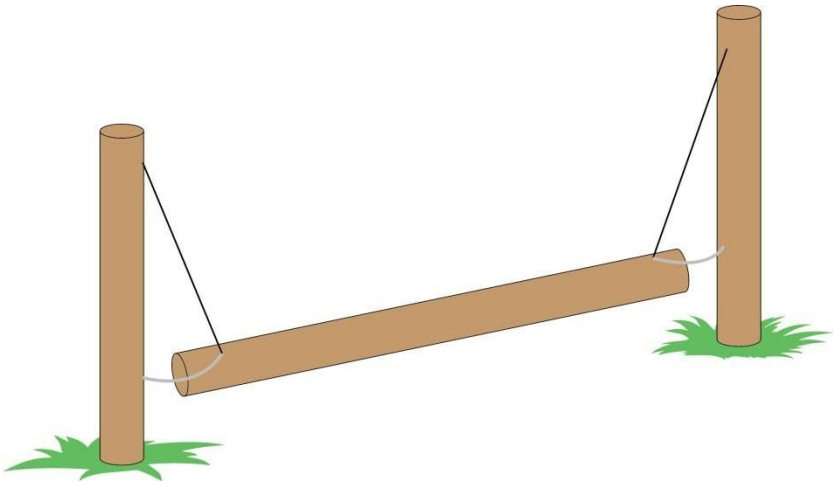
A Jurassic-sized spider is about to catch your group in her web! The group must try to get through without touching any part of it, and each hole can only be used once (or twice --depending on the size of the group). Requires communication, planning, and trust among team members. One of our facilitators' favorites!

Swing Traverse



This configuration adds some diversity to a swing traverse by combining a Tire Traverse with the Bosun's Chairs and adding a few foot loops in for good measure.

Swinging Log



Can you walk the log? And how many can stand up on it at once? Can two participants pass each other? The answers to these and other questions await all those who attempt The Swinging Log!

This element lends itself well to both individual and team challenges.

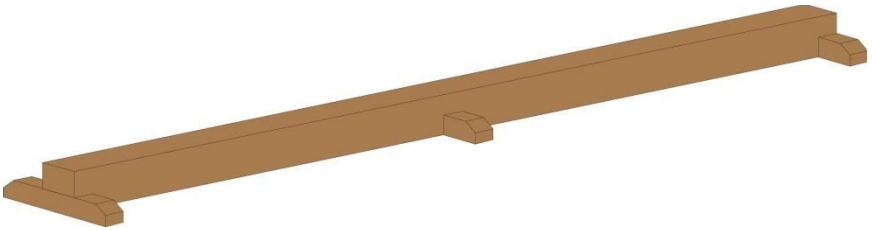
Team Wall



A popular addition to a challenge course experience, the Team Wall is one of the more difficult and exciting events on the challenge course. Arduous for the group throughout the whole exercise, the ultimate challenge usually comes at the end. How do you get the last person over?

The Team Wall can be any height, but 10' or 12' is most common (depending on participant size).

TeePee Shuffle



Sure it looks like just a balance beam, but the TeePee Shuffle (TP Shuffle) is one of our favorite elements for working on team communication. Similar to many Data Processing activities, a team of participants must organize in a facilitator chosen order without stepping off the beam. Added rules, such as completing in silence or with one arm, create a great debrief opportunity on team communication, leadership styles, or group resources.

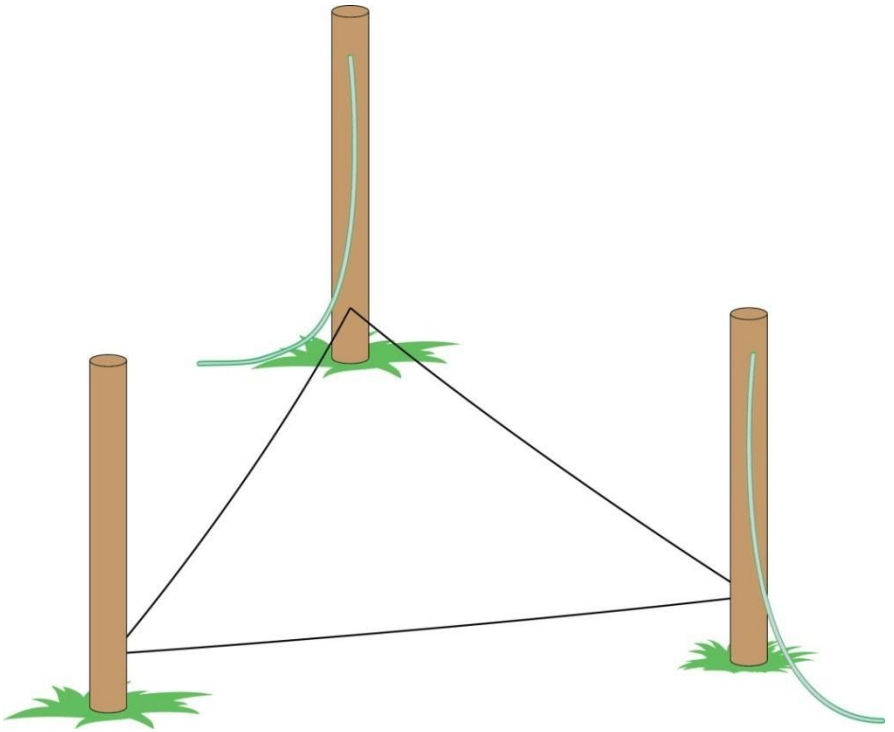
Tension Traverse



This low profile station packs a whole lot of challenge! The element starts rather easily, but the difficulty compounds quickly as you traverse.

The challenge level is determined by the hand-line attachment height. Attaching the hand-line to a third pole/tree eases the difficulty substantially.

Tension Triangle



Using just one length makes this element a Tension Traverse. Add the other two sides and a team based Tension Triangle has many challenge options. Multiple participants can work together by adding additional ropes to the other two trees/poles.

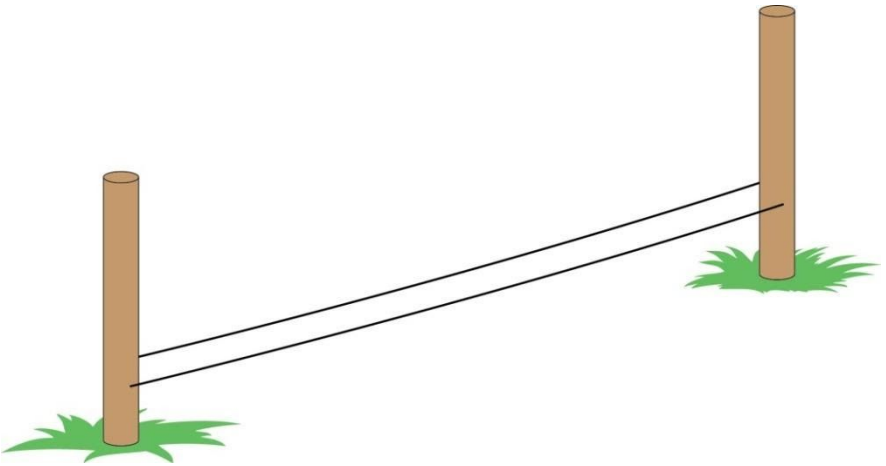
The challenge level is adjustable based on the rope's attachment height.

Tire Traverse



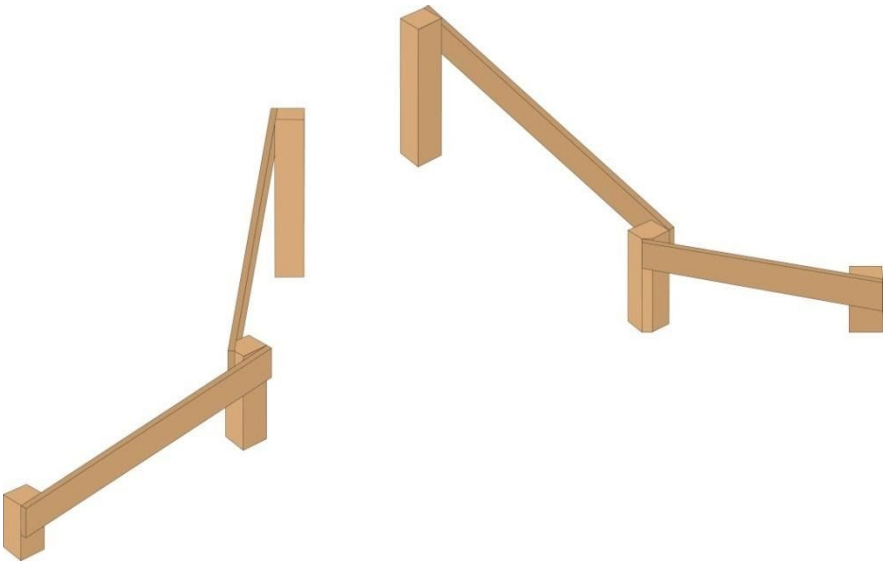
A popular favorite, particularly with kids! The challenge is to get the entire team across from one tire to the next without touching the ground. Climbers can try to pass each other if smaller groups are started at each end! Either way, it's a workout!

Tired Two-Line



**This station requires a lot of balance and controlled movement.
There's nothing to hold onto, except perhaps a partner!**

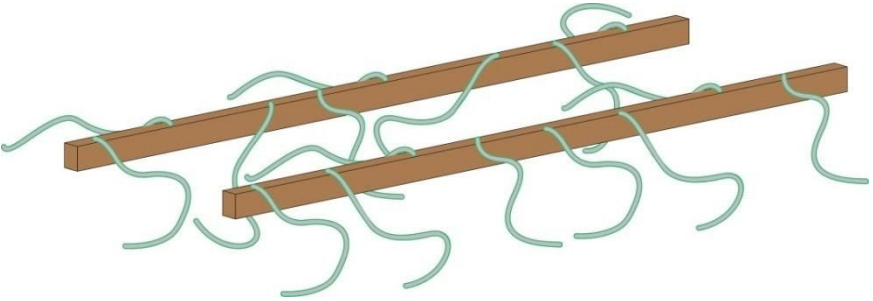
Track Walk



Easier to walk on than cable, but at no point along the journey can you grab a tree or pole for support! A challenging balancing activity, the Track Walk can be designed with inclines, declines, and gaps to make it even harder. With several people up on the walk, they can support each other to make it a team effort.

It's a great element for younger kids or a practice for moving onto cables and high challenge elements!

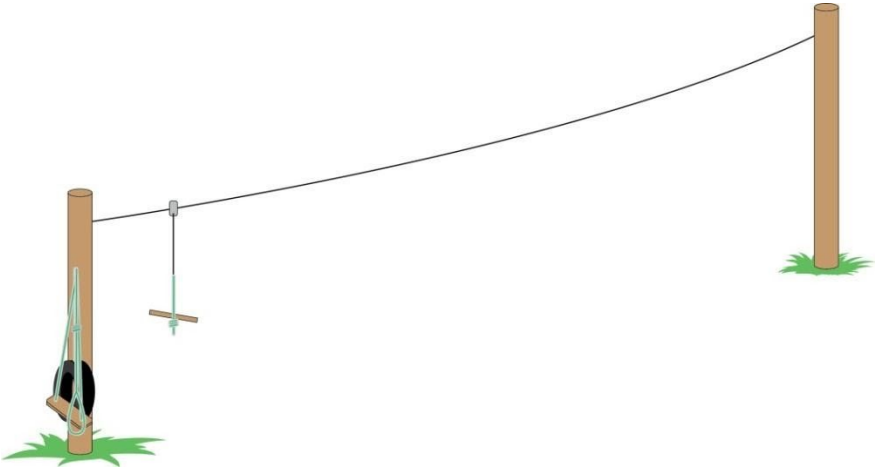
Trolleys



The classic example of something being much harder than it looks. Mastering the Trolleys requires a great deal of communication, shared-leadership, listening and concentration.

This element lends itself to several variations, with an ongoing increase in the level of challenge as the exercise progresses. As the group master's one level, an additional twist can be included for the group to work on. Trolleys can be a great friendly competition element.

Universal Nitro Crossing



The traditional Nitro Crossing team event has a tendency to limit group members to having to perform upper-body strength maneuvers – actions that in and of themselves often exclude group members from the activity.

The Universal Nitro Crossing is adaptable to any population, including those physically challenged, yet can also provide the upper body strength challenge for those that are capable.

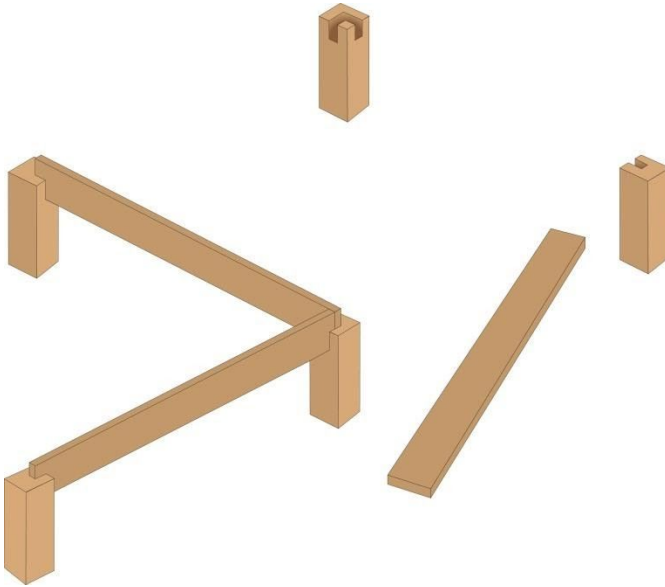
A Universal Nitro Crossing comes with a knotted rope, a tire, a Bosun's Chair, and a handlebar as options for the traverse.

Whale Watch



Most folks can balance a see-saw with two people on a playground, but add ten more team members and the challenge becomes the Whale Watch. Typically about 8' by 12' in size, this element has a great focus on communication and leadership. Facilitation variations can lead to blindfolded or temporary disabilities for an even greater challenge.

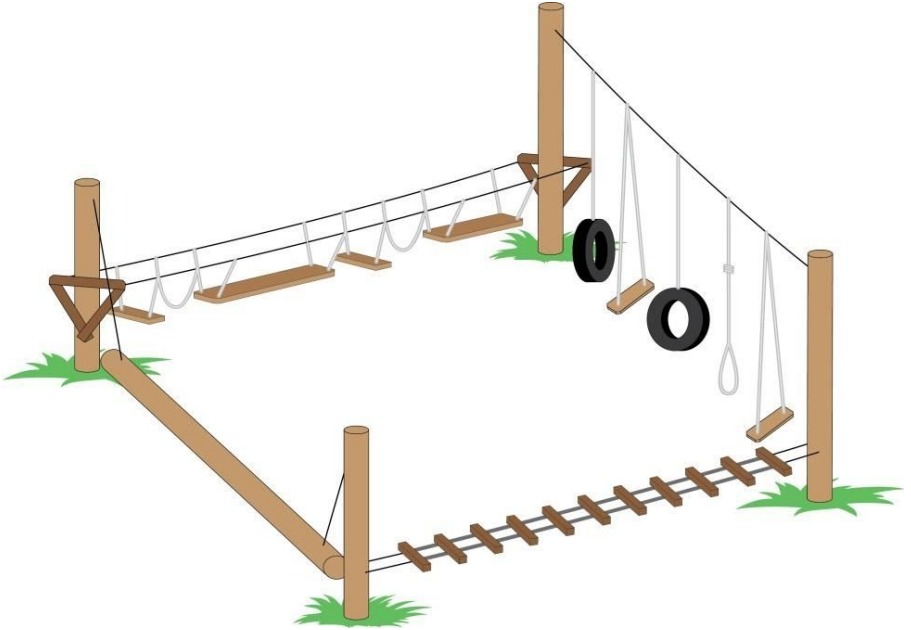
Zigzag



Teams must navigate the puzzle of “islands” without leaving anyone stranded! A similar variation, Acid River, can be built on the ground to minimize the balance needed, depending on participant needs.

Three boards are usually given, each a slightly different length that will fit only within certain spaces between the posts.

Low Challenge Course (Circuit Design)



The Low Challenge Course provides an opportunity for climbers of all ages to cross an obstacle course made of various low elements that are set only 1-2 feet up from the ground. Instead of technical safety equipment, spotters are used to prevent falls, providing a trust-building aspect. The course can be designed to fit specific age groups and allows varying group sizes to work simultaneously.

The average course has five or six elements, but can always be added to in order to create a long string of challenges.

Pictured above are (clockwise from left): Swinging Log, Burma Planks, Steps, and Loops, Swing Traverse, and a Horizontal Ladder. Most traversing elements can be added to this type of course.

Construction FAQ's

Why choose Adventure Network?

The Adventure Network is committed to working alongside our clients to build the best possible course within their program and budgetary requirements. Many of our clients begin with just a few elements and expand their course over many years. Be sure to discuss expansion options with our staff before beginning a build so we can plan the course accordingly.

When pricing a new course, we review all the details, including utility pole installation (if needed), hardware, instructional gear, and incidentals so you get a complete cost analysis.

We are an ACCT (Association for Challenge Course Technology) accredited PVM (Professional Vendor Member) and our installation teams conform to ACCT Standards for all builds. Our staff has over 50 years of experience in the challenge course industry, installing over 200 low and high courses around the country. As challenge course facilitators and former education and camp staff members, we understand the needs of our clients and customize every course to the program and facility.

Should I build my new course on trees, or install utility poles?

Although building a tree-based course may require less initial investment, the long term costs can be greater than pole courses. Trees continue to grow and require added maintenance as this happens. Much of this decision is based on the land available. Do you have many large field spaces, or sturdy stands of healthy trees? Some of our clients may combine the use of trees and poles throughout their course. Our staff will discuss the options with you and help you make the best decision for your program.

Do you offer custom options?

Our team of professional challenge course builders has worked on many projects that began as “napkin sketches”. Although we offer this guide as a starting point to many of our more popular elements, The Adventure Network is always ready to make your idea a reality. We’ll work with you and your staff to help design a course that best suits YOUR needs, even complete custom projects. See some sample photos of “non-traditional” challenge course elements and courses on our website. Still don’t see quite what you’re looking for, give us a call to speak with one of our project managers.

Can I use a traditional high course element on my low course?

Certainly! Many high challenge course elements (with a few minor changes) can be used as low elements. Many of our clients will have duplicate elements (one high, one low) so younger clientele, or those with height trepidation, can participate at a level that best suits them. Matching low elements can also be used for “practice” or “ground school” before taking a group to the high course. Some clients may choose to have a “mid-range” course built as well. Through the use of various elements only 10-15 feet off the ground, participants can gain confidence and practice in a less intimidating environment. Harnesses and helmets with a belay system would still be used in such a course.

Can I visit a course?

Sometimes you need to see elements in person to understand how they work. Give us a call and we’ll work to schedule a visit to a facility near you. Visit our website for a photo gallery as well.

Do you build courses year-round?

Although we prefer doing new and expansion builds during the spring and fall, we’ll do everything we can to work around your facility’s “off-season” months (if applicable).

When can you start?

Give us a call or send us an email to get started today!



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Visit us on the web at:
www.Adventure-Network.net

4th edition
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