



**The Adventure Network**

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## **High Challenge Course**

### **Selection Guide**



**The Adventure Network offers a wide range of High Challenge course options for programs both big and small. 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!**

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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 installation method needed. All of the illustrations depict the elements on poles. All guy wires have been omitted for clarity.
- Most elements can be either a “team belay” (utilizing the group to hold the rope) or traditional “slingshot-belay” (using a single trained instructor to hold the rope) system.
- Many of these elements can be combined to create custom options specially designed for your program or clientele.
- See our Construction FAQ’s page for some of the most common questions we receive. Still have more questions, give us a call!
- Be sure to see our “Team and Low 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.

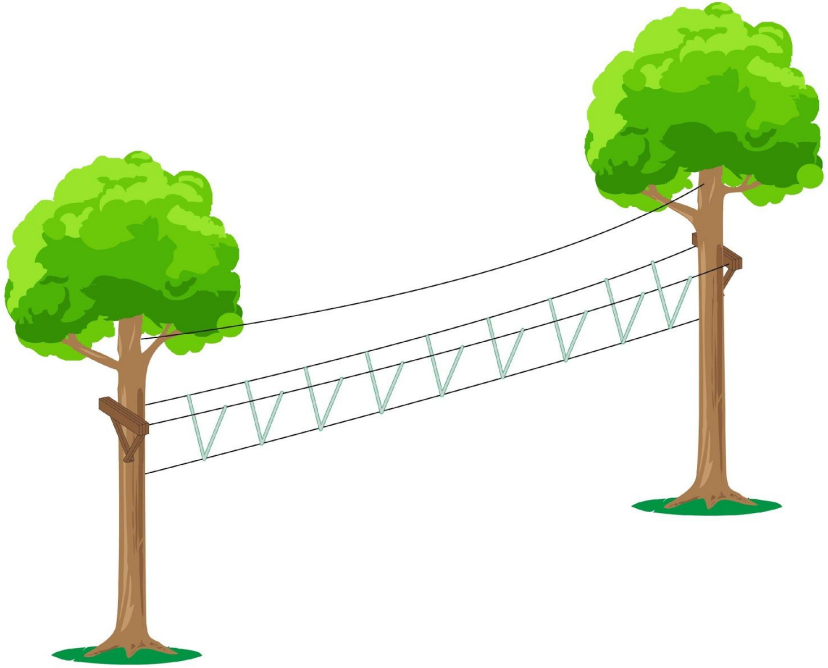
# Bosun's Chairs



**The Bosun's Chairs are one of the tougher elements, requiring a lot of upper body strength and tenacity in order to make it across.**

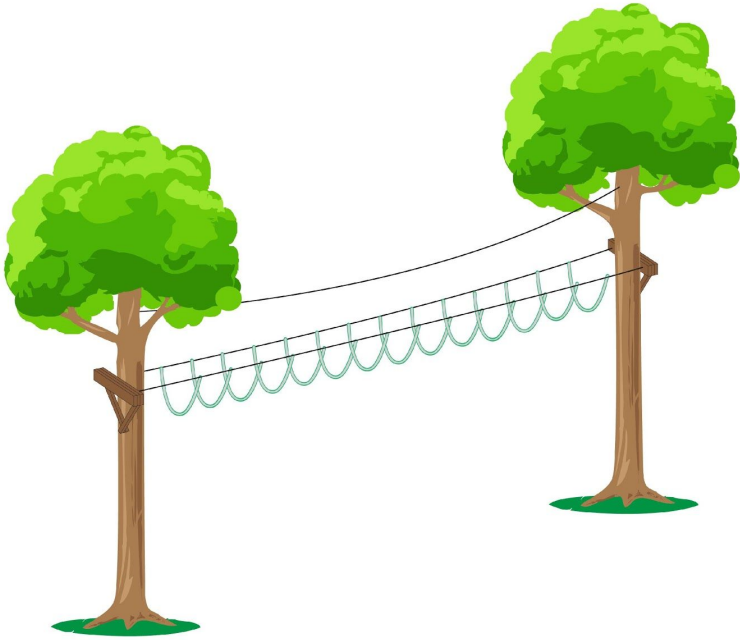
**For variety, the station can be made as a Swing Traverse, built with a combination of swinging obstacles such as chairs, tires, or rope loops.**

# Burma Bridge



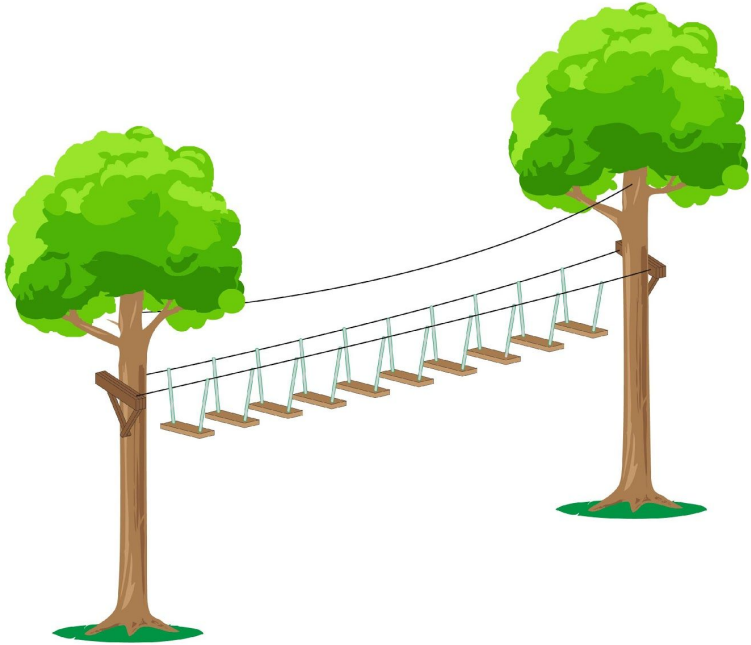
**The Burma Bridge is a mainstay in the realm of high challenge courses. Though usually not too difficult, it may be so if it is extremely long or loose.**

# Burma Loops



**Usually a bit tougher than a regular Burma Bridge, and ideal if you have a shorter space (less than 40'). This element can also be built on an incline for use as an access element.**

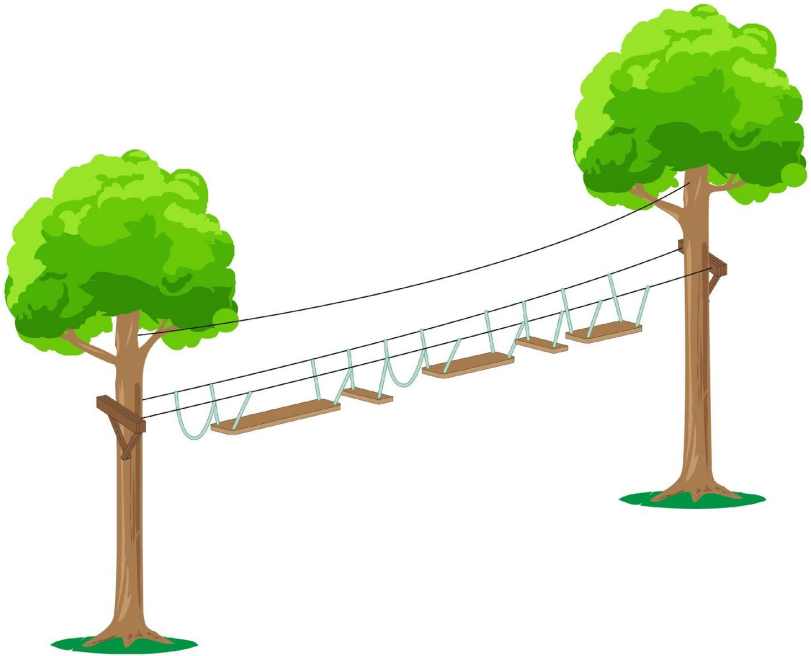
# Burma Steps



**This variation is a bit tougher than a regular Burma Bridge, but easier than the Burma Loops. This element can also be built on an incline for use as an access element.**



# Burma Planks, Steps, and Loops



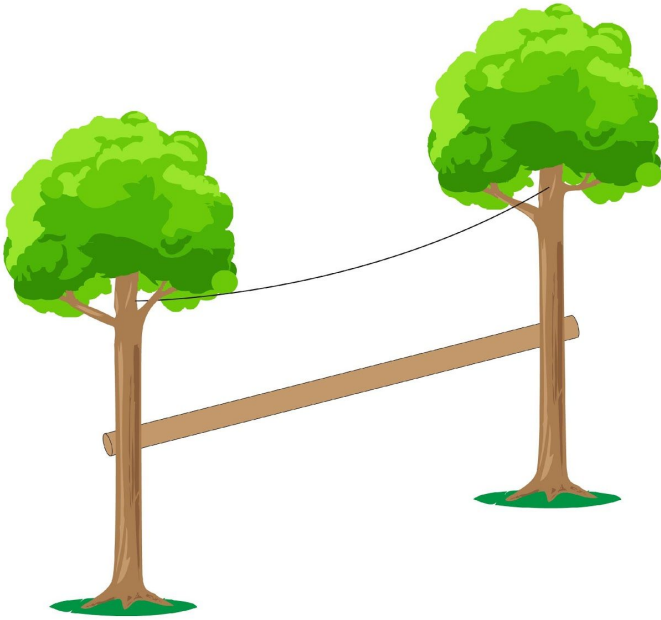
**This station is highly flexible and can be adapted for difficulty. Longer planks work well for easier challenges, while steps and loops may be more challenging.**

# Cargo Net



**The Cargo Net can be added to an existing course for access to other elements, or used on its own as an individual or two-person team obstacle. The element requires a fair bit of upper body strength to get across.**

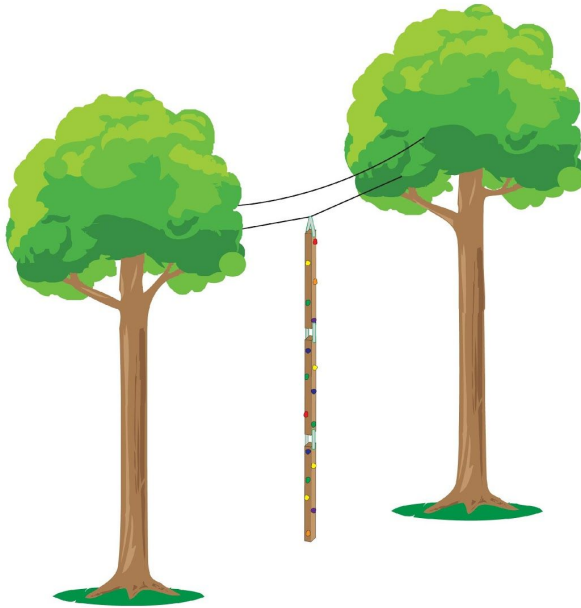
# Catwalk



**The Catwalk is one of the most intimidating high elements. Trying to walk across the log without holding onto anything is a little too scary for most, yet walking across the same log if it were laying on the ground would be a cinch!**

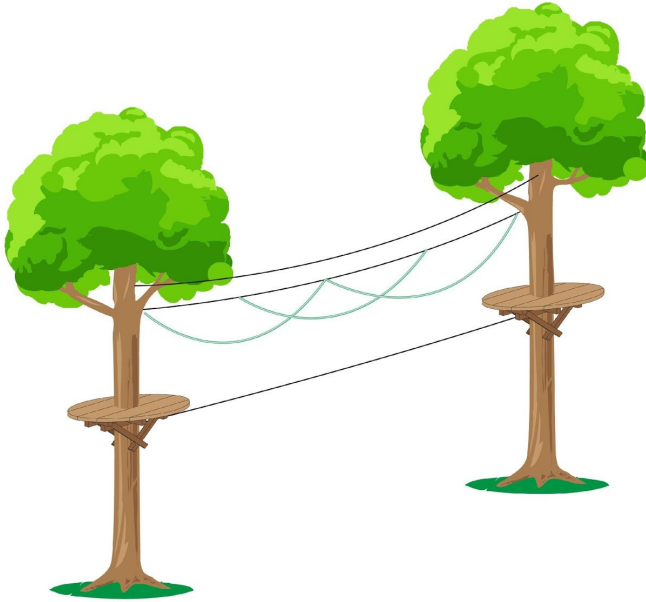
**As with many of the high challenge elements, the addition of a second belay cable can make this a station where two climbers can each start at an end, and pass one another in the middle.**

# Centipede



**The Centipede provides an interesting challenge as vertical ascent elements go. The 6"x 6" blocks spin as you climb over them, and can be of varying lengths and distances apart. Much like a Firecracker Ladder, it can be a true upper body workout!**

# Droopy Three-Line



**The Droopy Three-Line challenges participants to figure out how to keep tension on the ropes hanging down, in order to stay balanced as they traverse across the foot cable.**

# Floating Islands



**A dynamic challenge! Leap from platform to island and then from island to island. These things really swing too! The gaps between the platforms can be customized for range or ability levels.**

# Floppy Two-Line Bridge



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

# Flying Squirrel



**A great “team” high challenge The Flying Squirrel element allows a participant to be lifted quickly into the air as if they are flying. A participant gets attached to a climbing rope and is hoisted into the air by a group of people pulling on the other end of the rope.**



# Giant Swing



**This station provides a greater thrill than any other challenge course element! It also requires little to no physical effort, which makes it more universally accessible. As the team slowly pulls a climber up in the air, they simply pull the release at any point to start the giant swing. This design allows climbers to choose their challenge level based on the height they release the pull cord.**

# Giant's Ladder



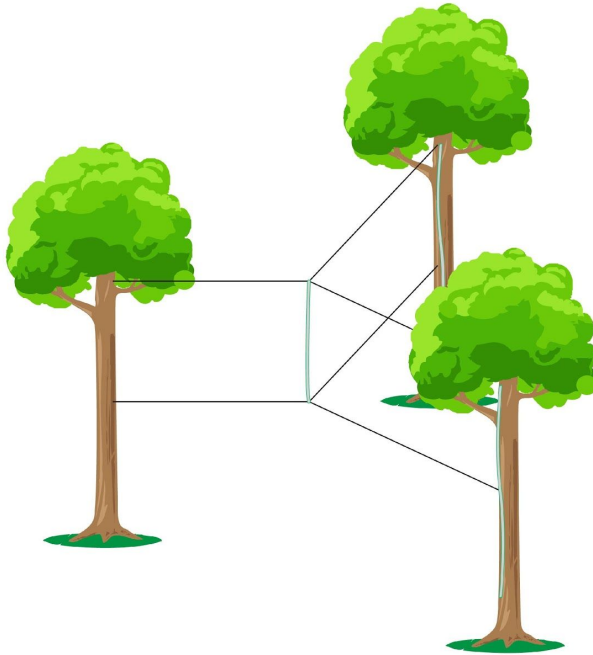
**The Giant's Ladder is designed to be a two-person team obstacle. As the climbers move up the ladder, the rungs get further apart and more difficult. They must rely on their teammate to help climb up to the top beam.**

# Pirate's Crossing



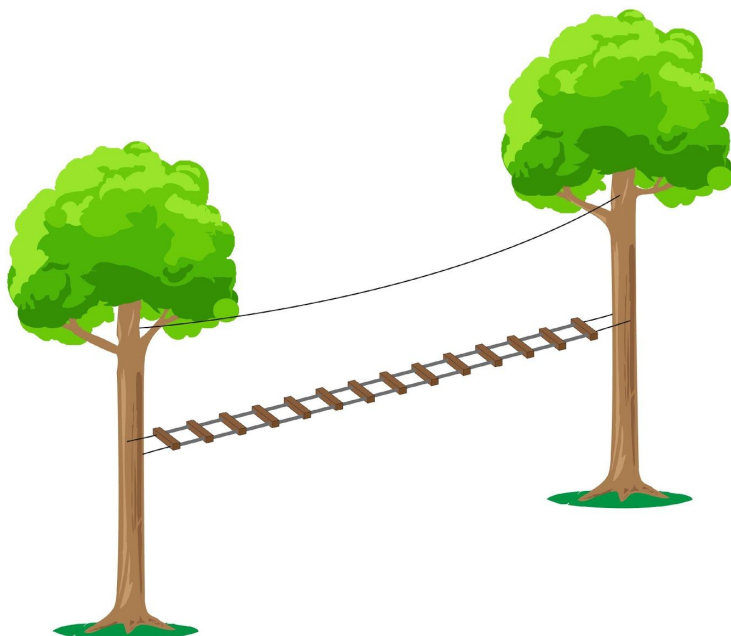
**The Pirate's Crossing can be a supreme test of balance. It starts off easy but becomes very unstable and shaky when you reach the crux (the center.) The hand-lines are typically adjustable and can be loosened or tightened to change the level of difficulty.**

# High-Y



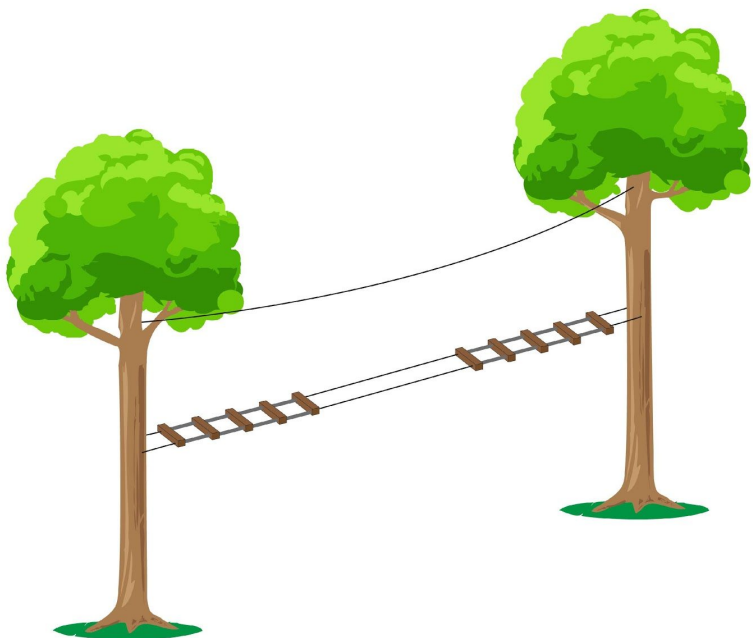
**The High-Y is a great test of teamwork! It's a two person challenge that is only possible to complete with help and support. Participants meet in the middle of the Y and traverse the last length of cable together, supporting each other.**

# Horizontal Ladder



**The Horizontal Ladder is a balance element with several options for the traverse. Those not trusting their balance can crawl or slide across. Those wanting an ultimate 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 spaced twenty inches apart.**

# Horizontal Ladder/Tired Two-Line



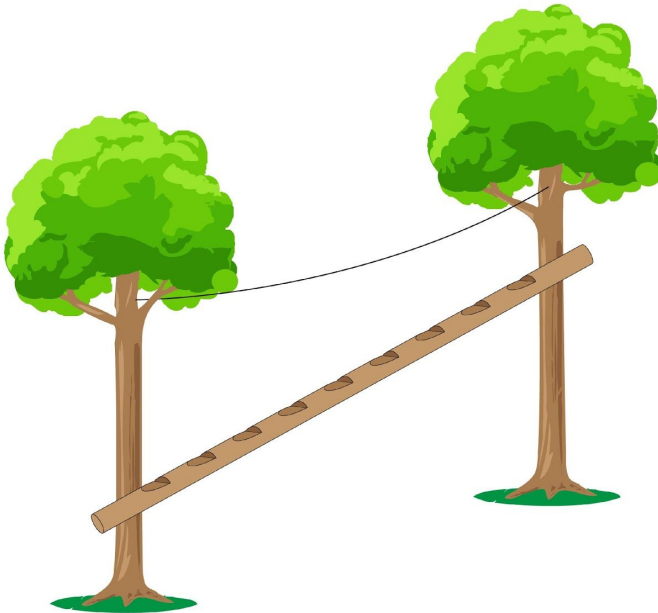
**This combo element is commonly constructed with two belay systems so that two participants can work together. Participants can try to meet in the middle, or even attempt to pass each other on the cables!**

# Hourglass



**The Hourglass is perhaps the toughest balance obstacle in the collection. The lines climbed on are actually all one rope that crosses between the trees/poles three times. 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!**

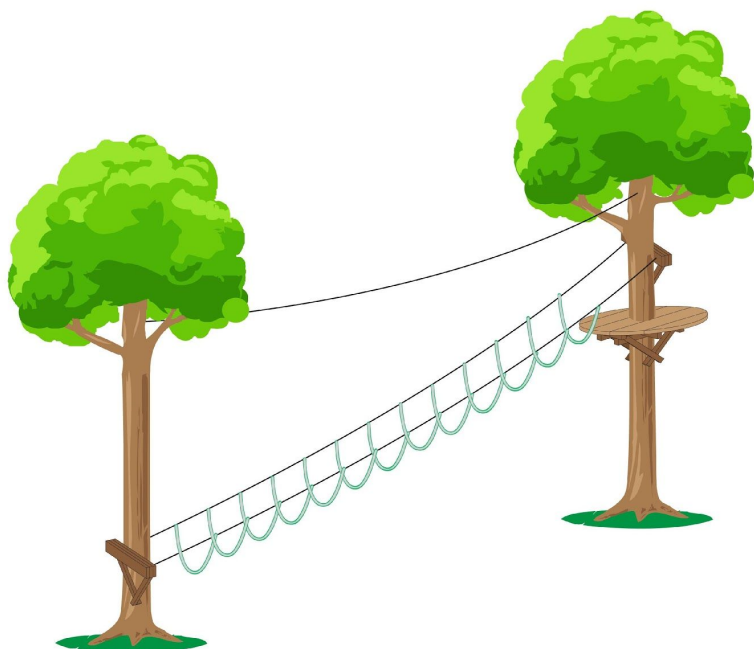
# Inclined Log



**The Inclined Log is a fairly challenging balance element, often used as the access to a challenge course. It will usually have notches every two feet to make climbing easier, but for those wanting a greater challenge it can be left smooth. Most will ascend by crawling up, while those with the courage to test their balance can try walking up!**

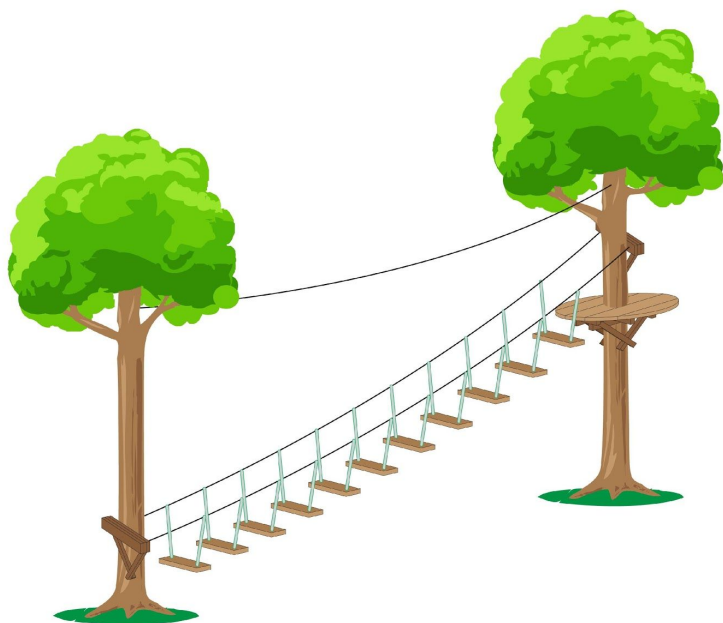


# Inclining Burma Loops



**This station is commonly used as an access element to a challenge course. The lower attachment points at the brace are detachable to help prevent unwanted access when no staff are present.**

# Inclining Burma Steps



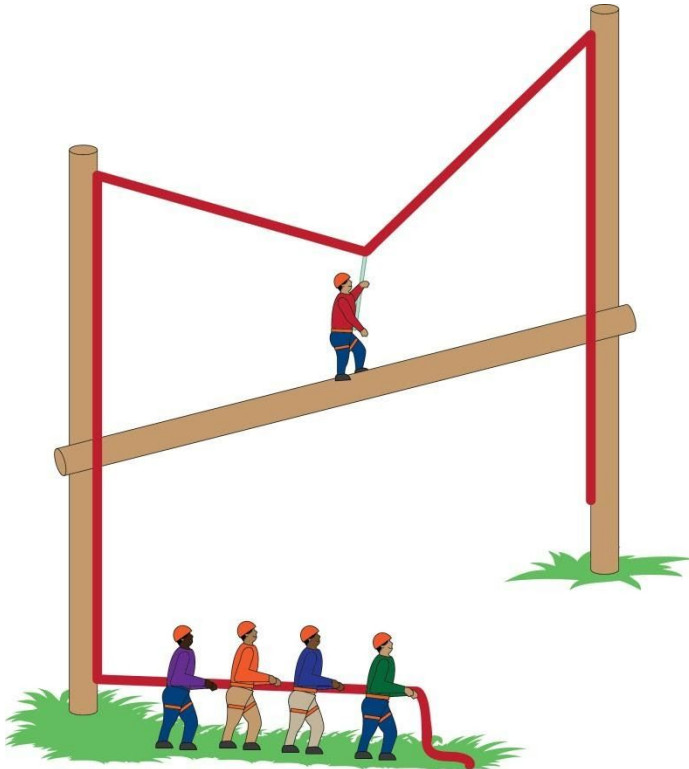
**This station is commonly used as an access element to a challenge course. The lower attachment points at the brace are detachable to help prevent unwanted access when no staff are present.**

# Leap of Faith



**The Leap of Faith involves a climber ascending to a platform, where they jump out into thin air, with the added goal of tagging a rope or buoy. This element is now most commonly operated with a team belay, where the rest of the group belays the jumper who is also attached to two separate belay ropes for additional control.**

# M-Belay



**The M-belay is a team belay method, depicted here on the Catwalk element. The belay rope is highlighted in red to show how it forms the letter M. This unique team belay system allows participants to climb vertically and horizontally on an element. Conventional team belay systems allow only for vertical movement. A second M-belay system could be added in the scene above, allowing a second climber to join in.**

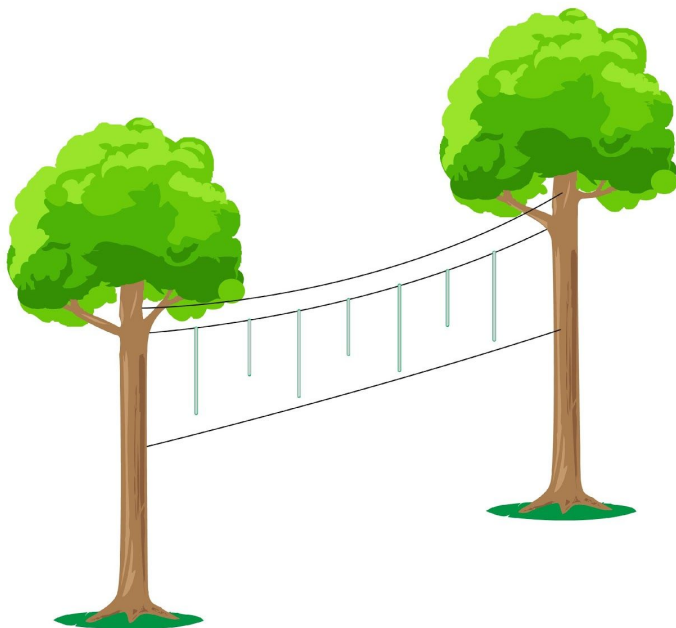
**The M-belay can be built in place of a traditional belay system on a new element, or retrofitted to an existing element.**

# Mini Zip-Line



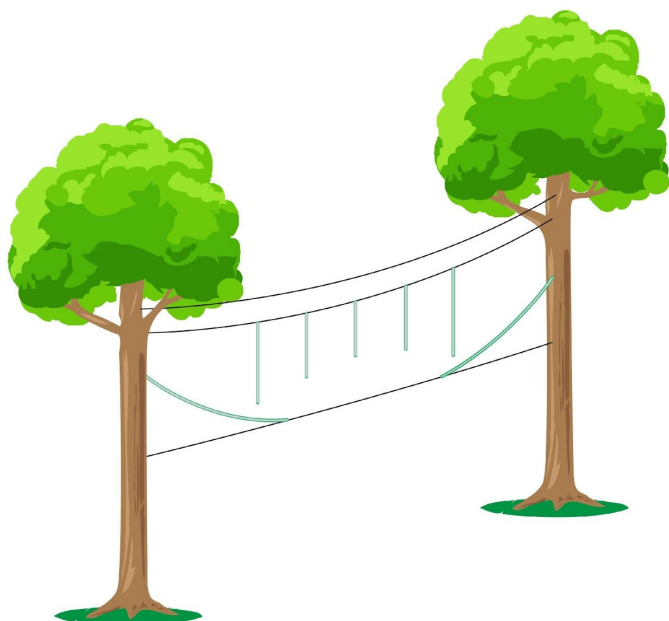
**The Mini-Zip is an excellent way for younger participants to experience the thrill of a Zip-Line. The Mini-Zip is commonly constructed with a platform and staircase to increase efficiency, and remove the need for a belayed access climb. A Mini-Zip platform is usually 6'-10' high, and the zip itself may span roughly 100'-250'.**

# Grapevine Traverse



**The Grapevine Traverse is a common favorite in the high 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!**

# Grapevine/Pirate's Crossing Combo



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

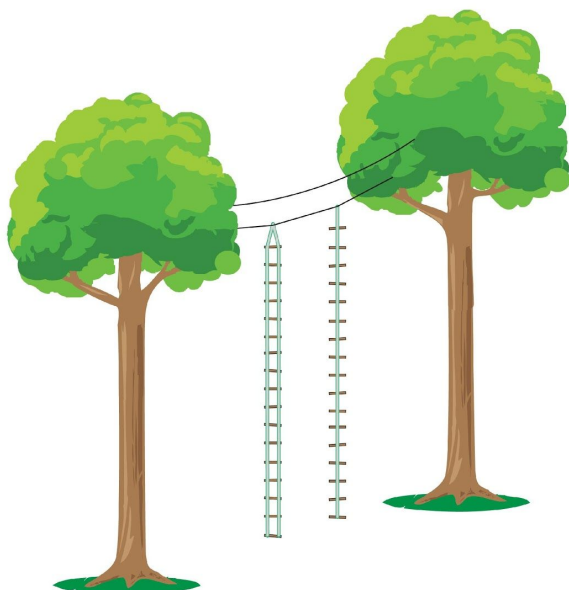
# Pamper Pole



**The Pamper Pole is the ultimate “leap of faith” where the climber jumps from the top of a telephone pole out into thin air, with the added goal of tagging a rope. Just getting on top of the pole can be the toughest part for some! This element is most commonly operated with a team belay, where the rest of the group belays the jumper who is also attached to two separate belay ropes for additional control. A full-body harness is recommended to allow better range of motion for the climber.**



# Rope and Firecracker Ladders



**The Rope Ladder can be quite an upper body workout, especially if left unanchored below while being climbed. In contrast, it can be made much easier if another participant holds or hangs on the bottom while the climber is ascending.**

**The Firecracker Ladder is much more difficult than a traditional rope ladder. The big difference between the Firecracker and Rope Ladders becomes apparent when you try to climb it--it's tough! Climbers have to hop up each rung, making it a strenuous upper body workout!**

# Ship's Mast Net



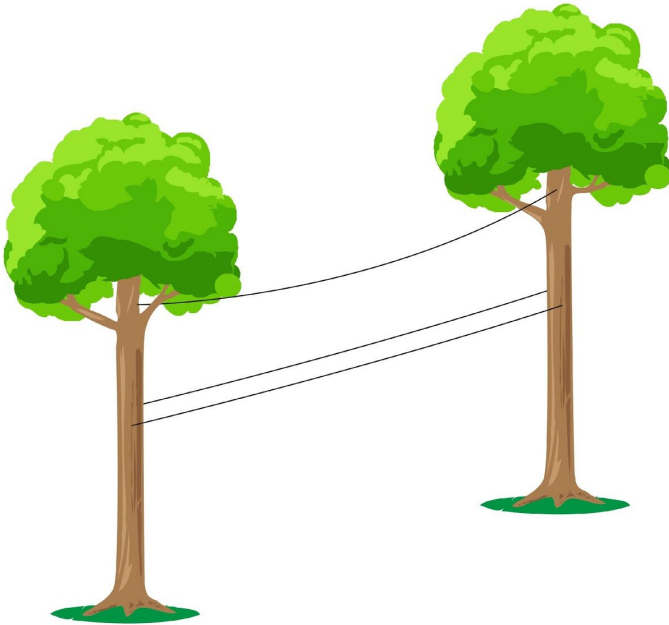
**The Ship's Mast Net is basically a narrow vertical cargo net. The bottom is slightly wider and is anchored down to create an incline. This station can be used as a stand-alone element, or for exciting access to a challenge course.**

# Tension Traverse



**The Tension Traverse is about as low profile as it gets. With just two cables and one dangling rope it can blend right into the trees. Its visual simplicity is not matched by the physical challenge though! This element starts off rather easy, but gets tougher as you go, with the last few feet often requiring a desperate lunge!**

# Tired Two-Line



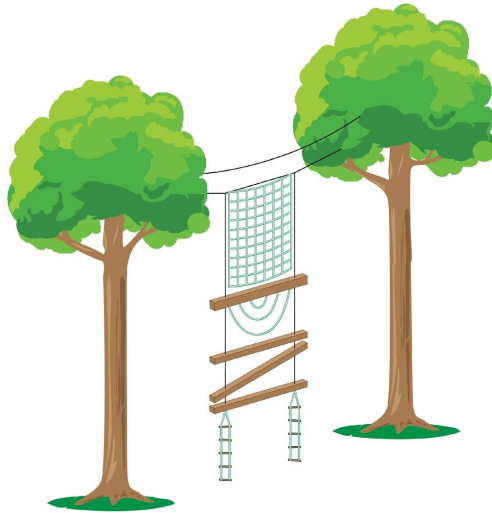
**The Tired Two-Line is one of the greatest tests of balance a high ropes course has to offer! Walking across without using your hands is quite difficult as the climber shuffles their feet along the parallel cables (one for each foot).**

# Tyrolean Traverse



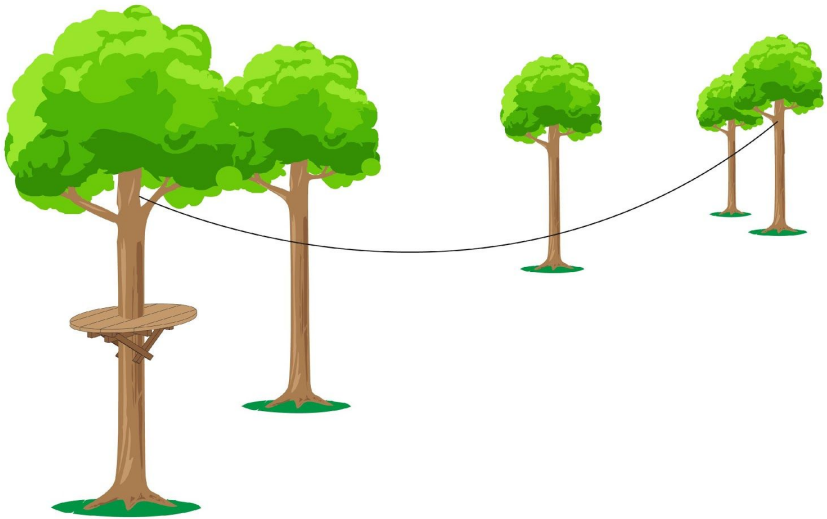
**This challenge comes out of the rock-climbing world. In addition to providing a peak experience by hanging out between two trees or poles, it is also a fairly tough upper body workout. The climber is attached to a pulley that will ride across a cable. The first half of the journey is simple, much like a very slow zip ride, but the second half is a lot of work, requiring pulling yourself along to the other side.**

# Vertical Playpen



**The Vertical Playpen is a highly versatile element in both its design and challenge. It can be a one or two climber event, and combines multiple climbing challenges. Its length is also variable. The bottom two elements, usually a Rope and/or Firecracker Ladder, detach to make the element inaccessible when staff are not present.**

# **Zipline**



**The Zipline is certainly the most popular and widely known challenge course element. It offers an intense thrill with very little physical effort required. The hardest part is scooting off of the platform for the big ride!**

**Ziplines can be installed any number of ways. They can cross fields, creeks, or lakes and can range from 200' to well over 1,000' in length!**

# 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 low course element on my high course?**

Certainly! Many low challenge course elements (with a few minor changes) can be used as high 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!





Visit us on the web at:  
[www.Adventure-Network.net](http://www.Adventure-Network.net)

5th edition  
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