



High Ropes Course – ‘The Pines’ at Novotel Barossa Valley Resort

Completed in May 2008, this beautifully situated course has been constructed to ensure you and your staff have a safe and enjoyable experience. To that end we provide the following:

- > A state of the art high ropes course built to Professional Ropes Course Association standards
- > Experienced, professional instructors who love what they do and work with your staff in a safe and supportive way
- > A variety of challenges to cater for varying fitness levels

What the High Ropes course provides:

Opportunities for personal and team challenge – we operate on the principle of ‘challenge by choice’, meaning individuals choose how far they want to challenge themselves physically and mentally during the program. The value of this principle is that it offers individuals:

1. A chance to try difficult, even ‘frightening’ challenges in a safe and supportive atmosphere.
2. The opportunity to back off when self doubt becomes too high, knowing the opportunity for a future attempt will always be there.
3. A chance to try things beyond their ‘perceived limits’ and recognise that the attempt is more important than the result.
4. Respect for individual choices and boundaries.

Participation in a shared challenge provides an ideal environment in which to increase the level of trust, support and camaraderie between team members. Effective facilitation of the program assists team members to reflect on their experience and extract learning that can be applied to the participant’s real life. In this way the activity becomes more than just a physical challenge. Common reflections after completing a high ropes course program include:

“It made me aware of the limitations I sometimes place on myself and how valuable stepping out of the comfort zone is.”

“It’s amazing the amount individuals and teams can achieve if they work in an environment that is supportive and encouraging.”

“I realised how important it is to surround myself with people who support me and to provide real support to others I work with.”

“I got to know more about my team today than in the last 6 months at work.”

“It accelerated our development as a real team.”



**TEAMWORK
SUPPORT**



**FUN
CHALLENGE**



**DEVELOP
TRUST**



The High ropes course consists of the following elements:

1. The Beam (cat walk)
2. The Multi Vine
3. The High Wild Woozie
4. The Burma Bridge
5. The Chasm (jump – platform to platform)
6. The Posties Walk
7. The Tension Traverse
8. The Dangle Duo
9. The Trapeze
10. Climbing Wall (2 people simultaneously)