

EXPERIENCE THE THRILL & REWARDS OF..

ARROWHEAD

ADVENTURES

Treat your team to a fun, challenging, and motivating experience with Arrowhead Adventures! We offer a variety of activities that integrate the important skills of team-building, problem-solving, and effective communication. By strengthening the connections between people, these skills help create and maintain a positive workplace environment and successful business operation.

ARROWHEAD ADVENTURES EMPHASIZE:

- Team Building
- Effective Communication
- Conflict Resolution Skills
- Group Problem Solving
- Leadership Development
- Increased Confidence & Self-Esteem

CHOOSE FROM THE FOLLOWING PROGRAMS:



ROPES & CHALLENGE COURSE (Fall & Spring)

\$500 - \$2000 • Price based on number of participants and duration.

This program provides an experience that incorporates communication and cooperation, decision-making and conflict resolution, and encourages risk-taking and change. It also motivates participants to use their talents to achieve the greatest results both individually and as a team, reinforcing that trust and communication are the keys to success. The Course involves physical activity, creative thinking, and problem solving. This activity is designed so everyone can participate, regardless of their level of physical fitness.



PROFESSIONAL TEAM BUILDING (Year-round)

\$500 (flat fee) • Half-day event • Includes professional team building facilitators fee

Based on a challenge-by-choice philosophy, all activities are voluntary, empowering each person to perform to their full potential, securely and without pressure. Participants are challenged to overcome their perceived limitations, step out of their comfort zones, and accomplish more than they imagined possible. Some aspects involve low-impact activity, and others focus on creative thinking and problem-solving.

 **Lake Arrowhead**
CONFERENCE CENTER
& Mountain Resort

BOOK YOUR ADVENTURE TODAY!
909.337.2478 • www.LakeArrowheadMeetings.com

850 Willow Creek Road • Lake Arrowhead, CA 92352





GUIDED HIKING ADVENTURE (Year-round)

\$15/person • 2- to 3-hour hikes • Includes transportation, hiking guide, and water

The San Bernardino Mountains have an amazingly diverse and beautiful landscape. Exploring on foot is the most intimate and educational way to experience the area, and our knowledgeable guides will lead your group every step of the way. We can design a hike for just about any size group, keeping interests and fitness levels in mind. The hikes are designed to test the limits of the group, increase confidence and self-esteem, and enjoy the beauty of the great outdoors.



TRIATHLON COMPETITION (Fall & Spring)

\$50/person, 10-person min. • 2 hours • Includes bike & helmet rental, coaching, and clinic

Participate as a team or relay! The triathlon is a great way to work together, engage in friendly competition, and challenge your team. Your group will receive a clinic to go over the basics of the sport, the race, and how the competition works. They will then compete in an on-site triathlon on our course, starting with a one-mile run, then a 2.5-mile bike ride, finishing with a 100-yard swim in our heated pool. The triathlon course is monitored by our staff and is well marked.



KAYAKING ADVENTURE (Fall & Spring)

\$30/person • 1.5 hours • Includes rentals and guide

Kayaking on beautiful Lake Arrowhead is a great way to enjoy the beauty of the mountains. This two-hour guided tour is a unique way to build relationships with your employees, test their abilities, re-energize your group, and foster team synergies.



SNOWSHOEING CHALLENGE (Winter)

\$25/person • 1-2 hours • Includes tour leader, snowshoe rentals, and transportation

Enjoy snowshoeing just a few miles away from the UCLA Lake Arrowhead Conference Center. There are more than 12 miles of trail for beginners to advanced. This is a great and unique way to get groups to work together and challenge each other, while experiencing a new adventure.



MOUNTAIN BIKING (Fall & Spring)

\$25/person, groups of 15 and under • 1-2 hours • Includes bike and helmet rental

Mountain biking in beautiful Lake Arrowhead is one of the most fun and scenic activities we offer. We specialize in guided individual and group bike tours. Tours can be as brief as one hour or up to an all-day adventure. The most important goal is to maximize your group's enjoyment, whether it's to ride at a leisurely pace or to challenge your group with technical riding, trust, and risk taking. Bike tours include cross country cycling for beginner, intermediate, and advanced levels, based on your group's overall ability, fitness level, and riding preferences.

All activities subject to availability, weather-permitting. Prices subject to change.

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