



## Tree Climbing Adventures



Grow awareness and appreciation for your parks and natural areas by enabling participants to engage and experience a unique connection with trees.



Recreational Tree Climbing gets kids, youth, adults, couples, and families off the ground and into the canopy of trees and forests, where they are able to:

- *Explore and discover the insects and animals in the canopy*
  - *Enjoy the view of the surrounding landscape*
  - *Feel the tree's interaction with the breeze*
  - *Escape the grip of electronic devices*
- *Enjoy a positive and encouraging environment*
- *Practice mindfulness while relaxing in the shade*
- *Build self-reliance and enhance spatial awareness*
- *Participate in experiential education programs*



This is an exciting and unique way to get people outside, moving and exercising together with their friends and families.



- ✓ Engage a diverse group of learners with a single event.
- ✓ Easy-to-understand directions have participants of all abilities ascending on their own within minutes.
- ✓ Adventure and experiential learning opportunities without the need to invest in gear or equipment.
- ✓ A safe and enjoyable outdoor activity all ages.



*Recreational tree climbing provides an exciting and memorable experience, connecting people with trees and strengthening their appreciation for nature.*



As an independent outdoor recreation activity or paired with learning objectives to provide an educational study of nature, facilitated tree climbs promote communication, cooperation, and self-confidence.

Sample programs and classes utilizing Recreational Tree Climbing include:

- Tree biology and physiology, from water uptake to oxygen release
- Ecosystem interactions between trees and other organisms
- Tying and understanding the mechanics of knots
- Practice of meditation and mindfulness exercises in the natural world
- Creative and expressive arts through journaling, reading, art, and poetry
- Careers in environmental sciences, forestry, wildlife biology and related fields
- Recreational activity simply for the experience and enjoyment of being in trees
- Tree Climb/Tree ID opportunity for Junior and Cadette Girl Scouts to earn badge



Utilizing professional climbing gear keeps the trees and climbers safe from harm.

Facilitated tree climbing events are ideal for all people, age 7 and older.

Whether a single event or recurring program which allows them to build upon previous achievements, **we can help you plan an unforgettable adventure for your guests which will have them coming back for more!**



*"I can't thank you enough for your obvious sensitivity to our participants. The pictures are a testimony to the joy of the day. We're already talking about plans for next year and a return to the trees"*

*"Thank you. I heard nothing but great things about the Father's Day Climb. It was a great day for all"*

Curtis M Andrews

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