



High Elements

“High” is in the eyes of the beholder. High Elements in our terminology refers to the events that must be belayed (rope attachment system) to ensure the safety of a participant. High ropes course events are usually the ones most remembered by participants because of the drama, anxiety, overcoming fear, excitement and exhilaration experienced.

Jesus + Me

This is a great element for beginners who are a little nervous or apprehensive about the idea of High Elements. J+M has two parallel cables 42in. apart, approximately 35ft above the ground, which provide support for the hands and feet. This element is great for starting the process of learning to trust others.

Benefits/Challenges: *Height sensation, satisfaction, personal responsibility, and attention to instructions.*

John 15 (The Vines)

Need a little more challenge? The object is to cross a 40ft long taut cable, approximately 30ft above the ground, with balance help intermittently available from dangling short spliced ropes; hung from another cable which is out of reach of the participant. The short dangling pieces of rope are sequenced far enough apart that the participant must “let go” of his or her piece of dangling rope to grasp the next one. Each progression to the next dangling rope requires the participant to “go for it.” This is a great element for trying things that are not in your comfort zone.

Benefits/Challenges: *Doubt, insecurity, decision-making, balance, and reach.*

The Narrow Way

This is one of our most popular elements. It is 35ft off the ground and the object is to walk on the log from one tree to the other; a distance of about 40ft. The key is to keep your balance and to know you are taken care of the whole way through. This exercise brings a lot of emotions and thoughts into view as you take your body through a walk on the high side.

Benefits/Challenges: *Climbing fears, balance, self-esteem, confidence, trust, and mental discipline.*

Crosswalk

This bridge-like obstacle will give you the feeling like you’re traveling with Indiana Jones on another daring adventure. While a giant boulder doesn’t come rolling after you, at 35ft off the ground, this ‘unstable’ element presents the challenge of stepping from plank to plank across gaps of varied angles and widths. Good balance is helpful while traversing this bridge.

Benefits/Challenges: *Climbing fears, balance, height sensation, balance, and trust.*

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10 Commandments



This element is attached below Narrow Way. There are 10, short ropes hanging equal distances apart. The goal is to swing back and forth from rope to rope ‘like Tarzan’ as many times as possible to see how many you can do. Belayers will put just enough slack in the rope to ensure participants do the element on their own strength, but are not unsafe.

Benefits/Challenges: *Strength, mental discipline, commitment to continue, uncomfortable, and stamina.*

Upward Call

Here is one to test your commitment, balance and strength. This element requires a partner, bringing into focus the concept that there are some things we can’t accomplish on our own. From the ground you and a partner will climb onto the top of a beam approximately four feet off the ground. You will both then attempt to climb onto the next beam above and so on until you both are standing on the highest beam. The distance between the beams starts at four feet and gets six inches greater each progression. Total distance to the top is 40ft. Two cables that hang down connect the beams into a ladder that swings freely as you climb.

Benefits/Challenges: *Single – Commitment to continue, concentration, and balance.*

Duo – Trust, teamwork, communication, support, balance, and commitment.

Leap of Faith

Up for an incredible challenge? This element will keep you coming back again and again. The participant must climb up to the top of an actual telephone pole, stand up on the top unassisted, and leap to catch a trapeze six feet away. The intensity of the experience results from not having anything to hold onto while precariously attempting to stand on the pole. Once standing, it’s balance and the will to remain erect that keeps the participant from falling off. Sometimes taking a risk and ‘going for it’ is exactly what we need to turn the corner. This element brings that out.

Benefits/Challenges: *Fears, commitment, uncomfortable, trust, exhilaration, pride, and self-esteem.*

Tree of Life

Probably the most physically challenging element we offer for an individual climber. This element is a bit different from the rest in that it is set up to simulate a rock climbing experience. The element is approximately 85ft high and you climb up the tree using wooden blocks that are different shapes and sizes. You are faced with having to plan each step in advance as you go, using both your upper body and leg strength. At the top is a bell to ring signifying your accomplishment to the rest of the group.

Benefits/Challenges: *Confidence, trust, climbing fears, strength, stamina, and self-esteem.*

The Centurion

In terms of thrill, commitment, and mental power, the centurion is the “top of the line.” This 100ft element is the tallest, free-standing, natural ropes element in the Northern Hemisphere. It is a sight to behold and a life changing challenge. The participant climbs up the tree to a platform, then walks out to the end, and leaps for a trapeze about five feet out in front of the platform. Whether or not the participant can catch the trapeze is not the point. The trust and faith exhibited to attempt this element will provide life and spiritual applications to share with the whole group.

Benefits/Challenges: *Personal commitment, stamina, courage, faith, trust, and exhilaration.*

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