



Come "EXPERIENCE THE ADVENTURE!"

Schenectady, NY  
[www.MountainRidgeAdventure.com](http://www.MountainRidgeAdventure.com)  
518.227.1058  
[info@MountainRidgeAdventure.com](mailto:info@MountainRidgeAdventure.com)



# Group Events



Mountain Ridge Adventure is located 30 minutes from Albany & Saratoga and only 15 minutes from downtown Schenectady.

Mountain Ridge Adventure provides a unique and exciting experience, offering activities both in the trees and on the ground.



With 6 treetop challenge courses, a 10-zipline canopy tour zipline park, a 7-station team building program, Eco Trail through 50 acres of forest, a kids aquatic center and a 40' Leap of Faith jump, there's something for everyone.



Located only 30 minutes from Albany and Saratoga.

A day at Mountain Ridge Adventure encourages camaraderie, team building and a sense of accomplishment.

Whether you are looking for just a fun day, an enriching team building program or an educational activity, we have you covered.

**Come "Experience the Adventure" at Mountain Ridge Adventure.**



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# Team Building & Educational Programs

1 of ONLY 5  
adventure parks  
in America  
to have a  
4.9 rating  
on Google!

Mountain Ridge Adventure offers more than just fun.

Our Park offers traditional team building and educational programming that incorporates adventure in nature.

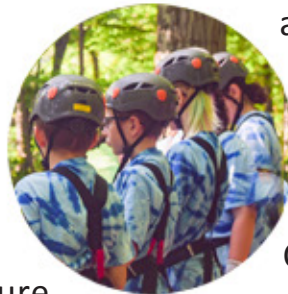
So whether its a group outing, a corporate culture-building experience or a skills development program, Mountain Ridge Adventure is here to help you meet your goals.

We can accommodate both large and small groups and can provide custom programming to meet specific needs.

Conveniently located only minutes off the NYS Thruway.

Open April through November.

Meeting space and catering are also available.



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# Group Packages\*

Base Package <sup>1</sup>	A 2 - Course Experience	B 4 - Course Experience	C 6 - Course Experience
	\$46/pp	\$56/pp	\$61/pp
	<i>Optional Add-ons</i>		
Team Build Program <sup>2</sup>	<b>\$12/pp - \$35/pp</b> Ground-based activities designed to stimulate communication and collaboration. Team Building programs vary based on level of facilitation and type of groups: corporate, schools, sports		
EcoTrail	<b>\$6/pp</b> Ecological trail, through a 50 acre forest, educating guests on the flora & fauna of NY		
Leap of Faith	<b>\$6/pp</b> 40' freefall jump guaranteed to thrill even the most adventurous		
Aquatic Center	<b>\$6/pp</b> Intended for younger aged groups where minors can handle frogs, crayfish, tadpoles, turtles and other various aquatic creatures		
<sup>1</sup> Chosen courses based on the discretion of the guides <sup>2</sup> Group's apprehensive with heights may use without a Base Package and not go into the trees (when scheduling available) *Some packages not available to all groups based on the size of the group and allotted time			



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# So Your Thinking About a Team Building Experience?



**Organizations across the globe are rethinking their culture. Team Building can be an essential tool in helping achieve those desired results.**

Everyone wants to be heard, feel connected and celebrate successes. Here at Mountain Ridge Adventure we have built programming that helps organizations with this goal in mind, in a fun, engaging and beautiful environment.

We know you probably have a ton of questions so we've taken the opportunity to try and answer typical questions asked.

Please feel free to contact us with any questions not covered.



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# FAQs



**Is it Safe?** - This is always the first question asked. Safety is our number one priority. Our staff is highly trained and the park is inspected daily. Additionally, the park is 3rd party inspected and NYS inspected yearly. We use a smart technology locking system which keeps all participants locked onto the safety cable at all times. We also use FULL body harnesses, helmets & gloves.

Statistically<sup>3</sup> zip lining is much safer than many other activities. By far the most risky activity we all do on a daily basis is driving.

**Are waivers required?** - All participants are required to have a signed waiver. We offer an easy to sign digital waiver but paper waivers are also accepted.

**Are the height & weight requirements?** - Guests 48" or less are restricted to lower courses. Those 54" or above have access to the entire park (although guides can restrict those they feel might be too challenged for some of the more advanced courses). The weight limit is 275 lbs.

**How difficult is it?** - The Park was designed for the average person and not necessarily for athletes. As a guest advances in courses though, they do become very challenging but every guest has the ability to stop after they've decided they've met their course limit.

**What about chaperones?** - We do not charge for chaperones as long as they stay on the ground to help manage those they are supervising. We do require a 1 to 12 ratio of chaperones to climbing guest.

**Do you provide a facilitator for team building programs and what is your debrief like?** - Yes, each team building group is assigned 1 or 2 facilitators. We do not provide a formal written debrief of the exercise but do a verbal in collaboration with management.

**What should I wear?** - We recommend you wear comfortable clothing that you can wear outside. Pants or shorts are acceptable as well as tank tops. Closed toe and closed heel shoes ARE REQUIRED and long hair must be pulled back.

**What about inclement weather?** - The course is open rain or shine unless management deems conditions are unsafe for going in the trees.

**Do I need prior experience to do this?** - Not at all. Each guest participates in a ground school training program where they learn to use the equipment. Children as young as 6, up to seniors can learn how to use the equipment. You will also be accompanied by a Tour Guide who will provide assistance if necessary.

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**What if some of our group don't want to go into the trees?** - Mountain Ridge Adventure offers activities both in the trees and on the ground. For those who may be apprehensive with heights, we offer ground-based team building activities that can be catered to specific goals the group is looking to achieve.

We do encourage everyone to challenge themselves and have activities at height from as low as 6' off the ground to as high at 70'.

**Is your facility inspected and overseen by any governing body?** - Yes, Mountain Ridge Adventure is physically inspected every morning and 3rd party inspected once per year. Additionally, NYS inspects the facility once per year and issues a use permit.

**What does a day look like?** - Depending on the size of the group and the amount of time allocated will determine the flow of the day but a typical full day will start off with 1-2 hours on the ground doing group activities on the team building trail, 30-60 minutes for lunch and then culminating with 2-4 hours in the trees. All participants wear full-body harnesses, helmets and gloves when at height. We use a special locking system where all guests at all times are physically locked to a safety cable.

Non-full day events are based on different chosen times/activities.

**What makes Mountain Ridge Adventure special?** - Mountain Ridge Adventure is a woman-owned company and family-run business. The owner is a NYS Professional Engineer. She and her husband manage the facility and are always on site. Mountain Ridge Adventure is one of only a handful of similar facilities across the country with 4.9 rating on Google.

<sup>3a</sup>The insurance industry is usually considered a reliable source when factoring risk and considers aerial courses a perceived risk; the perception of risk is much greater than the actual risk. Statistical data shows ~12 injuries per 1 million events for ziplining<sup>3a</sup>. Other recreational activities, even those considered benign like soccer have much higher injury rates. The average injury rate for soccer<sup>3b</sup> is ~7,700 injuries per million events with all sports<sup>3c</sup> and recreation-related injuries reporting at ~34,100 injuries per million.

<sup>3a</sup><https://www.sciencedirect.com/science/article/abs/pii/S0735675715006889>

<sup>3b</sup><https://mastersoccermind.com/how-dangerous-is-soccer-with-real-stats-and-comparisons/>

<sup>3c</sup> <https://www.cdc.gov/nchs/data/nhsr/nhsr133-508.pdf>



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