

**The Zip Line Course at Makemie Woods offers a high adventure experience to wide range of ages and ability levels.**

Participants use a trolley system and harness to soar on cables over the reservoir, trees and ravines. They are available for use year-round, weather permitting.

The entire course entails nearly one-half mile of cable, and is comprised of nine zip lines with graduated ability levels. There are practice zip lines to learn technique, and shorter 200' lines to develop confidence. The longest zip is nearly 400' long and at its highest point is approximately 35' above the ground.

Trained facilitators attach the participants to the cable and coach them through the process. These are "hand-stop" or "self-arrest" zip-lines, so the participants control their own speed, taking off and landing at ground level.

**No climbing is involved!**

**Group Building:** All of our primary facilitators are trained in leading activities designed to help groups get to know each other, foster teamwork and communication. You may wish to add on to your experience by contracting for an hour or more of these activities before your zip session to enhance the overall team building experience for your group.



**Makemie Woods**  
Camp & Conference Center

Near Williamsburg VA  
800.566.1496  
[www.makwoods.org](http://www.makwoods.org)

# Soar with the Birds at Makemie Woods



## The *ZIP LINE* Course An Adventure Challenge

## Requirements for participation:

- \* At least 10 years of age and a minimum weight of 70 lbs.
- \* Signed informed consent form (by parent if participant is under 18 years of age. )
- \* In good health, able to stand and walk on uneven surfaces, and able to use one arm to reach behind them at head height.

**Accessibility:** These zip lines are accessible for many who would not



be able to climb traditional “ropes course” elements, and senior citizens have enjoyed them as well as youth.

*\*They are not recommended for persons who have recently had*

*knee, ankle or hip trouble or surgery, women who are pregnant, or anyone who cannot for any reason wear a harness or helmet safely.*

## Adult supervision is expected with all groups participating at Makemie Woods--the

recommended ratio is one adult for every 8 children or youth. Our facilitators need to be free to teach and conduct safe programs without having to be concerned with disciplining participants.

## Courses

### Basic course

Two lines, each approximately 200', which cross a small section of the reservoir. An ideal beginner experience, as little “braking” is required.” The distance above the reservoir is approximately 15 feet.

### Advanced course\*\*

Six lines in a circuit of varying difficulty. This circuit features our longest line, at nearly 400' long and 40' high, and concludes with the “Screaming Meemie.” Participants need to master attaching to and unclipping themselves from these lines with the supervision of facilitators.

*\*\*Previous participation on the basic MW zip course required.*

### “Screaming Meemie”

Our fastest line, approximately 250' long. Participants need to be fairly accomplished at “braking” to be allowed to tackle this challenge. For small groups, this line can be added to the basic course for \$2.

**ADVANCE RESERVATIONS are required for a zip line program. Please contact Sherri in the camp office no less than one month in advance, and sooner if possible, to book your flight!**

**800-566-1496**

or visit [www.makwoods.org](http://www.makwoods.org)

## Equipment and practice

All courses require time for putting on harnesses, helmets, and safety equipment, and then each person must practice attaching to the zip line and learning to “brake.” Depending on the size and experience level of the group, this can take quite a while, and at a minimum 45 minutes should be allotted for each group of 10-12 persons.

### **Group size\*\*\***

While arrangements can be made for larger groups, a group size of up to 12 people is optimal. A group of 12 or less should allot approximately 1.5 hours for a basic zip line experience.

*\*\*\*Groups of 18 or more must divide into smaller groups for separate experiences on the beginner course.*

*Groups of more than 13 must divide into smaller groups for the advanced course.*



### **2009 Fees**

- \* Basic or advanced course: \$12 per person.
- \* Basic plus advanced: \$20 per person.

*(PEVA churches receive a \$2 per person discount)*