

# Camp Metigoshe's High Ropes Course

## Book Your High Ropes Experience Today!

The high ropes course is located north of Bottineau at Camp Metigoshe on Pelican Lake. The course consists of three separate "pods" to provide a wide variety of challenges.



### Is it safe?

Participants' safety is the first priority! A high ropes course experience is heart pounding and adrenaline rushing—the adventure seems very high risk, but carries low actual risk.

- At all times, participants are safely harnessed.
- All high ropes course facilitators have been through a rigorous and professional training.
- Participants receive a thorough orientation.



### What is a High Ropes Course?

- A series of cables, platforms, wooden beams, and ropes suspended 30 feet above the ground
- Challenging oneself personally and working together as a team, individuals maneuver through the course
- Climbers are safely harnessed at all times
- Camp Metigoshe's course has nearly 20 different elements, allowing for a broad range of challenges
- After a group's experience on the course, conversations facilitated by staff allow for personal and team reflection

### Benefits of a High Ropes Course

- Team building through cooperation and encouragement
- Strengthened relationships by creating trusting bonds
- Improved communication and problem solving skills
- Growth in confidence
- Experience in goal setting and perseverance
- Incredibly fun adventure

### Who Should use a High Ropes Course?

- Athletic Teams
- Staffs
- Families
- Youth Groups
- Boards and Church Councils
- Business Teams
- Participants must be 13 years old to climb

# What else is available?

Camp Metigoshe will be delighted to customize a program for your group's needs. Our facilities, meal service, hospitality, and programming are as wonderful as our beautiful setting nestled in the aspen trees along the shores of Lake Metigoshe and Pelican Lake.

## Lodging

Several lodging options are available ranging from rustic retreat to sensational sneak away.

- Eight uniquely-designed, high-comfort sleeping rooms with private bathrooms
- Bunk rooms
- Private cabin tucked in the woods



## Meals

We will be happy to nourish you with a wide variety of delicious, home-cooked meals.

## Meeting Spaces

Gather in our large-group meeting space covered with rough-hewn timbers and supported by fieldstone columns. Or, have a more intimate meeting, in a cozy, log-sided room with breathtaking views of the surrounding forest.

## Recreation and Programming

We are excited to plan a creative program to help your group meet its goals. Our staff can further your group building by facilitating an experience on our low ropes course. Take time for recreation and play, explore by canoe, by bike, or by foot. Enjoy the stars while you sit by a campfire or bask in the sun on one of our many patios.

## Who are we?

Metigoshe Ministries is a summer Bible camp and year-round retreat center. We are a non-profit organization owned and operated by over 70 congregations of the Evangelical Lutheran Church in America (ELCA).

“Metigoshe Ministries is adventure anchored in Christ where people experience and celebrate the gifts of God in a life together.”

## Booking Requests

Metigoshe Ministries  
10605 Lake Loop Road East  
Bottineau, ND 58318-8055  
701-263-4788  
Melissa@MetigosheMinistries.com  
www.MetigosheMinistries.com  
(click on “High Ropes Course”)



## High Ropes Course Rates

(Minimum Charge \$150)

### 4-hour (1-day) High Ropes Experience

\$25/person

(\$20/person for constituent church groups)

### 8-hour (2-day) High Ropes Experience

\$50/person

(\$40/person for constituent church groups)

## Lodging Rates

### Lodging at Pelican Lake

Cabins - bunks and shared bathrooms

\$5/person/night

Lee House - heated cabin with indoor bathrooms

(18 bunks available in 4 bedrooms)

\$15/person/night

### Lodging at the Christian Center

Theme rooms - private rooms & bathrooms

(2-4 people/room - 8 rooms available)

\$35/person/night

(\$30/person for constituent church groups)

Bunks and shared bathrooms

(36 bunks available)

\$10/person/night

(\$5/person for constituent church groups)

### 30-50 Participants

10% off high ropes experience & Christian Center bunks or Pelican Lake lodging.

### 50+ Participants

20% off high ropes experience & Christian Center bunks or Pelican Lake lodging.

## Other Group Discounts

**Pastors, Youth Directors, Chaperones**

FREE high ropes experience & Pelican Lake lodging with every 10 youth group participants.

## Meals

For groups over 12, meals can be made available.

Continental breakfast \$4.00/person

Breakfast \$6.00/person

Lunch \$7.00/person

Supper \$8.00/person

Call 701.263.4788 for menu plans.

\$25/day rental fee for kitchen facilities for groups preparing food on their own.

Prices as of Fall 2008.

Subject to change - please call 701-263-4788 with any questions.