

Individual effort + team support = pushing people past their self-imposed limits



venture up

The primary focus of Venture Up! is on our high-adventure climbing events, so if your group enjoys a challenge that's a little more physical, this is the program for you! We begin with a series of warm-up activities to get us going and then proceed to "low ropes" and "high ropes" events on our ropes course. Much climbing, jumping, swinging and balancing will add to the fun and adventure. In Venture Up!, participants use their team to support their efforts to go beyond what they think they can do. Venture Up!:

- Focuses on both personal and team leadership
- Helps participants learn to trust themselves and their teammates
- Develops individual self esteem
- Builds resilience and endurance
- Challenges goal setting



*Be what you wish
others to become.*



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FAST FACTS

- Program length:** Half-day (4 hours) or full-day (7 hours)
- Location:** Challenge Discovery Adventure Learning Center, Doswell, VA (near Kings Dominion).
- Cost:** \$35 per person (4 hours); \$45 per person (7 hours)

Take the next step!

Learn more about Challenge Discovery
at www.challengediscovery.com.

Get answers to your questions
by downloading our Frequently Asked Questions.

Schedule your Challenge Discovery program
by calling (804) 876-9733.



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