

ADVENTURE OFFERINGS
GROUP & TEAM BUILDING ACTIVITIES

Life Is Meant For Great Adventures



REJUVENATE YOUR
S P I R I T
OF ADVENTURE



**Empower Adventures at
Salamander Resort & Spa**

500 N Pendleton Street
Middleburg, VA. 20117

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TREETOP ZIP TOUR

Take empowerment and team building to a whole new level with the Treetop Zip Tour by Empower Adventures. This one-of-a-kind adventure experience nestled in the heart of the historic village of Middleburg, VA and on the property of the stunning Salamander Resort & Spa will serve as just the right amount of challenge to get your group out of their comfort zones and provide those triumphant feelings and bonding moments that become magic back at the office. Starting with a staircase climb of our 35-foot start tower, fly on five invigorating zip lines totaling more than 2000 feet over nature preserves and traverse two suspended bridge crossings while winding your way through the rolling hills of picturesque Northern Virginia. You'll revel in pride as your group conquers these challenges together. We look forward to leading you on this experience! The zip line course is appropriate for people with average or moderately less than average strength and mobility. The weight maximum for participants is 270 lbs for those 5' 10" and above and 250 lbs for those under 5' 10". 2.5 hours required. \$149/person.

DELUXE SURVIVAL CHALLENGE

Alongside experienced instructors, take off into the woods for a true SURVIVOR experience. This course provides a great team building opportunity as well as a chance to learn valuable life saving techniques if one ever finds themselves in a survival situation. From shelter building and water purification to rope skills and self-rescue techniques, this is the perfect "wake-up/out-in-nature" style experience for your team! Team members will naturally be nudged outside of their comfort zones as they consider the consequences to their action or inactions during this training simulation. Derived from our founder Joe DeRing's Ranger training experiences, the Empower Survival Challenge is physically demanding as well as mentally demanding. The Survival Challenge does include a moderate amount of hiking. Each individual survival task is "challenge by choice" in that participants can opt out of anything that is outside of their physical abilities. 3 hours required. \$149/person



YOUTH LEADERSHIP

The Youth Empowerment Initiative is designed to support schools, recreation departments, and youth services bureaus through interactive empowerment workshops that will teach students to set goals and a path for achievement, embrace challenges as personal growth opportunities, become more socially/emotionally aware, Our youths to through adventure experiences that are engaging, positive, customized, and led by professionally trained and experienced leaders. Powerful adventure experiences that will provide youths the tools that lead to increased self-confidence and self-esteem, improved leadership and problem solving skills, a greater ability to recognize positive vs. negative risk, and the grit and perseverance to overcome positive risks, avoid negative risks, and achieve goals!

Pricing varies, contact us for more information.

SOAR ZIP LINE TEAM BUILDING

This custom built program combines the Treetop Zip Tour with our “Teaming Up” ground-based adventure activities. The combination of these different activities will provide your group with an experience that will be fun and exhilarating as well as meaningful and insightful. Empower staff facilitate both the Zip Tour and the ground-based portion. Each program is custom designed to meet the needs of the group, but generally the group starts with tone-setting activities to bring the team together and get everyone working together and connecting with each other prior to the Zip Tour. Following an hour of the ground-based warm-up activities, the group will set out together onto the Treetop Zip Tour. This 2-hour experience will truly elevate the interaction and exhilaration of this group event. Following the 2-hour Zip Tour, the group will take part in a very special and meaningful debrief and final teamwork initiative to celebrate their victory together and appreciate one another’s accomplishments along the way. This very experiential approach to team development will entertain and inspire its participants while also supporting each group member in their journey to get outside of their comfort zone. Concluding with a high-energy, celebratory debrief is the “cherry” on top and allows the team to learn and celebrate with one another while also reflecting on how they’ve improved based on their experience with Empower Adventures. These are the lessons that live on with each individual and the team far beyond the day of the event. The “Teaming Up” activities are on the ground and considered “challenge by choice” in that participants can opt out of anything that is outside their physical abilities. 4 hours required. \$219/person.



EMERGE TEAM BUILDING

Providing a challenging yet uplifting, team bonding experience is what EMERGE is all about. With all “Teaming Up” activities based on the ground this iterative process allows teams to explore how they organize and communicate their goals, roles, interactions and planning processes. Additionally, these initiatives invite teams to think creatively to solve problems and challenges. It is this process and these lessons learned that provide the “AHA” moments - many times during the debrief which follows each of the ground-based challenges. The “Teaming Up” activities are on the ground and considered “challenge by choice” in that participants can opt out of anything that is outside their physical abilities. 2 hours required. \$75/person with a minimum of 10 people required.





ZIP & SIP DELUXE ADVENTURE

An exceptional experience following your 2-hour Treetop Zip Tour. You'll celebrate your accomplishments with a unique dining experience at the Empower tower that includes an exclusive special Chef's menu. Minimum of 6 people, 7 day notice required. \$199/person

ZIP & RIDE ADVENTURE

A truly exhilarating combination, following your 2-hour Treetop Zip Tour, you will saddle up for 1 hour trail ride where you will discover the natural beauty of our countryside while riding our gentle trail horses. Your guide will take you through the wooded trails for a one hour leisurely walk. \$271/person

ZIP & ZEN EXCURSION

After your exciting 2-hour Treetop Zip Tour, you'll be transformed to a zen state with a 50 min well-being massage at the exclusive Salamander Spa. This signature Swedish style massage will relieve stress and ease tension. \$299/person



EMPOWER ADVENTURES AT SALAMANDER RESORT & SPA

Pricing in this brochure does not include 23% service charge. This service charge covers all applicable taxes, fees, gear and equipment rentals, guide services and gratuities.