



MIRACLE HEIGHTS

adventures

Miracle Heights Adventures engages groups in experiential learning activities that embody the spirit of adventure, build resilience, and empower collective success.

Our Options for the Public

- Half-day and full day retreats
- Custom team building and adventure experiences
 1. 33-element adventure park (including 600' zip line) - *the only ropes course in Winston-Salem!*
 2. Aerial Teams Course
 3. Low Ropes Course
 4. We'll come to you! We can bring portable low elements, leadership development, experiential facilitation, and collaborative problem-solving initiatives.
- Adventure Experiences
- Trauma-resilient trainings with the Center for Trauma Resilient Communities including: self-care and team care, Trauma Resiliency 101, compassion fatigue and compassion satisfaction, and leadership building

Why team building?

We can target many outcomes and goals for your team or group, and research indicates team building experiences can:

1. Increase employee morale and motivation
2. Improve team communication
3. Increase trust in your team
4. Empower conflict resolution
5. Lower stress
6. Improve mental energy
7. Strengthen organizational health and culture

Pricing

We have a flexible pricing structure depending on the type of group and your budget. Discounts are available for non-profits and schools.

	Corporate Partners		Non-profits & Schools (discounted rate)	
	1/2 day (1-4 hours)	Full day (4-6 hours)	1/2 day (1-4 hours)	Full day (4-6 hours)
Ropes Course	\$55/person	\$70/person	\$35/person	\$45/person
Team Bonding	\$40/person	\$50/person	\$30/person	\$35/person
Off Site	\$300/hour	\$400/hour	\$200/hour	\$250/hour

Pay-to-play Pricing

Family and individual pay-to-play = \$60/person

Our minimum group size is eight, and we can accommodate almost any sized large group. Maximum weight limit for our courses is 250 pounds, and the age limit is four years old.

We operate by appointments, with a few opportunities for pay-to-play options throughout 2021 summer and fall weekends. Visit www.crossnore.org/mha for more information.