

# Chewelah Peak Challenge Course

## What is a Challenge Course?

A Challenge Course consists of a series of obstacles requiring the social, mental, and physical dexterity of a group, or an individual, to overcome. Challenge Courses are guided by the philosophy of adventure-based experiential education.

Working with the Chewelah Peak Challenge Course manager, you will have the opportunity to match your group's goals with the extensive options available.

What are some of the benefits?

- Fun
- Trust
- Team building
- Personal growth
- Relationship development
- Conflict resolution
- Increased communication skills
- Enhanced self-esteem and confidence



## The Chewelah Peak Philosophy

Our philosophy begins with our name, the Chewelah Peak Challenge Course. Rather than refer to ourselves as a ropes course, we prefer to emphasize the challenging aspects of the experience.

When you schedule a trip to the Challenge Course, we begin by asking you what you hope to accomplish. We seek to understand how the tools of the Challenge Course can be molded to fit the needs of your group. We trust you to know yourself and your group's needs, and we ask you to trust that we will use our tools to the best of our ability to create an enjoyable, worthwhile experience.

## Our Mission

Using the philosophy, theories and tools of adventure-based experiential education, the Chewelah Peak Challenge Course & Experiential Training program is committed to clients with specific learning goals emphasizing personal awareness, group awareness and skill development.

## Who facilitates groups on the course?

To meet the demand of groups wanting to use the Challenge Course, Chewelah Peak has trained and certified a cadre of facilitators. In addition, some schools and organizations choose to have Chewelah Peak train their staff so they can [facilitate](#) their own groups.

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