

1. Where are you located?

Aerial Treetop Adventures (*ATA*) at Gunstock Mountain Resort is located in the beautiful lakes region of central New Hampshire. Just up the hill from Lake Winnepesaukee in Gilford New Hampshire...click for directions.

2. What is Aerial Treetop Adventures?

Gunstock's Aerial Treetop Adventure course is an adventurous obstacle course set in the wooded area along Gunstock's pond. The obstacles/ games are suspended between trees and participants stay securely clipped into a safety cable throughout the course. The obstacles you will find during your adventure include zip lines, suspended bridges, scramble nets, swinging logs, and much more.

3. What are the courses like?

Course:	Height / Weight	Adult Supervision Requirements	Number of Games	Types of Games	Platform Height	Level of Difficulty
Explorer (Kids Course)	4'-7" with fingertips	Adult supervision from ground.	15	Climbing wall, foot bridges, nets, suspended ladders, barrels, wagon, 80 foot zip line and optional Tarzan jump.	10 to 15 Feet	
Adult:	5'-11" with fingertips <250 lbs.	Ages 12 – 15: Adult supervision from the ground or in trees. Ages 16 – 17: Release signed by Parent/ Guardian				
Green			11	Ladders, bridges, swings, Japanese steps, barrels, wagon, 60 foot zip line.	13 Feet	Easiest
Blue			9	Bridges, ropes and logs, beam, 70 foot zip line.	16 Feet	Difficult
Sliver			13	Ladders, nets, swings, seesaws, Tarzan jump, and 65 & 125 foot zip lines.	20 Feet	Difficult and more strenuous
Red			17	Cable and log ladders, crossing net, footbridges, u ropes, suspended logs, and 80 & 275 foot zip lines.	30 Feet	Very Difficult
Black			16	Logs ladder, labyrinth, suspended rings, footbridges, pirates rope, cable mounted surfboard, pirate's rope, vertical logs and 3 zip lines from 180 to 200 feet.	50 Feet	Most Difficult

4. How much does it cost?

For approximately 2-4 hours of treetop adventure, including a training session and equipment familiarization, our prices are:

Explorer Course (Ages 6 – 11, must be able to reach 4'-7" with fingertips) - \$25

Adult Course (Ages 12+, must be able to reach 5'-11" with fingertips) - \$45

Last Adventures - 3:00 (last tours of the day) – Play until 4:45 when we will clear the course (Ages 12+, must be able to reach 5’-11” with fingertips) - \$30

5. What are the hours of operation:

Fall Hours

Midweek – Fridays 9/16, 23, 30/ 2011 - 11AM – 5PM
Last Adventure – 3PM – Play until 4:45 when we will clear the course
Admissions office – 10:30 – 3PM

Weekends – September 17, 2011 through September 25, 2011
Saturday & Sunday 8:30AM – 6PM
Last Adventure – 4PM – Play until 5:45 when we will clear the course
Admissions office – 8AM – 4PM

October Schedule

Weekends Only - October 1, 2011 through October 30, 2011
Saturday & Sunday 8:30AM – 5PM
Last Adventure – 3PM – Play until 4:45 when we will clear the course
Admissions office – 10:30 – 3PM

6. Do I need to make a reservation?

We highly recommend that you book your adventure in advance as the trees get very busy. You can book by phone at 1-603-737-4388.

Our reservation line voice mail is always available and calls will be returned promptly during operational hours, however, leaving a message does not ensure a reservation.

You will need to pay the full amount at the time of booking.

7. What should I wear?

ATA is an outdoor adventure in the woods and involves walking through the woods, climbing in trees, and handling climbing equipment. Please wear comfortable clothing that allows free movement, clothing you don't mind getting dirty (pine pitch, bark, and dirt), clothing you don't mind sustaining slight damage, ankle supporting boots or sneakers (no open toed shoes or slip-on footwear). We do have some appropriate footwear for sale in our Mountainside Outfitters Camp Store. Long hair has to be tied back, waists covered and body piercings and jewelry removed or taped over. You may want to bring a change of clothing for the journey home. No helmets are required or distributed.

8. Are there any restrictions?

Explorer Course (Ages 6 – 11, must be able to reach 4'-7" with fingertips)

Adult Course (Ages 12+, must be able to reach 5'-11" with fingertips)

All participants (using the adult course) ages of 15 or less must be accompanied by an adult (on the ground or in the trees).

At ATA we welcome all guests meeting the height requirements above and weighing not more than 250 lbs.

9. What time do I need to arrive?

It is imperative that you arrive ½ hour prior to your Adventure...as ATA can be sold out on any given day it is vital to arrive on time for the start of your adventure. If you arrive late and miss your session, or cancel on the day, there are no refunds. We will attempt to put you into a later time slot if available but there is no guarantee. Arriving on time allows for a relaxed start to your adventure. Factor in extra time for driving to Gunstock Mountain Resort, parking, getting to the Admissions Center, filling out forms and using the restroom.

10. Is there any paperwork to fill out?

Whenever you are about to have too much fun there is always paperwork to fill out. All participants must complete a Waiver/ Release of Liability prior to beginning the adventure. A signature from a parent/ guardian is required for all participants under the age of 18. If a minor (age 16 or 17) is coming to Gunstock without a parent or legal guardian, the waiver must be signed. Waivers can be downloaded off of the ATA web site.

11. Can my under 18 years old son or daughter go through the course alone?

Yes and No:

- Ages 12 – 15 (incl.): A parent or guardian must be on the ground or in the course with the participants while in the course. The parent or guardian must accept responsibility for ensuring that any minors in his or her care complete the course in accordance with the specific safety rules and advice given by ATA guides.
- Ages 16 – 17 (incl.): A parent must sign the waiver which can be printed from our website. It is recommended that a parent or guardian be present while participants are in the course but not required.

12. What are the restrictions for supervising children?

Guests on the adult course between the ages of 12 & 15 (inclusive) must be supervised by an adult (on the ground or in the trees).

Guests on the adult course between the ages 16 & 17 (inclusive) must have a waiver signed by a parent or guardian.

Children cannot go tandem with their parents.

Children on the Explorer Course may be supervised by an adult on the ground. Adults are not permitted on the Explorer course.

13. Can I bring my camera/camcorder?

Yes you can! Getting a camera into the trees is straightforward - you just need a lanyard to make sure your camera is always attached - safer for everyone. If you don't bring your own lanyard, we do have them available for purchase at the admissions office. We ask that you be courteous of other treetop dwellers by not taking too much time on platforms (only 3 allowed on a platform at any time) to take photos or video.

14. Is there storage or changing facilities?

We have storage baskets available in the Admissions Center for any extra gear you need to store while you are in the trees. Restrooms are available with a changing room for your convenience and privacy. We cannot be responsible for personal items left unattended.

15. How high is the course?

ATA offers 5 Adult courses begin with the easiest and lowest games 10' to 15' off the ground, leading to more challenging games and bigger elevations, upwards of 70' off the ground. The Explorer/Children's course (ages 6 – 11, must be able to reach 4'-7" with fingertips) will be 10' to 15' off the ground.

16. Is there an instructor with you on the course?

You will receive a safety briefing and training from one of our Adventure Guides before you begin. Once you demonstrate the ability to use all of the safety equipment you have been given and observe all safety protocol, you will be directed to the start of the green course. Once you are in the trees you will have adventure guides and monitors on the ground. These folks are available to coach and cheer you on as needed (or desired) throughout your adventure. The guides are available to bring you down if you reach a point where you cannot continue and cannot reach an exit platform.

Please note: The Adventure guides reserve the right to remove guests from any of the courses if safety equipment and/ or procedures are not followed. Please note that refunds will not be issued for guests who are removed from the trees due to a safety concern.

17. How long does the course take?

Aerial Treetop Adventures is a personal experience and everyone will move through the courses at their own pace after successful completion of the training course (under the watchful eye of our Adventure Guides). ATA will take approximately 2 - 4 hours to complete.

18. Is there a time limit to complete the course?

Nope, you can go at your own pace and let people 'pass' if you're taking a little more time with an obstacle, zip line, or section. If you want to reduce the chance of being held up by people in front of you, we recommend that you book an early morning slot, as there will be fewer people ahead of you. Please note if you book one of the "Last Adventures" slots at 5PM you will have a time limit and will be pulled from the course at 6:45PM.

19. I'm afraid of heights!

You may find that with the training, coaching, and assistance from the ATA staff you will feel confident to do things you never dreamed possible. The ATA Guide and Monitor staff takes pride in their ability to “boost” your confidence and get you through even the most challenging obstacles. Why not give it a try - you might surprise yourself!

20. What if I can't finish the whole course?

The course is split into sections. At the end of each section you can take a breather or walk back to the Admissions Center if you decide to call it a day. Please note that if you decide to end your adventure early there will be no refunds. Be aware that this type of activity is highly addictive...you will want to come back to conquer the trees!

21. Is it safe?

Safety is paramount at Gunstock's ATA Course. Our guide staff will talk you, walk you, and then observe you in our demonstration course to make sure you are capable of performing the moves you need to make it through the course safely. We will guide you through the safety protocol, teach you how to use the safety equipment, and make you feel comfortable in the fact that you will be safe throughout the adventure.

That said, Gunstock's ATA courses are substantial and physically testing treetop adventure courses, which feature various zip lines and obstacles. There is inevitably a risk of injury when undertaking such activities. Participants will be responsible for attaching themselves to the safety system. If you do not attach yourself to the safety system you risk falling, which could result in a serious or fatal injury. However, the treetop course has been built to and operates under strict safety standards. Additionally, the course is inspected daily, monthly, and annually for adherence to these safety standards. All participants receive a safety briefing from a trained instructor at the start and have to wear a safety harness at all times.

22. Do I need to be fit or strong?

ATA does require a degree of physical fitness, but if you can climb up a rope ladder you should be fine. You can always catch your breath between obstacles.

23. Can we watch our friends and family from the ground?

Yes, spectators are more than welcome to watch friends and family zip line, swing and crawl, from tree to tree from the trails below along most of the courses. Signs and guides will point spectators away from restricted areas.

24. What happens if I get stuck?

Adventure Guides will come to your rescue! They have special equipment to get you to the nearest platform or safely off of the course.

25. What if I fall?

If you should fall your safety harness will catch you. Then you can regain your footing and continue through the course!

26. What happens in bad weather?

ATA is an excellent wet weather activity but is even better when dry! The course remains open in all weather conditions, except when it is icy, stormy or during lightning. Rain makes the course slicker and the ground muddier than usual - which all adds to the fun and adventure for many people! However, since you are beneath the forest canopy, it is a lot drier than standing out in an open field. Whatever the case; dress for the weather. You may want to bring a change of clothing for the journey home.

27. What is your cancellation policy?

You can cancel your Adventure by calling the Adventure Park reservation line at 1-603-737-4388. The policy reads:

- € Cancellation 48 hours or more prior to Adventure – Full Refund
- € Cancellation less than 48 hours prior to Adventure – Rain Check (Full Value, valid until the end of the current season)
- € No call for cancellation or no show – Loss of Payment

Sometimes, unfortunately, we might need to close the course for reasons beyond our control. If you have already started the course you will not be entitled to any refund (in part or in whole). We will do our best to offer alternative dates or times at reduced rates.

28. Can I do the course if I'm pregnant or have a pre-existing medical condition?

The Gunstock Mountain Resort Summer Adventure Park policy is that we recommend that pregnant women *do not* take part in the treetop adventure course (as it is a robust zip line, ropes course and there are therefore associated risks). However, we do not want to be discriminatory and ultimately the choice is yours. We are not medical experts and therefore suggest that you seek advice from your doctor on the matter.

We do not operate with full body harnesses, but have a sit harnesses. Unfortunately, we cannot allow customers to wear their own harness due to our own insurance position.

If you decide to proceed, you do so with the full knowledge that the treetop adventure course may incur risks to an unborn child.

The staff at Gunstock Mountain Resort Summer Adventure Park are not medically qualified and are not in a position to assess the capacity of participants to undertake a treetop adventure course. It remains your responsibility to undertake such an assessment prior to use of the course. We advise you to visit the course prior to booking to undertake your own risk assessment. You may also wish to contact your doctor for further advice.

29. Can I bring my dog?

Dogs are welcome at Gunstock Mountain Resort but must be supervised and remain on a leash at all times. You must clean up after your dog while on resort property. Unfortunately, dogs are not allowed to be under the Aerial Treetop Adventure Courses and are not allowed to ride the chairlift.