

ABOUT US

Welcome to Refreshing Mountain Camp. We are a non-denominational, Christian retreat facility located in Lancaster County, Pennsylvania. We provide quality facilities and meals for groups ranging in size from 20 to 400 people, while allowing them to create their own programming.



In Activities, it is our mission to bring groups and generations together to work for a common good. We will provide more than just a recreational activity. Our goals are: to create an uplifting experience, teach truths for spiritual and personal development. We provide experiences that

challenge participants to: face their inner fears, struggles, and insecurities, grow in faith, hope, trust, and love, and develop greater appreciation for one another.

ACCOMMODATIONS

Bunk Houses

We can accommodate up to 240 people in our newly painted and remodeled bunkhouses, and we only require a minimum of 30 people. All guests should remember to bring linens/sleeping bags, pillows and towels.



Hotel-Style Rooms

We have a 27 lodge rooms and 4 private rooms available to guests, totaling 31 rooms. The lodge rooms each sleep up to 6 persons, and the private rooms sleep 1-2 persons. Linen service can be provided for these rooms.



Cabins

These cabins sleep up to seven each and provide a clean, restive, wholesome opportunity for nature recreation. We look forward to hosting families and groups of friends who are looking to "get away", relax, "unplug", and enjoy the great outdoors.



ADVENTURE



JOIN THE FUN

For more information, contact:



455 Camp Road
Stevens, PA 17578
888-353-1490

www.refreshingmountain.com

Located 15 minutes west of Ephrata, PA

REFRESHING MOUNTAIN

FLYING HIGH Adventures



ACTIVITIES
THAT BUILD
CHARACTER!



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LEARNING IN ACTION

TEAMBUILDING

For groups with ages 6th grade or older and with 10-20 people. Multiple groups can run simultaneously if your group has 20+ people. These events teach concepts like: servant leadership, trusting others, being trustworthy, recognizing needs in the group and helping meet those needs, etc.



We have 20+ elements in our teambuilding course; plus a variety of portable group initiatives available. Corporate groups, churches, and public/private school groups come every year to experience new challenges and learn character traits and life skills. Teambuilding sessions can be booked in hourly segments, with the typical duration being 1.5-2 hours.

During a two-hour session, your group will most likely participate in four to six different activities. RMC keeps a history of the events that your group does from year to year, so that repeat groups can participate in different events with each visit. High school groups can enjoy visiting all four years without repeating events.

ZIP LINE & HIGH ROPES

Included as part of the Canopy Tour or can be done separately. The zip line is 400-feet of flying fun! Participants will climb into a tree "house" approx 45' in the air, and then "zip" across our pond and to the ground. We also offer the zip line at night to add another element of excitement. We line the zip course with "tiki torches" and the staff use headlamps on the helmets. You can schedule the zip line until 11:00 PM.

High ropes contains nine elements built 30-45 feet above the ground accessible by a zip line entrance and exit. Participants must weigh between 80-280 lbs.

PHYSICAL CHALLENGE COURSE

Combines physical activity with team cooperation, including challenges like running around the pond three times or doing 600 push-ups, as a group of course! For groups of 15-25 persons. Approximate duration is one hour.



Many of the events listed work well with a group size of 15-20 persons. If you have more than 20 persons in your group, multiple events can be run simultaneously (i.e. a group of 100 persons could run 5 groups simultaneously). RMC is happy to help you create an Activities Schedule for your event. We can make recommendations on activities that will fit for your group, fit your budget, etc. If you would like help in planning such an event, and/or if you have more questions pertaining to a specific activity, please contact Suzanne Harnish at suzanne@refreshingmountain.com.

SCAVENGER HUNT

In this hands on nature activity you will explore the woods to identify and collect leaves, fruits, etc. This educational experience is for all ages.

ORIENTEERING

Learn how to read a map and use a compass to follow directions. Try to follow a series of clues that will lead you to your final destination!

Other Activities

Climbing Wall

Our indoor climbing wall is 16 ft. tall, can accommodate two people at a time and is for ages 10 & up.



Giant's Ladder

A series of five rungs spaced approximately 3-5' apart. Work with a partner to get to the top of the "free-swinging" ladder as quickly as possible. The higher you go, the more you need to work together to reach the log on top. Try to get on top of the log for an extra challenge.

Climbing Tower

34 foot climbing wall with four phases of difficulty. Overhead lights allow night climbing until 11:00 PM. Up to four persons can climb simultaneously.

Giant Swing

Swing on a 35' pendulum secured by a harness and rope.



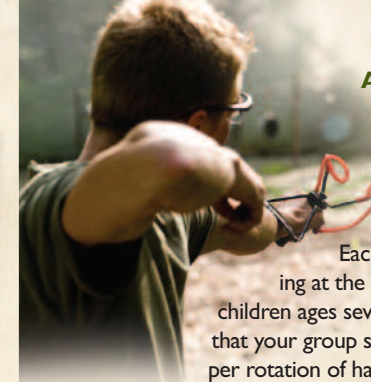
Wobbly Log

On the wobbly log, two people stand on opposite ends of the log and try to work together as you switch sides. Sounds easy right? One minor detail... it is suspended 35' in the air.

Archery & Sling Shot

Our Archery and Sling Shot courses are right next to each other, which make it very convenient to use both at the same time.

Each can have six people shooting at the same time, ideally suited for children ages seven to 15. It is recommended that your group size be a max of 20 persons per rotation of half to one hour.



Paintball Course

Participants will shoot at different targets. Participants will not be shooting at other people; instead, they will be focusing on accuracy in shooting at targets scattered throughout an obstacle course.



Camp Fire

We have different spots to set up a campfire, depending on your group size.

Pool

Our large pool is open from Memorial Day to Labor Day (plus certain weekends in May and September). It has one 30 ft. waterslide, a diving board, wet playground, and spacious decks for sunbathing. Please note that in order to promote a family atmosphere, we require modest swim attire.



Gymnasiums

We have two full-sized gyms. One of them has a sport-court floor, while the other is carpeted. Both can be set up for a variety of sports such as basketball, volleyball, indoor soccer, street hockey, etc.

COURSE MAP

