



2020
TREE CLIMBING DAY TRIP
Riveredge Nature Center, Saukville, WI
June 17, July 8, July 22, Aug. 5, Aug. 12

9:00 AM—12:45 PM

Turn your view skyward and set your sights on the treetops. Using the same professional equipment that arborists and scientists use when they ascend into the treetops, the highly trained and experienced facilitators will teach you everything you need to know to get harnessed up, in the saddle, and headed toward the treetops. Once you're at a height that's comfortable for you, you'll be free to swing, spin, bounce, walk the branches, or just hang out in a tree. But for most, this is not just a walk in the park. Prepare for a whole-body workout including mind, body and spirit. You control your experience.

What to look forward to:

- A great workout for the arms, legs, and core
- Find balance in nature; physically, mentally, and emotionally
- A self-paced adventure, not a race or competition
- Spectacular views of the forest canopy
- A great morning!

What to Bring?

- Loose, comfortable clothing (t-shirts and long pants recommended)
- Closed-toe and Closed-heel shoes
- A signed, permission waiver
- A great attitude
- Sunscreen, bug spray, and waterbottle



In the event of a medical emergency, the Day Trip Leader carries a First Aid/CPR/AED certification and additional appropriate care will be sought at Aurora Medical Center, Port Washington, WI (approximately 20 minutes, 13 miles away).



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