

# PAUL R. CHRISTEN NATIONAL HIGH ADVENTURE BASE

## BERMS & BARS

### 2017 Program Fee

# \$779

Price includes tent, cot, food and all program equipment.

June 11, 2017 through July 8, 2017

### Program Overview

Your Berms & Bars program takes you into the world of BMX. Depending on your current skill level, you will be introduced to basic to advanced BMX skills and try three different style of BMX – dirt jumping, racing and freestyle.

You will also have hands on experience with BMX bike maintenance and repair.

Participants must be comfortable riding a bike and have some experience with BMX bikes, mountain bikes or road bikes.

Complement your three days of in depth BMX experience by participating in other Summit program activities. You will have the chance to ride the Big Zip – our 3200 ft zip line –, complete a service project and select two electives from the Adventure Zone venues (see back).

### BERMS & BARS ITINERARY

	SUN	MON	TUES	WED	THURS	FRI	SAT
AM	ARRIVE	ASSESSMENT	DIRT JUMP	RACING	SERVICE	ELECTIVE	DEPART
PM	ARRIVE	SKILL DEV	FREESTYLE	RACING	ELECTIVE	BIG ZIP	
EVE	OPENING PROGRAM	SUMMIT CENTER ACTIVITIES				CLOSING PROGRAM	

\*Sample schedule. Actual schedule will vary.

### Our Philosophy

The Summit encourages participants to grow in competence, confidence and awareness by providing experiences that require participants to move out of their comfort zones and “stretch” themselves. The Summit uses action and adventure sports to help each individual find their personal “stretch” zone.



For reservations and information, visit  
[www.SummitBSA.org](http://www.SummitBSA.org)



## Paul R. Christen National High Adventure Base

The Summit Bechtel Family National Scout Reserve offers a variety of Scouting programs through the Paul R. Christen National High Adventure Base, James C. Justice National Scout Camp and Summit National Training Center.

Christen National High Adventure Base headquarters and camping can be found east of Scott Summit Center across the CONSOL Energy Bridge. Tents and cots are provided. Breakfast and dinner are served in the Scott Summit Center dining facility. High Adventure participants pick-up a shelf-stable lunch at breakfast to carry to their daily activities.

All high adventure program run Sunday to Saturday with early arrivals and late departures available to accommodate travel schedules.

### Scott Summit Center

The Scott Summit Center is the place where all Summit program participants – Christen High Adventure Base, Justice Scout Camp, Summit National Training Center – converge for evening activities.

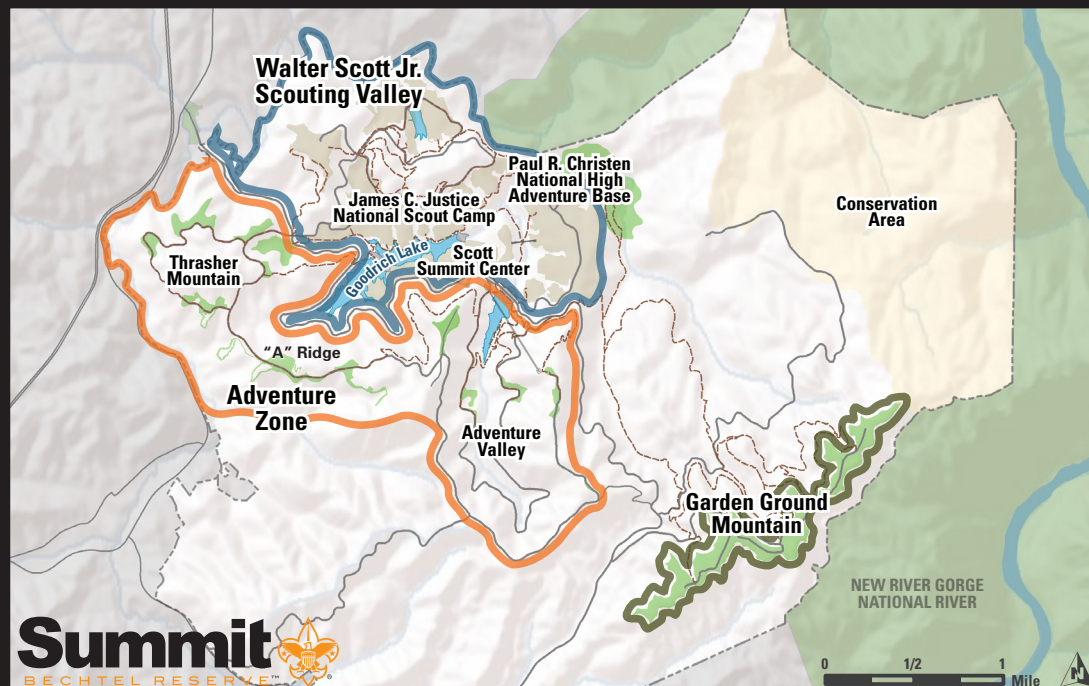
Evening programs at the Scott Summit Center offer opportunities for added adventure and outdoor education at Action Point, Goodrich Lake, Gateway Village, Legacy Village and Boulder Cove.

This includes the following venues and activities:

- Action Point Canopy Tour
- Action Point Challenge Course
- Jared Harvey Mountain Bike Trails
- Action Point Skate Plaza
- Action Point BMX Trax
- Boulder Cove Climbing Area
- Sustainability Treehouse
- Action Point Archery & Tomahawks
- Freedom Field Sporting Arrows
- and more

## Summit Bechtel Reserve

(304) 465-2800 (F) (304) 465-2819  
summit.program@scouting.org



## ADVENTURE ZONE

**ADVENTURE ZONE VENUES** include areas on Thrasher Mountain (TM), "A" Ridge, and Adventure Valley (AV).

**THE CANOPY:** The forest at the northeast edge of the Paul R. Christen National High Adventure Base is home to eight different canopy tours. Each course consists of multiple zip lines, bridges and self-rappel elements.

**THE PARK.** This skatepark presents a variety of elements - transition, street, bowls, vert and foam pits. (TM)

**THE TRAX.** The BMX racing facility offers a variety of track configurations including jump, pump, downhill and flat. (TM)

**THE BOWS.** The archery facility provides the chance to shoot static ranges of varying distances, sporting arrows (shooting discs out of the air) and the 3D walking range. (A)

**THE BARRELS.** The shooting venue is home to trap, five-stand, sporting clays, long distance rifle and pistol ranges. Summit Experience participants focus on trap and sporting clays only. (A)

**THE ROPES.** Participants navigate a vast array of challenge course and high ropes activities. The Ropes offers four regular high ropes courses and the AEP Power Tower, a vertical challenge course that dares you to make it to the top. (AV)

**THE ROCKS.** Participants spend one half day climbing, rappelling and taking the "Leap of Faith". Climbing routes have difficulty ratings from 5.5 to 5.11, making the The Rocks versatile for climbers of all ability levels. Climbing shoes are provided. (AV)

**LOW GEAR:** Our cross country mountain biking venue boast 19 miles of trails. Green, blue and black trails offer rides of varying difficulties. Advanced riders may tackle the 17 miles of downhill trails available at HIGH GEAR. (AV)

**THE ZIP:** This 3200 foot zip line begins at HIGH GEAR above ADVENTURE VALLEY and speeds riders at speeds nearing 60 mph over the valley and BRAVO LAKE. (AV)

**BRAVO LAKE:** One of the reserves four lakes, Bravo Lake is the base for the Summit's high adventure kayaking crews. (AV)