

2023 Activities

A variety of activities are available throughout Fall Family Retreat. You may sign up for any of them according to your family's interests. You do not have to participate in activities during the Retreat.

Paddle boats are offered free of charge all weekend thanks to CAPE and there are a number of low-cost options, including Geocache and Disc Golf. If you want to participate in Geocache or Disc Golf, please let the office know so they can give you instructions and/or equipment.

You may sign up for Saturday afternoon activities beginning at 3 pm (Registration) on Friday. Sign-up sheets will be available in the Office. All spots are first-come, first-served.

If you want to sign up for Saturday afternoon activities, but don't plan to arrive at Sacramento until after 3 pm on Friday, you can text or call **Erin** beginning at 3 pm on Friday to reserve your spot.

If you will be joining us early on Thursday, select activities from the list below can be accommodated that afternoon. Please contact the Sacramento office at **575-687-3414** directly to sign up for those activities.

If you are coming to Sacramento early on Friday and want to participate in any of the Friday afternoon activities, please contact **Erin** or Sacramento at **575-687-3414** directly to sign-up.

The fees for activities will be paid when you register and are paid directly to Sacramento Camp.

Staff members will be at the pond bridge before the start of every activity to take you to the activity location.

Horse/pony riders will also meet at the pond bridge and be transported to the equine area.

Everyone signing up for an activity must sign a waiver with Sacramento.

Closed toe shoes are required for every activity.

.22 Cal Long Rifles (1 session: Saturday @ 1) - \$13/person (includes 1 box of ammo {50 rounds}, rifle and targets); additional ammo \$7/box (Age: 14+ or 11 with a parent)

This is the perfect event for the new shooter. We have 12 small caliber rifles and ammunition that offer the benefits of easy aiming as well as next to no recoil.

Archery (2 sessions: Saturday @ 2:30 & 4) - \$12/person (Age: must be able to operate bow ~10 years)

We provide compound bows, arrows, and targets. We go through the safety of handling the bow as well as how to shoot and aim with it. Recommended for middle school kids through adults.

ATV, Guided (1 session: Friday @ 3) - \$48/driver, single or \$54/driver with passenger (Age: must have driver's license to drive, 12+ to ride as passenger)

We have single-seater ATVs and 3 two-seater ATVs. We go through a safety briefing, show how to use the machine, and set off on a guided tour of the trails that we have here on site. The trail ride can last anywhere between 3 and 5 miles long, depending on the skill level of the participants. Any driver must have their driver's license and any passenger must be at least 12 years of age.

Disc Golf (available all weekend) - \$2 disc rental, \$10 disc purchase (All ages) – you can also bring your own frisbee at no cost.

We have an 18-hole disc golf course open 24/7 on our property. Bring your own discs and play for free or rent one of our discs. Stop by the office to rent a disc or for a map on how to get to the course!

Fling Thing (3 sessions: Saturday @ 1, 2:30 & 4) - \$6/ride (All ages – must weigh between 20 and 200 lbs.)

This activity is perfect for young kids! We attach bungees to the participant and let them jump on the trampoline. The bungees help the participant jump higher to allow for flips or tricks. It is a real confidence booster. The participant must weigh between 20 and 200lbs.

Geocache (available all weekend) – \$2/GPS Rental (All ages)

This is a fun activity that can be done at your own leisure! Geocaching is where you search for hidden containers. But all you have are the GPS coordinates. We have 18 containers hidden on our property and have the GPS coordinates entered into our GPSs. They will lead you close to where the container is hidden. Once you find the container, sign the paper inside and start looking for the next one!

Horse Trail Ride (Horseback) (2 sessions: Friday @ 3; Sunday @ 1) \$30/person (Age: 7+)

Much like the ATV guided tour, this is the same thing but on horses! We go through a safety briefing, show how to ride a horse, and set off on a guided tour of the horse trails that we have here on site. The trail is typically about 1.5 miles long. Participant must be at least 7 years of age.

Laser Tag (1 session: Saturday @ 4) - \$10/person (Age: ~4 years - parental discretion)

This is perfect for a bigger group to all enjoy an activity together. We play laser tag outside within the forest. This is a fun spin on the typical indoor laser tag that most people experience at arcades.

Mountain Scooters (7 sessions – Friday @ 1, 2:30 & 4; Saturday @ 1, 2:30 & 4, Sunday @ 1) - \$6/person (Age: 10+)

This activity is perfect for the dare-devil speed-demon in all of us. These oversized scooters can handle any terrain and are a lot of fun winding down the trails on property. We can accommodate up to 12 scooters.

Pony Rides (1 session: Saturday @ 2:30) - \$6/ride (Age: 6 and under or developmentally delayed)

This is an opportunity for the younger kid to also ride a horse. We have the participant sit on the horse as we walk the horse around the sports field. The participant must be able to sit up on their own and be under 7 years of age.

RC Cars (2 sessions: Saturday @ 1 & 4) - \$9/battery (All ages)

This is perfect for little kids! We have remote control cars that are a little under 2 feet long that the participants get to drive all over wherever they want. This family-friendly activity is great for a small group to play and hangout with each other.

Free Activities

We will have a **free family kickball game** Saturday afternoon from 1 - 3. Join us between activities or compete the entire time!

A **toddler/preschool obstacle course** will be available near the playground on Saturday afternoon. Let your little ones run the gauntlet at our dinosaur-themed challenge!

Paddle Boats will also be available free of charge (courtesy of CAPE) all weekend. All ages.

This family-friendly, laid-back activity is perfect for the person who loves to relax in the outdoors. We have 4 paddle boats that can each seat 4 people and 4 kayaks that can each seat 2 people. The participants can go anywhere on our pond. We only ask two things: that an adult is present and that anyone in a boat or kayak be wearing a provided life jacket.