



Hidden Meadows
Camp Hidden Meadows
Bartow, WV 24920
Phone 304-456-5191 or 800-600-4752
Email: info@camphiddenmeadows.com
www.CampHiddenMeadows.com

The Allegheny mountains of West Virginia....

Whether you're planning a retreat for a youth group, home school group, building cohesiveness among your management team, or looking for an adventure outing for your middle school, high school, or university students, the Hidden Meadows has a custom-made experience for you.

We can accommodate up to 165 people in a group, and we offer a wide variety of programs to suite the unique needs of many organizations. Your group's visit is guaranteed to be an exciting, adventurous experience. Our professional and dedicated staff is ready to work with your group to provide exciting and safe programs.

Set in the Allegheny Mountains, which form the Virginia-West Virginia border. Two hundred-fifty acres of field, woodland, pond, trout stream, and farmland compose our setting. Surrounded by the Monongahela and George Washington National Forests our beautiful location allows us to offer memorable experiences in pristine wilderness areas. Participants utilize the center's dining hall, cabins, platform tents and recreational and training facilities such as the bike shop, pond, climbing walls, challenge course, zip lines, pond, nearby lake, and biking, hiking and horseback riding trails.

Facilities include:

Dining Hall

Cabins

High ropes course

Indoor climbing wall

1000 foot Mountain to Valley Zip line (one of the longest on the East Coast)

Infirmery

Art Center

Bike shop

Watershed and wetland areas

Trail system on our property with miles of trails in the bordering National Forest

Large campfire areas

Pond for swimming

Orienteering and GPS courses

Outdoor Classroom:

One goal of any teacher is to achieve learning that endures – lessons that will not be forgotten when the class is over. Whether youngsters or adults, the lessons that last are those that we learn in a multi-sensory way (experience-based learning.) No matter the subject, The Outdoor Learning Center at Hidden Meadows enhances traditional classroom learning by exposing students of all ages to nature in all its variety and providing thoughtful and interesting programs that enable people to fully appreciate and value their outdoor learning experience. Our fields, forest and watersheds provide a wonderful place to explore and learn. Our farming operation is continually adding many new and innovative farming practices to complement our barnyard of goats, cattle, alpacas and chickens. We find this combination of natural and program resources offer participants a tremendous opportunity for learning and growth in the outdoors.

Environmental Education:

One of the goals of the OLC is to provide students with environmental learning and outdoor experiences that enhance their appreciation of the natural world. We firmly believe that working and learning in the outdoors provides the best way for students to learn about the world around them. Lessons learned help them grow as individuals and contribute to the well being of their family and community living environment.

High Challenge Course:

The Outdoor Learning Center features a high ropes course comprising 6 elements. The ropes course consists of a number of separate challenges, varying in height and difficulty. High challenges provide a number of options so each participant can choose their degree of challenge. The course provides opportunities for participants to expand their comfort zones and to overcome fears that can block personal development and achievement. Our 'challenge-by-choice' approach enables every participant to experience their own success in the context of their own ambitions.

Adventure Activities:

We offer a variety of outdoor oriented activities. Many are staged at our campus while others have us exploring the adjoining national forest. All are geared towards creating a safe environment in which individuals may learn about themselves and how they work in a group setting.

Leadership and Teambuilding:

The Outdoor Learning Center will work co-operatively with you to develop experiential, non-competitive programs designed to enhance leadership, and develop teamwork. Lessons learned are highlighted, shared and processed by our experienced OLC staff.

Programs:**Prices:**

| | |
|---|-----------------------|
| Canoeing (on nearby Lake Buffalo) Enjoyable canoeing in a beautiful setting. | \$20.00/person |
| Caving Explore the mysterious features of local caves while exhibiting trust and confidence in your teammates. | \$45.00/person |
| Rock Climbing Challenge your body, mind, and spirit with some of the best climbs in West Virginia. | \$55.00/person |
| Overnight Backpacking: Join us in an overnight hiking trip. We provide all the gear. | \$35.00/person |
| Horseback Riding We offer English Style Instruction in our ring. | \$35.00/person |
| Mountain Biking Tour up and down our exciting trails, adjoining national forest trails or choose a nearby relaxing rail-to-trail. | \$30.00/person |
| Climbing Wall Challenge yourself with varying climbs on our indoor climbing wall and outdoor climbing tower. | \$15.00/person |

| | |
|---|----------------------------------|
| Mountain to Valley Zip line Soar down the mountain on our famous 1,000 ft. zip line – one of the longest on the East Coast! | \$15.00/person |
| Low Initiatives Challenge yourself and grow as a team while you experience our thought provoking low ropes initiatives course. | \$20.00/person (half day) |
| High Ropes Challenge yourself and grow as a team while you experience our exhilarating high ropes course. | \$35.00/person (half day) |
| Combined Program - low initiatives and high ropes | \$50.00/person |
| The Hidden Meadows Day of Adventure: Adventure hike, creative art activities, raft building and other unique group initiatives. | \$40.00/person (all day) |
| Nature Awareness Classes Hike Astronomy, Stream Ecology, Plant and Animal Identification and studies of ecological systems. | \$25.00/person |

Lodging:

Cabins: Our cabins vary in size and sleep 8-16 people. Hot showers and flush toilets are located in some cabins while others utilize a building adjacent to the cabin with modern facilities. Minimum group size of 20 people.

\$20.00/night per person. 20 - 50 people
\$15.00/night per person. 51- 100 people
\$12.00/night per person. 100 and more

Meals:

| | |
|---|---|
| Breakfast | |
| Cold breakfast: bagels, toast, yoghurt, cereal, juice, milk and coffee | Cold \$6.00/person |
| Hot Breakfast: Choice of Eggs & Bacon, Pancakes & Syrup, Biscuits & Gravy, Waffles & Sausages or French Toast! All breakfast served with juice, milk and coffee. | Hot \$8.00/person |
| Lunch | |
| In our dining hall: Options include Sandwich bar, Soup and extensive salad bar. | In our dining hall \$7.50 / person |
| Packed lunch: sandwich, chips, fruit and granola bar. | Packed \$6.00/person |
| Dinner Your choice of Spaghetti, Taco Bar, Lasagna, Hamburger/Hot Dogs! All dinners served with salad and dessert. | \$9.00 / person |