

JOE 2019 Information Packet for **Tree Top Adventure at Skytop Lodge**

Day: Sunday	Start Time: 8:30 am	End Time: 4:30 pm
Co-Leader: Susan Allen	Co-Leader: n/a	Limit: 15 people
Transportation: Van D	Driver: Brian Horowitz	Radios: 0 / First Aid Kit: 1
Fees: \$66	Travel Distance: 35 Miles One Way	Travel Time: 40 Min One Way

Tree Top Adventure at Skytop Lodge

Four-hour Treetop Adventure Course is just over 3,000 feet in its entirety with varying obstacles including elevated bridledways from one tree platform to the next, logs hanging from ropes to walk across, ladders, a cargo net, and a total of 16 different zip lines. The course is 50 feet off the ground with over 30 different midair elements. You don't have to be in excellent shape to do this, but you need to be an active person. This four-hour adventure is worth the cost, and then some. Not for the faint of heart, but it can also be tailored to your activity level. If uncomfortable with a course, you have the opportunity to walk to the next one. There are five separate courses covered that increase in levels of skill as you move along.

- \$66 Charge per person.
- Distance from camp 40 MIN / 35 MI
- [YouTube Video of the Course](#)

Participant Requirements:

- Able to reach with their hands above their head to a height of 5'11" standing flat-footed on the ground
- Must have a waist size less than 42 inches and thighs under 26 inches.
- Hair long enough to touch your shoulders must be tied back
- Closed-toe shoes with back support, preferably sneakers or sturdy walking shoes
- Wear appropriate clothing for current weather conditions. You will be outside the duration of the day.
- This will be a rain or shine activity unless there are thunder and lightning at their location.
- All Treetop participants will be required to sign a waiver
- Bring
 - Gloves (Fingerless gloves for sale for \$3 from vendor)
 - Water bottle clipped to self.
 - Cameras only if attached to the body (not around the neck)
 - [Croakies](#) or [Chums](#) for any glasses

Leaders Notes:

- LEAVE ON TIME!!! Otherwise, you will miss your designated start time and may not be able to do all or part of the activity.
- Good walking shoes or sneakers recommended. **NO OPEN TOED SHOES PLEASE.** The vendor will not allow incorrect footwear, so do not allow anyone in the vehicle wearing anything inappropriate.
- Suggest a spare change of shoes/socks for after the climb. Leave them in the car/van.
- On arrival, go directly to the adventure center and check-in.
- Remind everyone to use the bathroom BEFORE putting on their harnesses.
- Bring 2 liters of water in a water bottle that will attach to your body without the use of your hands and does not go around your neck.
- **Your booking is at 10 am. YOU MUST ARRIVE 30 MINUTES before YOUR BOOKING** or risk may not be able to do all or part of the activity. This did happen in 2015, and they did shorten the experience. People were not happy.

Logistics:

- 8:30 Leave Camp
- 8:30 am – 9:30 am - Travel from Cedar Lake Camp to Tree Top Adventure at Skytop Lodge
- 9:30 am– 10:00 am - Check-in at the Adventure Center at Skytop Lodge/ Bathroom
- 10:00 am – 2:00 pm - Treetop Adventure Course
- 2:00 pm - 3:00 pm – Lunch / Bathroom / Explore the lake
- 3:00 pm – 4:30 pm - Return to camp (with a stop at Shohola Falls and/or Ice Cream)

Some comments/pointers from Yelp

- Suggest swapping cameras with someone, so you get pictures of you on your camera.
- Our guide was amazing, and he effortlessly walked across the tight rope without holding on.
- Different types of bridges
- Difficulty level progressively increases
- If uncomfortable with a course, you have the opportunity to walk to the next one.
- Lots of fun to be had
- A guide accompanies you from course to course. You must wait for the entire group to complete before proceeding to the next course, and that gets tiresome, especially if some in your group are intimidated.
- If the group takes too long, they don't go on the last course, which is what happened to us, and we were looking forward to it as it appeared to be the most challenging course.
- Bring water and bug spray to make it more enjoyable.
- The course consists of 4 levels of skill with ropes and ladders and then zipline rewards! Like ski slopes, after three increasingly difficult but reasonable courses, there is a Black Diamond challenge which is much harder. Some of us completed it but found it difficult. Everyone loved the zip lines, of which there were many! Safety was stressed, which was a good thing. Our only quibble was with the fees over and above the basic charge for gloves, water, and koozies, all of which were needed for the adventure. We felt that at least the one-use gloves should have been included in the pricing.
- I would recommend this for those that are active. You don't have to be in excellent shape to do this, but you need to be an active person. You do, however, need to be in better shape to complete the diamond course. I would also recommend wearing sneakers or hiking boots, bringing a bottle of water, a bringing a small backpack to put your phone and keys in (you can also use a basket they give you at the beginning to store your items, but then you won't be able to take pictures). You will also want to leave your sunglasses, jewelry, and Fitbit (I lost mine) in the car. You will not be able to go to the bathroom, but none of us had to so it wasn't a problem.
- Warning no first aid. Make sure to bring one of your own and/or Mosaic supplied
- They had two large coolers of water but no cups.
- The first one has many high ropes obstacles about 20 ft off the ground and will quickly tell you if you're in over your head or not. They mix up the obstacles with a few ziplines here and there.
- The last of the five courses is America-Ninja-Warrior worthy (okay...almost!) and completely OPTIONAL! My husband and I both did it (we're athletic 40-somethings, but we don't work out) with our 20ish daughter. We took a few breaks along the way, but it was fun and challenging. Am I sore two days later? You bet. Would I do it all over again? ABSOLUTELY!

Vendor Info

- **USE: The Adventure Center at Skytop Lodge:** Corner of Route 390 and Dutch Hill Road, Sky Top, PA 18357
 - Owned by: **Skytop Lodge:** 1 Skytop Lodge Rd, Skytop, PA 18357 | (855) 345-7759 | www.skytop.com
- Use for mapping 1 Dutch Hill Rd, Canadensis, PA or 18325 41.238569, -75.232049
- <https://adventurecenter.rezdy.com/> for Adventure Center options | advres@skytop.com | 570-595-8988

TREETOP ADVENTURE COURSE AND ZIPLINES at SKYTOP LODGE

Harness #

I will follow these rules:

1. I will only participate if I am physically fit and am not under the influence of alcohol, drugs or medication. If my Guide determines that I am impeding the timely progress of the group, they may reserve the right to lower me to the ground or end my session at any time.
2. **I will participate in the demonstration course, even if I am returning guest. Refunds are only granted immediately after the demonstration course. Refunds will not be granted once I depart from the Adventure Center building to undertake the treetop course or zip line.**
3. **I will follow the instructions of the Guide staff.** Failure to follow the instructions of my Guide or the inability to stay focused on the safety requirements will result in the ending of my session. NO refund will be given for safety violations
4. I will keep **at least one** of my safety lines attached to the main safety line at all times. Failure to do so will result in my Guide lowering me to the ground or ending my session.
5. If I fall during the course and am unable to easily get back on the course I will call for help "GUIDE, GUIDE, GUIDE!" and wait for my Guide to assist me.
6. I will not walk under the course. I will stay on the marked trails when I am on the ground.
7. I will wear appropriate footwear, not sandals. **Long hair must be tied back.**
8. Participants under 16 **must stay with their adult companion at all times.** They can not complete the course if their adult companion stops the course.
9. Taking any property onto the course may result in it being damaged or lost, I do so at my own risk.
10. No clothing may be tied around the waist or otherwise be too loose that it could become caught on the equipment.
11. All supplied equipment will be returned immediately after its use. Other guests are waiting to use it. Failure to return the supplied equipment will result in a \$250 lost equipment charge. I am responsible for any damage to equipment due to negligence or unsafe acts and I will be charged to replace damaged equipment.
12. All participants should make a stop at the restrooms before going through the course. There are no restroom facilities on the course.
13. **One adult may take up to three children under the age of 16** with them on the course. A ratio of at least one participating adult to three participating children must be maintained.
14. I understand that in the event of Thunder and/or Lightning, The guides will evacuate everyone from the course. If my group has completed the first two courses, no refund or rain check will be given, nor will we be rescheduled. If my group has started the course but not completed the first two courses, we will be rescheduled. Refunds will only be given for groups that have not started the course, and a receipt must be in possession of the guest.

Name:

Signature

**SKYTOP LODGE CORPORATION also d/b/a SKYTOP LODGE
(Hereafter referred to as "Skytop Lodge Tree Top Adventure Course")
RELEASE OF LIABILITY—Skytop Lodge Tree Top Adventure Course and Zip Lines
ACKNOWLEDGEMENT AND WAIVER OF RISK**

I hereby acknowledge that I understand the risk of injuries and physical demands which are associated with my participation in the Skytop Lodge Tree Top Adventure Course. I understand that this is an elevated course with many challenges which are also called "games". I understand that I will be in a safety harness which I am required to wear for the entire course and I will have two safety lines which I will be required to fasten and unfasten to the main safety lines as I make my way along the course. I agree that at all times I will keep at least one safety line attached to the main safety line. I understand that I need physical strength and stamina to participate in the Skytop Lodge Tree Top Adventure Course. I understand that if I lack the strength to participate in the course I am putting myself at risk for injury. I agree that I will call for help if I am in need of assistance. I agree that if it is determined by a staff member that I am unfit to continue participation in the course because I lack the physical strength to complete the course, because I am not following instructions or for any other valid reason I will be asked to leave the course. I understand that I will not be entitled to a refund of fees paid. I understand that the safety lines which will be attached to my harness are approximately 28 inches long and that if I were to lose my footing along the course I could fall the length of the safety line. I understand that if I fall and am unable to easily get back on the course I will call for help and wait for a staff member to assist me in my descent from the course. I understand that I could sustain a physical injury as a result of my participation in the Skytop Lodge Tree Top Adventure Course. I will be in a natural setting where I could fall, suffer heat stroke, be struck by a tree or be injured as a result of coming in contact with elements of the course, including the potential for permanent disability and death. Understanding these risks I choose to participate in the Skytop Lodge Tree Top Adventure Course. I acknowledge that the Skytop Lodge Tree Top Adventure Course, is not responsible for any personal items, left in the care of staff or not, which are lost, stolen or damaged. I agree to cover the cost repair or replacement if I damage or lose any of the loaned equipment. I agree the Skytop Lodge Tree Top Adventure Course is allowed to use any video images or photographs in which I appear for advertising. I have read and understand all the terms and conditions stated in this form and voluntarily agree to take part in activities. Participants under 16 must have the signature of an adult

**SKYTOP LODGE CORPORATION also d/b/a SKYTOP LODGE
ACKNOWLEDGEMENT AND WAIVER OF RISK**

- In consideration of using Skytop Lodge's facilities or premises, and/or equipment, I agree not to sue Skytop Lodge Corporation also d/b/a Skytop Lodge or their employees or agents if I am hurt while using any of the foregoing. I accept full responsibility for any and all damages or injury to myself, or injury or damage that I cause to others. I release and agree to hold harmless and indemnify Skytop Lodge Corporation also d/b/a Skytop Lodge and its owners, agents, and employees from and for all liability, including claims of negligence, for damages or injury to myself or to any other persons for personal injury or property damage: that occurs as a result of, or related to, my use of Skytop Lodge's facilities or premises, and/or equipment that is related to instruction I receive about Skytop Lodge Tree Top Adventure Course, or to the selection, adjustment, or maintenance of the equipment that I am renting or using, that occurs while I am engaged in these sports activities.

I have read the Release Agreement above, and I agree to be bound by its terms.

Witness Whereof, and intending to be legally bound hereby, the undersigned hereunto sets his/her/their hand(s) this _____ day of _____, _____.

Print Name _____ Room # _____

Address _____

City _____ State _____ Zip Code _____

Signature of Patron _____ Date _____

Underage Participant – I confirm that I am the full age of eighteen years, and that I am the legal parent or guardian of the participant noted above, have read and understood this Release Agreement prior to signing it and agree that this Release shall be effective and binding upon my heirs, next of kin, executors, administrators, and assigns. The Participant and I willingly accept all the risks of the Participant's Activities including without limitation the risks described above and the possibility of personal injury, death, property damage or loss resulting there from.

Parent's signature (if user is under age 16) _____ Date _____

TREETOP ADVENTURE COURSE AND ZIPLINES at SKYTOP LODGE

REGISTRATION FORM

<i>First name:</i> _____	<i>Last name:</i> _____
<i>Address:</i> _____	
<i>Town:</i> _____	<i>State:</i> _____
<i>Zip Code:</i> _____	<i>Tel:</i> () _____
<i>E-mail:</i> _____	

Health Appraisal

Date of birth: _____ (day) / _____ (month) / _____ (year)

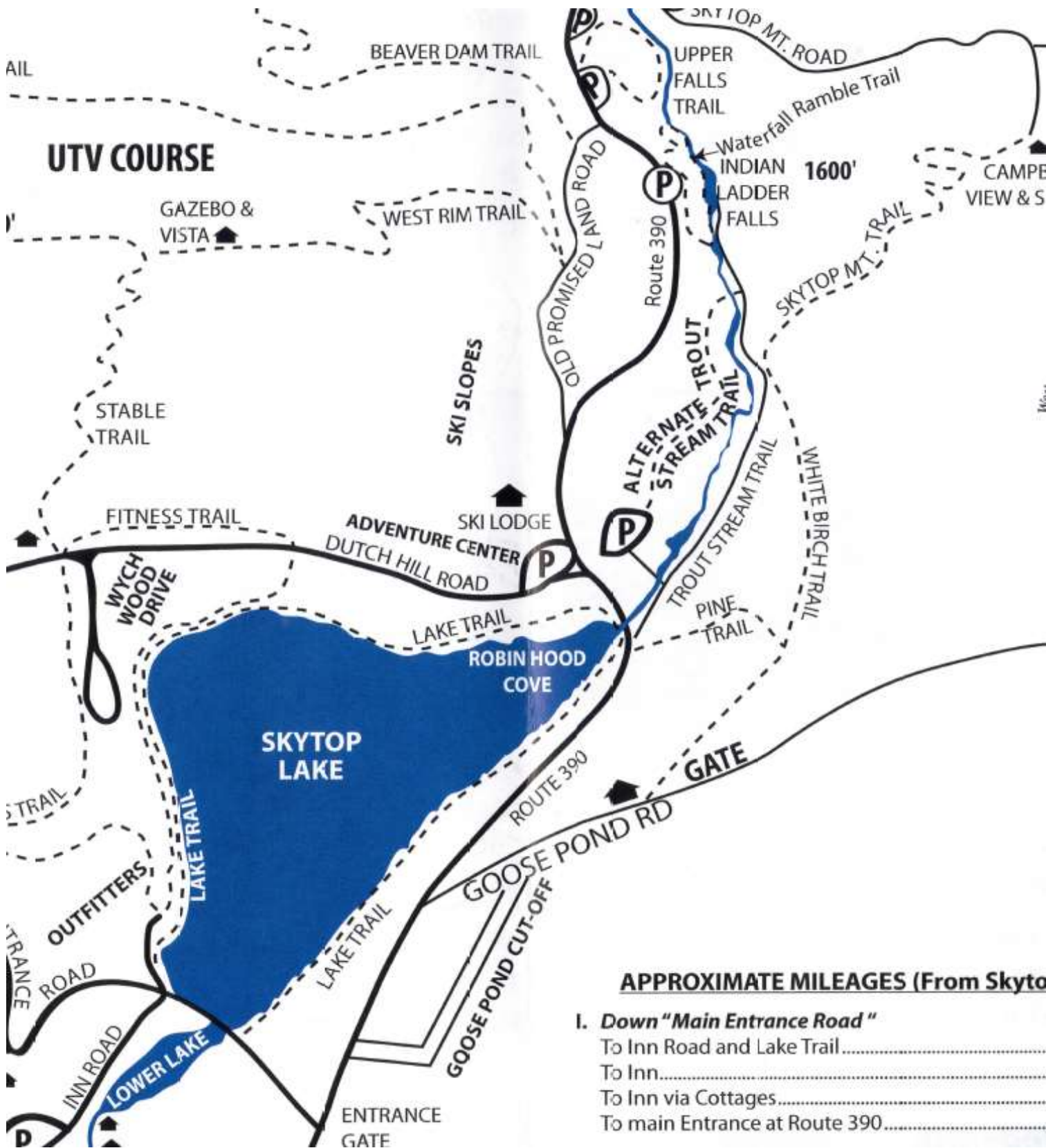
Person to contact in case of emergency: _____

Relationship: _____ *Telephone:* () _____

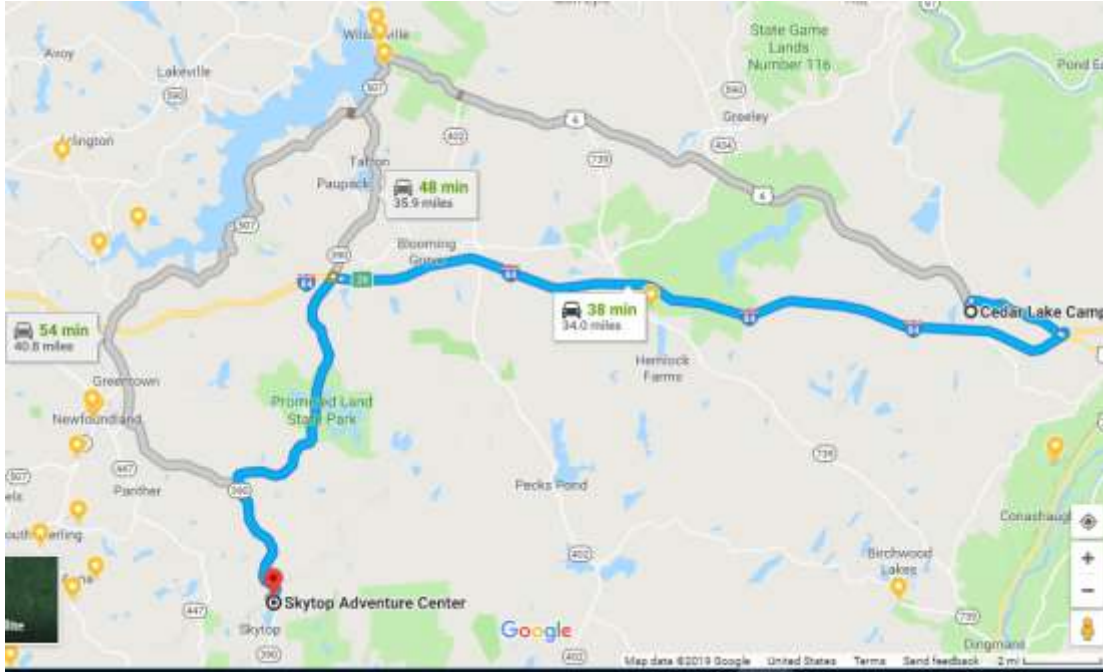
PLEASE CIRCLE

If yes, please specify.

Are you pregnant?	Yes	No	
<i>Do you suffer from:</i>			
Vertigo	Yes	No	_____
Allergies	Yes	No	_____
Heart condition	Yes	No	_____
Physical limitations	Yes	No	_____
Other	Yes	No	_____
Other	Yes	No	_____
Other	Yes	No	_____



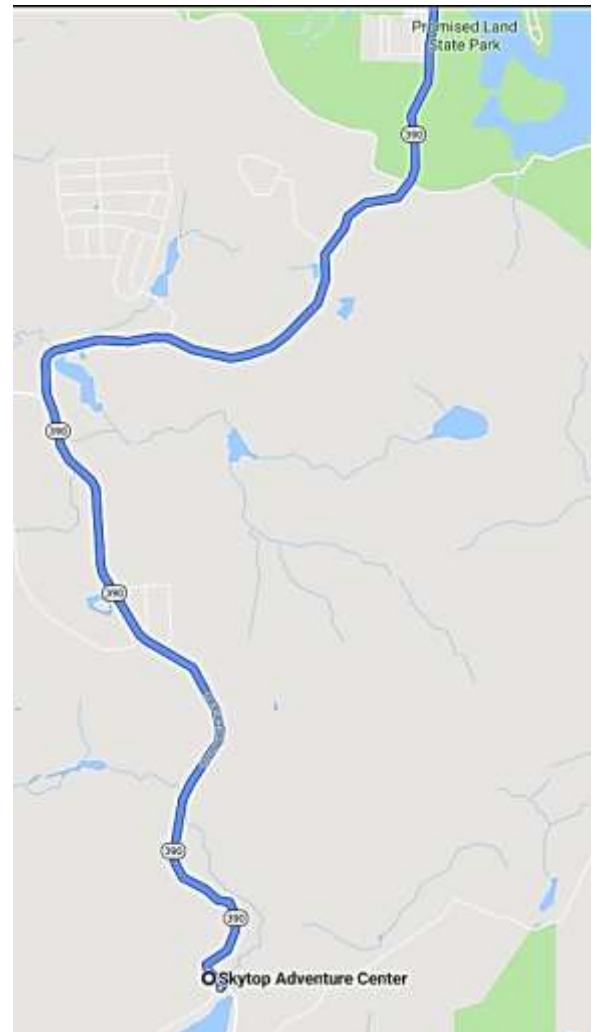
Directions from Camp to Skytop Adventure Center



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40MIN 34.1MI / Est. fuel cost: \$2.55

1. Head out of the camp driveway and turn left going northwest on Sawkill Rd toward Bridge Rd.
 - a. Then 0.21 miles 0.21 total miles
2. Take the 1st right onto Bridge Rd.
 - a. If you reach Grand Army of the Republic Hwy you've gone about 0.2 miles too far
 - b. Then 0.16 miles 0.37 total miles
3. Turn right onto Grand Army of the Republic Hwy/US-6 E. Continue to follow US-6 E.
 - a. Then 2.54 miles 2.90 total miles
4. Merge onto **I-84 W** via the ramp on the left.
 - a. You went too far if you crossed over Rt. 84
 - b. Then 19.78 miles 22.69 total miles
5. Take the PA-390 exit, **EXIT 26**, toward Tafton/Promised Land State Park.
 - a. Then 0.29 miles 22.98 total miles
6. Turn left onto Fairview Lake Rd/PA-390.
 - a. If you reach I-84 W, you've gone about 0.3 miles too far
 - b. Then 1.61 miles 24.59 total miles
7. Keep right at the fork to go on PA-390.
 - a. You will pass through Promised Land State Park.
 - b. Then 9.49 miles 34.09 total miles.
8. Skytop Adventure Center @ the corner of Krummel Hill Rd (Rt. 390) & Dutch Hill Rd.
 - a. If you see the lake on your right and reach the main entrance to Skytop Lodge, you've gone a little too far.



Shohola Falls Excursion

On the return trip, you can make a slight detour to see Shohola Falls. This will add ½ to two hours to your travels pending on how long you stay to view the falls. You need to be back to camp by 4:30 pm at the latest. The Eastern View of the falls walk down to the falls is short, but rocky and steep. The trail can be muddy due to recent rain. You may get wet from the spray of the falls in high water.

Shohola Falls is located along Route 6, 10 miles northwest of Milford, Pennsylvania, in State Game Lands 180. State Game Lands 180 is an 11,000-acre area of protected land which is dominated by Shohola Marsh Reservoir and its surrounding marshes.

Shohola Creek flows into the lake and then flows out of the lake at the dam on the northeastern corner of the lake. Shohola Falls is just below this dam. The dam seems to have little effect on the flow of the waterfall as it is often flowing, even during the drier months.

This constant flow of water travels over this impressive waterfall that is roughly 75 feet wide and 50 feet tall. Shohola Falls is incredibly powerful and beautiful. The sheer amount of water that flows over this waterfall, even when others in the area are low, is very impressive.

The Shohola waterfalls can be viewed from three sides thanks to a 90-degree turn that the creek makes just below the bottom of the falls. The best views are from the ledge directly in front of the waterfall, giving you a head-on view of the waterfall from about 20 feet above the water.

If you opt to go out on this ledge, use extreme caution. The ledge is only a few feet wide in places and slants slightly downward to the water. The ledge is frequently wet with spray from the waterfall, making it quite slick in places, especially when it gets icy during the wintertime.

The ledge can be accessed from the eastern side of the waterfall. This area offers the quickest access to Shohola Falls and the ability to see a side waterfall that flows when water levels are higher on the main waterfall.

The opposite side of the falls can be accessed from a parking lot directly off Route 6. From here, it's a short walk along an open field to a trail that leads you along the water to several stone observation points. While it takes a bit longer to get to the waterfall from here, these observation areas provide nice vantage points for those that don't want to get too close to the water.

How to Get to Shohola Falls

Shohola Falls is located along Route 6 in Pike County, Pennsylvania, 10 miles west of Milford. After following directions to Shohola Falls, PA, there are two options for parking to see this waterfall.

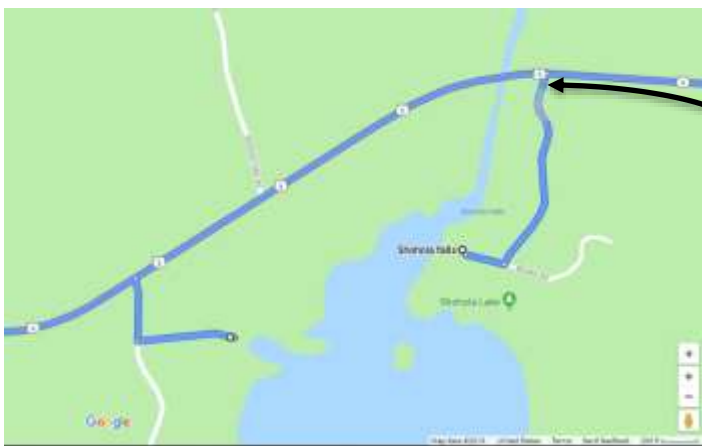
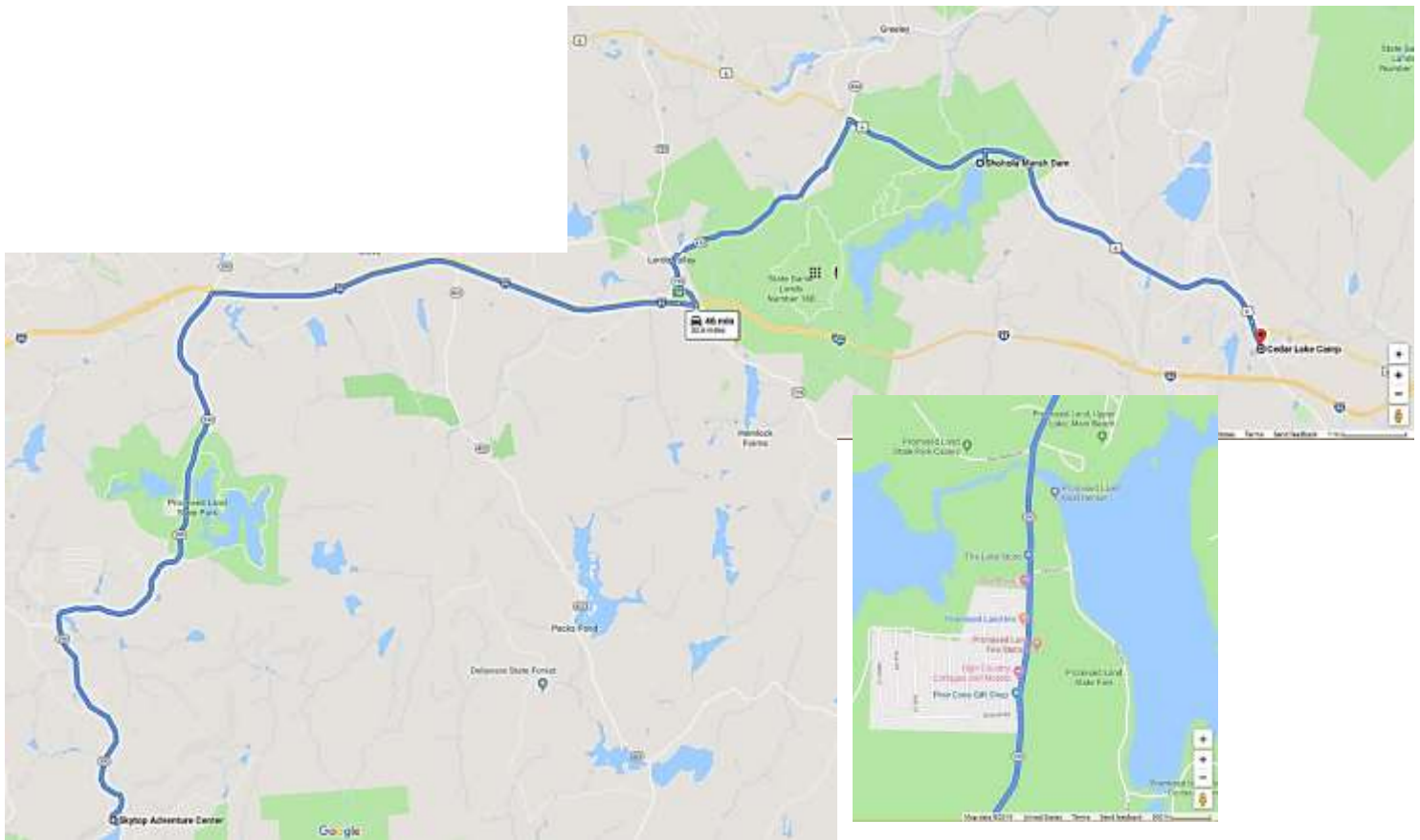
The eastern side of the waterfall can be reached from a parking area off Brooks Road, which is just after the bridge if traveling east. While this road might look like a private road, it also leads to the state game land's parking area. The coordinates for this parking area are 41.390504, -74.969160. Directions below bring you to this location.

From here, follow the trail of the parking lot that heads downstream for just a minute or two. To access the narrow ledge, follow the trail past the large rock as the trail goes downhill and then uphill to the ledge. Again, if you opt to go out on the ledge, please use extreme caution, especially if it is wet. Do not attempt to go out on it if the ledge is at all icy.

To reach the western side of Shohola Falls, turn just before the bridge over the creek (if traveling east) and park in the state game land's parking area that is immediately after it to your left. When you enter the parking area, park in the far-left corner of the lot. The coordinates for this parking area are 41.391771, -74.971643.

From there, walk through the open field towards the lake and the dam. Near the water's edge, you should see a trail heading into the forest and downstream. Soon, you'll come to a stone wall and two observation areas.

Directions from Skytop to Camp via Shohola Falls



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45MIN 32.8MI

Start Skytop Lodge Adventure Center: 815 Dutch Hill Rd, Canadensis, PA 18325

1. Out of parking lot and turn left on Dutch Hill Rd toward Krummel Hill Rd/PA-390.
 - a. Then 0.17 miles 0.17 total miles
2. Turn left onto Krummel Hill Rd/PA-390. Continue to follow PA-390 (Back the way you came).
 - a. Along the way, on PA-390, you will pass through Promised Land State Park. In the middle of the park is the small town of Greentown. The Lake Store that has ice cream.
 - b. Then 10.97 miles 11.15 total miles
3. Merge onto I-84 E toward Milford.
 - a. Then 7.67 miles 18.81 total miles
4. Take the PA-739 exit, EXIT 34, toward Lords Valley/Dingmans Ferry.
 - a. Then 0.30 miles 19.11 total miles
5. Turn left onto Route 739/PA-739.
 - a. If you reach I-84 E, you've gone about 0.2 miles too far
 - b. Then 0.86 miles 19.98 total miles
6. Turn right onto Well Rd/PA-434.
 - a. Well Rd is 0.6 miles past Sumter Rock Rd
 - b. If you are on Valley Rd and reach Laurel Ridge, you've gone about 0.2 miles too far
 - c. Then 3.88 miles 23.85 total miles
7. Turn right onto Route 6/US-6 E.
 - a. Route 6 is 0.8 miles past Galahad Rd
 - b. If you are on Route 434 and reach Long Pine Rd, you've gone about 0.6 miles too far
 - c. Then 2.44 miles 26.30 total miles
8. Cross over the bridge for Shohola Creek and turn right onto Brooks Camp Rd.
 - a. Brooks Camp Rd is 0.3 miles past Shohola Falls Rd
 - b. Then 0.23 miles 26.53 total miles
9. **At the end of the road turn right to the parking lot of the dam.**
 - a. **You will find the falls trail to your right going down next to the dam**

41.390506, -74.969121 - This leg of your trip is: 38minutes · 26.53 miles

Start of next leg of the route

10. Start out going northeast on Brooks Camp Rd toward Route 6/US-6 W/US-6 E.
 - a. Then 0.23 miles 26.76 total miles
11. Turn right onto Route 6/US-6 E. Continue to follow US-6 E.
 - a. Then 5.51 miles 32.27 total miles
12. Turn slight right onto Sawkill Rd.
 - a. If you are on Grand Army of the Republic Hwy and reach Bridge Rd, you've gone about 0.2 miles too far
 - b. Then 0.50 miles 32.77 total miles
13. 570 Sawkill Rd, Milford, PA 18337-7010, 570 SAWKILL RD is on the right.
 - a. Your destination is 0.2 miles past Bridge Rd
 - b. If you reach Honeywell Rd, you've gone about 0.4 miles too far

570 Sawkill Rd, Milford, PA 18337-7010

This leg of your trip is: 8minutes · 6.24 miles

Emergency Services

Call Skytop Hotel at 570-595-8999 then 911

Pocono Urgent Care - 35 Min / 21 Miles

101 Pocono Commons Shopping Center, Rt. 611, Stroudsburg, PA 18360 570-872-9955 <http://poconocares.com/>

An Urgent Care facility provides treatment for minor emergencies, illnesses, and injuries on a walk-in basis. No appointments are needed. Pocono Urgent Care is a convenient alternative when you need immediate care and are unable to see your regular doctor or have no personal physician. We also provide comprehensive Employee Health Programs. Pocono Urgent Care is open every day, including most holidays, and provides a respectful, caring, and comfortable environment staffed by caring, well-experienced providers. We are conveniently located in the Target and Home Depot shopping center.

The nearest level III trauma center for an urgent situation is the

Pocono Medical Center 32 Min / 22 miles from Skytop

206 E Brown St, East Stroudsburg, PA 18301

(570) 421-4000 General Switchboard

Emergency Services (Mattioli Emergency Center) 570-476-3353

Pocono Medical Center (PMC) is located just off Route 80.

From Route 80, take Exit 308 (East Stroudsburg University Exit)

At the stop sign, turn right onto Prospect Street.

At the first light, turn right onto East Brown Street.

PMC is located on the left, at 206 East Brown Street (Main Visitor Parking is located on the right of East Brown Street, across from PMC).



Adventure Center of SkyTop is located at Corner of Route 390 and Dutch Hill Road, Skytop PA 18357



1. Start out going **southeast** on **PA-390 / Krummel Hill Rd** (Route 390) south toward **W Shore Dr.** **3.5 Mi / 3.5 Mi Total**
and the Hotel



2. Turn **left** onto **PA-447 / Creek Rd.**

9.8 Mi / 13.3 Mi Total

PA-447 is just past Weiler Dr. If you are on Route 390 and reach Lowell Dr you've gone about 0.2 miles too far



3. Turn **left** onto **PA-191 / PA-447**. Continue to follow **PA-447**.

4.7 Mi / 18.0 Mi Total



4. Turn **left** onto **Independence Rd / PA-447**.

1.9 Mi / 19.9 Mi Total

*Independence Rd is just past Pools. Wendy's is on the corner.
If you reach W 5th St, you've gone a little too far*



5. Turn **right** onto **E Brown St.**

1.4 Mi / 21.3 Mi Total

E Brown St is 0.2 miles past Farm Ln. If you reach Seven Bridge Rd, you've gone a little too far



6. Arrive at **Pocono Medical Center 206 E BROWN ST** is on the **right**.

Your destination is 0.4 miles past Smith St. If you reach Prospect St you've gone a little too far



Pocono Medical Center 206 E Brown St, East Stroudsburg, PA 18301 (570) 426-1871

Map of directions from:
Skytop Adventure Center to
Pocono Medical Center.

