



Proposal: Banff Mountain Quest

Prepared by:

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White Mountain Adventures provides experiential, fun, creative adventures and activities with a learning component to groups and individuals. We focus on the natural environment in the Rockies and western Canada, emphasizing local history, culture and heritage. Our primary goal is to stimulate not only your body but also your mind... and to leave you with lifetime memories of your experiences.

From group hikes to teambuilding games and activities, our specialty is creative outdoor events and activities, local knowledge, and an emphasis on fun. Each of our group activities is coordinated by our support staff and expert guides who provide motivation and create a fun atmosphere that will truly elevate your experience in the Rockies.

White Mountain Adventures is accredited by the Interpretive Guides Association (formerly known as the Mountain Parks Heritage Interpretation Association). Our base is the mountain town of Banff, Alberta inside Banff National Park.

Thank you for the opportunity to be a part of your adventure in Banff.

Warmly,
Gordon Stermann

A handwritten signature in black ink, reading "Gordon Stermann".

White Mountain Adventures
President

Mountain Quest Group Activity

Date: Available year round
Approximate Times: 2.5 hours approx
Participant Number: min 20 max 60
Location: Canmore, Banff, Lake Louise, Kananaskis

This event highlights strategy and teamwork with a healthy component of competition and a great deal of fun! Your group is divided into teams of 4-5 people, where they then compete in several challenges that will take them to various locations in Banff. Locations can be tailored depending on group fitness/level of adventure, as well as weather conditions for the season. Below is a sample detailed description of an event. We are happy to tailor the event for your specific needs. Total time for this event is between 2.5 and 3.5 hours.



Banff Mountain Quest Program Collateral

Key learning concepts from your partner summit can be incorporated into the challenges to test and encourage core capacities. Our designers work with you to ensure our program flows as a continuation of your summit activities. Examples include challenges that foster Creativity, Communication/Collaboration, Strategy and Accessing/maximizing team resources for success.

In this event, the main mode of transportation between sites will be by our company vans and on foot. If the timing works, there will be options to use local transit as well. The game works in a similar way to the TV show 'Amazing Race' in that teams go from place to place visiting key attractions in Banff, receiving instructions for each new challenge along the way. The biggest difference in our event is that teams also earn points for how well they complete an activity, so they have a chance to win right up until the end. Transportation is part of the game as well: Unused transport vouchers can be used to boost your points total, so creativity and bargaining with drivers/other teams are all in play.

Sample challenges can include:

BATHING BEAUTIES

Select one member of your team to complete the next task. The selected member of your team must enter the Banff Upper Hot Springs pool wearing a period bathing suit and strike a pose.

The remaining members of the team must take a picture of the bather in the period bathing suit and party hat while in the pool (from the over-look). 100 points awarded for the team best pose



THE CLAW

A great team activity where teams must grab and stack a number of objects using a special claw device that is operated by pulling 5 different ropes.

SNOWBALL

Requires teams to launch plush snowballs using a 3-person slingshot, while a 4th team member attempts to catch them with a fishnet



PLEIN AIR CREATIVE ACTIVITY (add \$10/person)

In this active creativity challenge, your group is divided into teams of two artists each. Each team is provided with its own unique colour to paint with. Teams are then presented with multiple canvases, each at its own station. As the first stroke is often the most difficult, each canvas has a random black brushstroke that artists can use as a starting point/for inspiration. Teams have only two minutes to paint before moving to the next canvas, where they will add their creative touch to the artwork of previous teams. Each team will visit each canvas once, contributing their unique colour each time.

As an added challenge, each painting station has its own unique 'creative process' each team will need to follow as they paint. Examples include:

Blindfold: One artist is blindfolded, then guided by the other artist (who is not allowed to touch the brush).

Moving Canvas: One artist holds the brush still while the 2nd manipulates the canvas to create art.

Mr. Squiggle: Artists paint by pulling strings attached to the brush, without touching the brush itself.

40 Pounder: Artists paint using a brush that weighs 40 pounds

Medusa: Artists must paint while looking at the reflection of their canvas in a mirror

Mime in a Box: Brush is attached to a plank of wood with a handprint on either side. Each artist places a hand on one handprint then pushes against their partner, sandwiching the plank between their hands to control the brush



Blindfolded Painting

Artists can be given direction as to what subjects to paint (copying an existing work, painting the stunning landscapes around Canmore, or using their imagination are all options).

When the canvases are combined, the black 'random' marks combine to form an image that is recognizable to the group (such as your company logo).

PHOTO SAFARI

Banff is home to a wide variety of animals. These animals are represented in many different forms throughout the town (signs, carvings, statues etc.) As a team use your tablet to take pictures of as many animals as you can before 5:00pm Rules: 1) Look on the back of the card – each animal is worth a set amount of points 2) Each team member must be in the picture along with the corporate logo sign and your team flag 3) You can have duplicate animals, but cannot use the same form 4) You cannot take pictures of pictures (postcards, posters etc).



FLIGHT OF BEERS (additional cost \$10/person applies)

Teams make their way to local craft brewery where they must identify a number of craft beers on taste alone. Points awarded for each correct answer. A great challenge to schedule as a refreshing stop during the program, or as a final challenge before enjoying dinner with the group."

BANFF GONDOLA CHALLENGE (additional cost \$56/person applies)

Teams board the gondola, then capture as many photos of a list of subjects provided as possible. Teams enjoy the 15-minute walk along the boardwalk to the weather station for extra points."

PAPER TRAIL

Requires teams to build a 20-foot continuous chain of paper using a maximum 5 sheets of regular copy paper. Requires creativity, teamwork and ability to think on your feet.

LIMERICKS

Teams to create a poem together using specific themes and or vocabulary that is relevant to your organization. Typically video recorded but we can have them create a paper version. We have had great success recently combining this activity with a "word game" icebreaker where we have teams come up with a list of words (could be office buzz words, or another theme that is relevant and timely for the client group). These words are then shuffled and inserted into the Limerick Clue Envelope for clients to incorporate into their poem later in the race.



GIANT SKI

There are a number of hats located nearby the starting location. Each one of these hats contain ropes which will be required for your next challenge. Use these ropes to bind your feet to the giant skis for a race through the arranged course. Fastest teams earn points.

Banff Mountain Quest Costing: \$145 per person/min 20 clients

Costing includes: Multiple Challenges in unique locations, event staffing, all equipment and van transportation between locations, branded Mountain Quest Challenge Cards at each event, use of Ipads to capture photos and video of challenges, AV slide show of all images captured during the day for your event finale as well as fun prizes.

Optional Pricing:

Include Plain Air Creative Activity: add \$10/person

Include Flight of Beers Activity: add \$10/person

Include Gondola experience: add \$56/person

Include Canmore Heliflight challenge: add \$150/person

Return transportation from Lake Louise to Banff available for \$245/14 passenger vehicle



Private 14 passenger van service

GST and 10% gratuity are additional (admission to specific venues not included)

Additional AV rental cost may be incurred for the event slide show at the end of the program if required.

Please let me know if you have any questions or concerns regarding the contents of the proposal.

Best regards,



Dennis Breyman
Manager, Sales and Marketing
White Mountain Adventures