



Timber Challenge – High Ropes Course

- Closed-toe and closed-back shoes are required. Running shoes are recommended.
- Guests must be 10 years of age and older, 10-12 years old must be accompanied by an adult 18 years of age or older at a maximum ratio of 2 kids per adult. 10-12 year olds can only access Green and Blue courses and must meet the reaching requirements stated below
- Maximum weight of 113 kg (250lbs)
- Guests must be able to reach 1.5 m (5ft) to access Green course and 1.8 m (6 ft.) to access Blue and Black courses with flat feet on the ground. Guests must be 13 years or older to access Black courses
- Harness, helmet and gloves are provided
- Each course must be completed before proceeding to the next level
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- For safety, individuals who have undergone a kidney transplant or pregnant women are prohibited from participating on any ropes course
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Woodlot – Low Ropes Course

- Closed-toe and closed-back running shoes are required
- Guests must be 6 years of age and older. We recommend youth be accompanied by an adult
- Maximum weight of 113 kg (250lbs)
- Harness and helmet are provided
- Each course must be completed before proceeding to the next level
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- For safety, individuals who have undergone a kidney transplant or pregnant women are prohibited from participating on any ropes course
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Mountain Top Segway Tour

- Closed-toe and closed-back running shoes required
- Guests must be 16 years of age or older
- Mandatory helmet included
- Mandatory basic instruction provided by trained BMR staff prior to participation
- Must weigh between 45 and 113 kg (100 and 250 pounds)
- Height limits may apply
- For safety, pregnant women are prohibited from participating



- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply
- Please wear comfortable clothes, there is a small pouch on the Segway to store any cameras or water if desired

Wind Rider Triple Zip

- Closed-toe and closed-back running shoes are required
- Guests must be 10 years of age or older
- Maximum weight 113kg (250lbs)
- Mandatory basic instruction provided by trained BMR staff prior to participation
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- For safety, individuals who have undergone a kidney transplant or pregnant women are prohibited from participating on any ropes course
- Weather and conditions permitting
- Light depending
- Additional restrictions may apply

Blue Mountain Guided Bike Tour

- Closed-toe and closed-back running shoes are required
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- Mandatory helmet included
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Ridge Runner Mountain Coaster

- Suitable clothing and footwear must be worn. No bare feet allowed
- To ride alone, you must be 13 years of age or older and 137cm (54in.) tall
- To ride with a passenger, you must be 16 years of age or older
- To ride as a passenger you must be 3 to 12 years of age and 102cm (40in.) tall and no taller than the driver's shoulders
- Maximum weight of rider(s) per cart – 150kg (330lbs.)
- Loose articles/clothing are not permitting on the ride. Long hair/dresses/shirts, scarves and hats must be tucked away safely
- You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload the coaster
- It is recommended that pregnant women not ride the Ridge Runner Mountain Coaster
- Weather and conditions permitting
- Light dependent



- Additional restrictions may apply

Open-Air Gondola

- Riders must be at least 4ft. tall to ride alone
- Infants and small children may ride with their parents/guardians only if secure in a chest-type baby harness or in a stroller
- Pregnant women are not encouraged to ride the Gondola
- Pets are not allowed
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Cascade Putting Course

- Suitable clothing and footwear must be worn. No bare feet allowed
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Apex Bagjump

- Must be at least 8 years of age to jump from platform 1 and 2
- Must be 13 years of age to jump from platform 3 and 4
- Maximum weight is 113 kg (250lbs)
- No sharp objects, loose clothing or scarves
- Suitable clothing and footwear must be worn
- Mandatory basic instructions provided by trained BMR staff prior to participation
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Climbing Wall

- Harnesses and helmets are provided
- Closed-toe and closed-back shoes are required, running shoes recommended
- Participants must have sufficient physical dexterity and the ability to use the equipment properly
- For safety, individuals who have undergone a kidney transplant or pregnant women are prohibited from participating on any ropes course
- Weather and conditions permitting
- Light dependent



- Additional restrictions may apply

Guided Hike

- Closed-toe and closed-back shoes required, running shoes recommended
- Participants must have sufficient physical dexterity to participate in the activity
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Plunge! Aquatic Centre

- Children 6 years and younger must be within arm's reach of a parent/guardian who is responsible for their direct supervision in the water
- Ratio of children 6 years of age and younger to parent/guardian is 2 swimmers to 1 parent/guardian
- Children between the ages 7-10 must have a parent guardian in the pool area that is responsible for their direct supervision
- Ratio of children between the ages 7-10 to a parent/guardian is 4 swimmers to 1 parent/guardian
- For school groups the ratio can increase to 1:8 if all swimmers are wearing a life jacket
- Additional restrictions may apply

Caving

- Closed-toe and closed-back shoes are mandatory
- Suitable clothing must be worn, long pants recommended (clothes that can get dirty)
- Must be 7 years of age and older
- Maximum weight is 280lbs
- Full instruction, Helmet and head lamp provided
- Weather and conditions permitting
- Light Dependent
- Additional restrictions may apply

Rock Climbing

- Closed-toe and closed-back shoes are mandatory
- Suitable clothing must be worn
- Must be 7 years of age and older
- Full instruction, Helmet and harness provided
- Maximum capacity is 9 people
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply



Hummer Tours

- Not suitable for those with heart, neck or back conditions
- Suitable clothing and footwear must be worn
- Light Dependent
- Addition restrictions may apply

Helicopter Tours

- Ages 3 and older
- Maximum weight per person 300lbs. Maximum total weight 600lbs
- Weather and conditions permitting
- Light Dependent
- Additional restrictions may apply

Scenic Caves

- Running/hiking shoes required
- Strollers are not allowed in the caves or suspension bridge. Bring a back/front baby carrier. Complimentary baby carriers are available (limited number), at no charge.
- The hike through the caves is steep in some places and may be challenging for pregnant women or anyone with medical conditions.
- Bring along sunscreen, hats and water, especially during the hot summer months.

Eco- Adventure Tour

- Closed-toe and closed-back shoes are mandatory
- Suitable clothing must be worn (***tours operate in rain or shine***)
- Must be between 70lbs and under 250lbs
- Must be over 4'8" tall or be with someone who can reach 6'2" high
- Must arrive 30 minutes prior to scheduled time
- Full instruction, harness, helmet provided
- Weather and conditions permitting
- Light dependent
- Additional restrictions may apply

Thunderbird Twin Zipline

- Closed-toe and closed-back shoes are mandatory
- Riders must be at least 10 yrs. Old
- Youth ages 10-15 must ride with an adult
- Minimum 4 ft. to maximum height of 6'10"
- Minimum 50lbs – maximum 260lbs
- Suitable clothing must be worn
- Full instruction, harness, helmet provided
- Weather and conditions permitting



- Light dependent