

Meet Compass Outdoor Adventures

Our strategic teambuilding partner, Compass Outdoor Adventures makes getting your team outdoors, active and most importantly, ENGAGED easy - both on and off the Sleeping Lady grounds!

Luke Talbott, their CEO is a great resource should you be interested in adding a great program to your retreat. We encourage you to reach out to him.

- **Teambuilding -Compass Outdoor Adventures:**
<https://compassoutdooradventures.com/sleeping-lady>
- **Sample Event: Goose Chase video** <https://youtu.be/BY7lof81N8I>
- **Contact Luke Talbott:** luke@compassoutdooradventures.com 425.281.0267

Geoteaming

Geoteaming specializes in corporate team building that uses technology and adventure to create breakthroughs and results. If you're already traveling to a team meeting or retreat, we will meet you there. Choose a setting that fits your company culture - whether that's a metropolitan city or **the great outdoors**. Geoteaming has worked with previous clients, and has a course set up on property.

<http://geoteaming.com/>
office@geoteaming.com

Rappelling with Northwest Mountain School

Northwest Mountain School is International Association of Mountain Guide Associations (IFMGA) Licensed Guides and together we run rock climbing, alpine mountaineering, and ski mountaineering trips to the greatest mountain ranges on the planet. We are based in Leavenworth, WA and have guided for a combined 40 years.

<http://www.mountainschool.com/>
info@mountainschool.com

Sip & Paint

Something wonderful occurs when a group of people get together and feel free to have fun with paint. Add a glass of wine or beer and it is positively festive. Sip & Paint has supplies for up to 40 participants. They provide the paint, brushes, aprons, canvas, instruction and image to paint. They paint on 11" x 14" canvases, on wood, rocks, hats and more. You can use your meeting venue, if your schedule and space allow, or we can discuss arrangements for another venue. Rates generally run \$35 - \$40 per person.

<http://www.sipandpaint.org/>
info@sipandpaint.org

Nature Walk with Heather Murphy

Tour the grounds with Heather Murphy, local wildlife biologist, nature journalist and artist. Over the past 31 years she has recorded 109 species of birds in the Sleeping Lady area, which is documented in the Citizen Science eBird Program at Cornell Lab of Ornithology.

Breeding season Bird Walks at Sleeping Lady are an excellent opportunity to observe an abundance of species. We will tour Sleeping Lady's diverse habitats; beginning in the organic garden, to watch flower-pollinating-birds such as the Rufous and Calliope Hummingbirds. We will search the aspen stands for "sock-nests" of Bullock's Orioles. We may see White-headed Woodpeckers, year-round residents, unique to the ponderosa pine forests. Along the clean waters of Icicle Creek we hope to observe American Dippers bobbing on river rocks and feeding on underwater insects. Overlooking the river we will peer into an Osprey's large stick nest; they return each year from as far as South America.

<http://wildtales.com/>

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