

Create Memorable Experiences at Costanoa...

Corporate and Leisure Group Offerings

Costanoa offers a memorable experience with unique adventures and activities for your group. All of our activities give your group the opportunity to enjoy our beautiful natural surroundings and a chance to enjoy some time together with themes of adventure, celebration, teambuilding, reflection, and renewal.

The following opportunities can be customized to meet your group's unique needs. Offerings are as quoted. If you have any questions or would like to schedule an activity contact **Costanoa Activities Manager Oscar Allan** at (650) 879-1100 or oallan@costanoa.com

Outdoor Adventure Opportunities

Interpretive Nature Hikes: Costanoa is surrounded by some of California's most beautiful State Park reserves. One of Costanoa's resident naturalists will guide your group on an interpretive walk covering topics like plant and animal life, spring wildflowers, coastal ecology, redwood forest ecology, bird life, and human and natural history. Hikes range from one to four hours, and are offered year round. Consider bringing a catered bag lunch on your adventure.

Hike options include the following:

Franklin Point

Three and a half mile meander through wild willow, hooker's primrose, bush lupine, and sandy dunes. Enjoy spectacular views of Pigeon Point and Año Nuevo Island. If the wind is down, this hike offers great potential for whale watching. Take a break at the halfway point to observe passing California Sea Lions as well as the site of the 1864 wreck of the ship Sir John Franklin.

Ohlone Ridge

This is an intermediate level three and a half mile hike through the riparian corridor of Whitehouse Creek and then up through coastal scrub and Douglas Fir eco-systems. The peak of the trail offers sweeping vistas of the reefs and beaches south of Costanoa. This is an excellent option for those who want a little bit more of a workout as well as opportunities to see the local flora and fauna.

Upper Vista Point

For those who really want to get their heart rate up, this eight and a half mile advanced hike features beautiful views with over a 1,300 foot elevation gain. This hike offers ample opportunity to experience a diversity of ecosystems from Coastal Scrub up into the Redwood Rainforests. The final stop offers a stunning view from Pigeon Point to Waddell Creek. We recommend all groups set aside at least 4 hours to tackle this exceptional journey.

Guided Mountain Bike Adventures: Mountain Biking is an excellent group activity as it serves as a way to explore our natural surroundings while giving the group a common challenge and unique outdoor experience. Our fleets of Specialized Rockhopper mountain bikes are available for your group for one and a half hour to full day experiences. Tours include guide services, bikes, helmets, water, and safety instruction. Tour opportunities include:

Skyline to the Sea Trail

This is a one of a kind opportunity to explore California's first State Park. Meet your guide at the Waddell Creek trailhead 5 miles south of Costanoa. This is a 12 mile round trip designed for beginning to intermediate riders. Doublewide fire roads meander along Waddell Creek and eventually lead up to the spectacular Berry Creek Falls. Weekend trips can add on a side tour of the Rancho del Oso Nature Center.

Gazos Creek Road

For groups with a limited amount of time but want to see as much as possible and get some exercise as well. Tours start at Costanoa and take the Old Highway 1 to the North where you can take in the windswept views of Franklin Point Beach. Gazos Creek Road then meanders east into a land of towering Redwoods and massive Ferns. Stop and break along the creek bed to cool your feet before the downhill leg back to Costanoa. This intermediate ride takes up to 2 hours. For those who want to add on some mileage we can add a lunch stop in Pescadero and then return to Costanoa via Highway 1 South passing by Historic Pigeon Point Lighthouse on the way.

Butano Fire Roads

For the ambitious and experienced only! Warm up along 7 miles of country back roads before entering Butano State Park. Butano is home to a complex system of hidden fire roads that lead to exhilarating saddlebacks and unparalleled views of the surrounding State Parks. The final drop back into the Redwoods will challenge the most technically advanced riders. This is a half-day event geared for serious outdoor enthusiasts.

Guided Sea Kayaking: Explore the marshes and estuaries of the inland Monterey Bay or hit the open ocean with our professional kayak guide. This is a great group experience that also provides you the opportunity to see the incredible diversity of wildlife along the central coast. As Costanoa is situated in such a unique location we can offer Kayak tours year round.

Summer

Summer is a great time to travel south 30 minutes into the lee of Northern Monterey Bay. Here we can easily launch off of the Santa Cruz Municipal Pier into the nearby kelp forests where Sea Otters, Sea Lions and Dolphins await.

Fall

During the Fall we continue to offer tours out of the Santa Cruz Wharf as well as Pescadero Marsh, which sits 11 miles north of Costanoa. Marsh tours offer spectacular bird watching opportunities with common sightings of Blue Herons, Northern Harriers and Egrets.

Winter

Winter brings more challenging conditions and we base our tours out of the mouth of Elkhorn Slough. Located in the middle of what Steinbeck referred to as the "Fertile Crescent", tours of the Slough are highlighted by sightings of Harbor Seals, Skates, Rays and a wealth of Birdlife.

Spring

For those that are up to the challenge, in the spring we offer open ocean guided kayak whale watching tours out of Davenport Landing. Whales can be seen along the Northern California coast as early as December, but come March and April the kayaking conditions improve and Grey Whale calves hug the coast making for truly spectacular viewing.

Horseback Riding: Experience the foothills surrounding Costanoa from the top of one of our World Class Tennessee Walking Horses. Our adventurous rides will take you through the grassland meadows and Pine forests surrounding Costanoa with ample opportunity to experience the famous Tennessee Walker "running walk" and "rocking chair" cantor. We can accommodate rides for complete beginners to advanced lifelong riding enthusiasts. Rides include guide services, safety instruction, and a maximum wrangler to rider ratio of 1/6 Moonlight, Lunch and Full Day rides available upon request.

Yoga Classes: Get an early start to your day or book a mid-meeting stretching break with our professional yoga facilitators. Sixty or ninety minute classes as well as customized workshops are available. All classes are designed to the ability level of your group. Yoga classes can be booked in conjunction with naturalist led hikes to get your group relaxed, refreshed and renewed. Outdoor classes also available weather permitting.

Santa Cruz Mountains Wine Tours: The mountains of Santa Cruz and San Mateo Counties host dozens of eclectic and world renown wineries. Custom guided Wine Tours are can be arranged for 3 hour to full day experiences. Tours include transportation; pour fees, guide services and complimentary signature Costanoa tasting glasses. Tours routes and winery destinations are selected based on each group's interests and schedule. See our Santa Cruz Mountains Winery Tour Menu for detailed descriptions of our favorite wineries.

Team Events at Costanoa

Survivor at Costanoa: Costanoa has partnered with California Nature Treks to offer this unique event. Part adventure race, part survival training simulation, this event is an entertaining and challenging outdoor teambuilding experience for groups of 10-125. Besides the benefits and power of positive teamwork, participants will also learn essential survival skills ranging from emergency 1st AID, building shelters, finding and treating water to map and compass skills. This is a time sensitive event replete with surprise elements and a rapidly changing survival scenario that challenges participants to think and work creatively. In order to survive each team has to work cooperatively and efficiently to locate and overcome the survival challenges that have been strategically placed throughout the event area. Challenges range from physical tests to learning initiatives, which engage the participant's analytical and improvisational skills. This event may be customized as either a half-day or full day event. For more details and testimonials of this event visit www.naturetreks.com.

Orienteering at Costanoa: Facilitated exclusively by California Nature Treks, Orienteering is a fun and stimulating outdoor adventure for groups of 10-400 people. Part Treasure Hunt and part Foot Race, teams are challenged to locate a series of checkpoints and controls in order to earn points. Using highly detailed Orienteering Maps, compasses and clue cards, teams work together to determine and prioritize routes to each checkpoint. This is a perfect event for groups with a diversity of physical abilities and skill sets. The biggest bonus is that the event takes place on some of the most scenic terrain on the California Coast. For more details and testimonials of this event go to www.naturetreks.com.

Team Building Initiatives: Our team-building programs are designed to open the channels of rapport as well as set the stage for a unique shared experience. Ultimately, teambuilding should be seen as a springboard from which to address the effectiveness and unique character of individuals working and communication styles. Our skilled facilitators will use challenging and interactive activities to get your group working together and having fun! Problem solving initiatives are structured to facilitate a challenging team building experience and enable your group to exercise communication, planning, and teamwork.

Introductions and Ice-breakers

Initiatives: Life Map, Name Juggle

The first 20-30 minutes will be spent establishing a rapport of trust and familiarity among the participants. The Name Juggle is just that, an energizing introduction to each other while testing eye hand coordination and concentration. Life Map is designed so that participants have the opportunity to learn things about each other that they normally wouldn't within the confines of their daily work schedule.

Core Program

Initiatives: Pipeline and Spiders Web

Pipeline is a time sensitive exercise, which precipitates discussions of effective communication, project planning, and the importance of clear roles and responsibilities. Group members are given a set of non-exchangeable "tools" which they must use in order to deliver a product from point A-B. The tools, of course are a metaphor for the skill set and life experience that each member brings to any given project. Finding the best fit for the individual tools and how they interface is the challenge of creating a healthy and productive team environment. Spiders Web is a full contact initiative. Participants must pass through an obstacle web one at a time, once a porthole has been used, it is closed for good and the team must strategize as to how to get the rest of the group through without leaving anyone behind. Sounds too easy? Think again! Outcomes derived stress the importance of implicit trust within a team, as well as how the quality of day to day interaction can either impede or benefit the productivity of a group.

Closing Discussion

Our Teambuilding facilitator will review with the group what parallels they see between the Initiatives and the challenges that they face currently as a team. Special attention may be given to the fact that groups may have been working together for a limited amount of time, and that they may be challenged by being geographically distant from each other.