



NROCKS Outdoor Adventures
141 Nelson Gap Road
Circleville, WV 26804
877-435-4842 toll free
[38° 42' 1.465" N 79° 28' 19.99" W](#)

Visitor Registration Packet

- I. North Fork Valley Canopy Tour Participant Agreement
- II. North Fork Valley Canopy Tour Overview
- III. North Fork Valley Canopy Tour Frequently Asked Questions
- IV. Directions to NROCKS Welcome Center

Visitors & parent/guardian of visitor under age 18:

Please carefully read the Participant Agreement and the Canopy Tour Overview. The Participant Agreement must be completed and signed by each visitor. **PLEASE NOTE: All participants must weigh between 70 and 250 pounds.** Visitors under the age of 18 must also have the Participant Agreement signed by the minor's custodial parent or legal guardian. Please use a separate form for each visitor. The form may be completed and signed in advance and brought with you to NROCKS.

If you have any questions, please feel free to contact our office at (877) 435-4842 or visit our web site at www.NROCKS.com

Thank you for your cooperation,
NROCKS Staff



North Fork Valley Canopy Tour Participant Agreement (Including Acknowledgement of Risks and Agreements of Release and Indemnity)

This document contains important information about the North Fork Valley Canopy Tour at NROCKS Outdoor Adventures (referred to herein as "NROCKS") and the properties on which it is located. It may affect the legal rights of participants in the activities of the Canopy Tour and their families. It must be read, understood and signed by all participants 18 years of age or older. If a participant is a minor (under 18 years of age) his or her parent or legal guardian (referred to herein as "Parent") must sign, for himself or herself and on behalf of the minor child. Participants under the age of 13 must be accompanied on the Canopy Tour by a responsible adult (18 years or older).

In consideration of being allowed to participate in the Canopy Tour and to move about its premises, the undersigned adult Participant or Parent if applicable, acknowledge and agree as follows:

The Canopy Tour

The Canopy Tour includes zip lines (high cable traverses using safety harnesses and pulleys), sky bridges (suspended walkways consisting of planking supported by steel cables and rope handrails), a rappel (a vertical decent controlled by the participant through a friction device), hiking and other related activities. **Participant must weigh between 70 and 250 pounds.** Participant must be reasonably fit and able to control the speed of his or her travel along the zip lines by a hand brake - administering pressure to the cable behind the pulley while wearing leather gloves. This technique will be explained, demonstrated and practiced in the orientation and if Participant is unable to perform this task they will be excused from participation. Participant may also be required upon occasion to pull himself or herself along a stretch of cable (most likely in the event of losing momentum before reaching a landing platform – guides may assist with this process). The tour includes moderate hikes on uneven terrain, the total hiking distance on the course being approximately 2,500 feet. Participant must be physically able to complete these hikes. All equipment will be fitted and checked by the staff, progress throughout the tour will be closely monitored by the guides and all equipment transfers will be performed by guides. Participant understands that he or she must be attentive to instructions and warnings posted at the Canopy Tour registration area and provided by Canopy Tour staff during the hiking and zipping portions of the experience. Participant shares the responsibility for managing the risks of these and other activities and circumstances including assuring equipment is properly fitted and secured. Failure of Participant to abide by all rules, guidelines and instructions of Canopy Tour staff may, at the sole discretion of the staff, result in the dismissal of Participant from the Canopy Tour without refund of any fee or other expense paid. Participant agrees that he or she will not use, and will not be under the influence of, any recreational drug or alcohol while involved in the Canopy Tour experience. Participants under 13 years of age must be accompanied by a responsible adult (18 years or older) who may need to respond if the child seeks reassurance or support.

Risks

Serious injuries are uncommon in Canopy Tours, but the risk of injury certainly exists, by reason of falls, contact with other participants and fixed objects, and moving about or being transported on the grounds on which the activities are initiated and conducted. Participant may experience anxieties associated with being at heights and traveling swiftly over the cable. The properties on which the tour is located includes hilly, rocky, uneven and wooded terrain, cliffs, ravines, and creek beds. Activity gear may fail, or be misfitted or misused. Staff members and participants may make mistakes of judgment and conduct including pertaining to the equipment and proper attachments to the cable and harness. Participating in the Canopy Tour will expose Participant to the unpredictable forces of nature, including, but not limited to, changing weather conditions, high winds, lightning and hail. Participant may come in contact with plants and insects that create hazards, including allergic reactions, and a variety of wild animals including, but not limited to, deer, snakes, bear, bobcat, and skunks. The Canopy Tour experience occurs in a remote location where radio and telephone communication is unpredictable and medical care and evacuation may be significantly delayed.

These risks are inherent in the Canopy Tour experience; that is, they cannot be eliminated without destroying the unique character of the experience. These and other risks may result in injuries and illnesses, including pinches, scrapes, twists, bruises, sprains, lacerations, fractures and other physical and emotional trauma, and in extreme circumstances even death.

Assumption of Risks. I, adult Participant or Parent of a minor Participant, have read and understand the information above, and have viewed images and received additional information at the registration counter and/or on the web site of the Canopy Tour (www.NROCKS.com).

I understand that the above description of risks of the Canopy Tour is not complete and that these and other, including unknown or unanticipated, risks, inherent and otherwise, may result in loss of property, injury or death. If I am a Parent of a minor Participant I have discussed the activities and their risks and possible outcomes with my child, and he or she wishes to participate nevertheless.

I expressly and voluntarily agree to accept and assume all of the risks of enrollment and participation in the Canopy Tour experience and related activities, and moving about the premises of the tour, whether or not described above and inherent or otherwise.

Release. I, adult Participant or Parent of a minor Participant (Parent, for myself and, to the fullest extent allowed by law, on behalf of my minor child), hereby voluntarily release Wild West Virginia Outdoor Adventures LLC, doing business as NROCKS Outdoor Adventures, and Fun & Dreams West LLC, and their respective owners, members, officers, directors and staff (“Released Parties”) from any and all claims, demands or causes of action, which are in any way related to my, or the minor child’s, enrollment or participation in the Canopy Tour experience, including the tour, and the use of Canopy Tour vehicles, equipment, structures, and premises. This release includes claims of negligence of a Released Party and to the fullest extent allowed by the laws of West Virginia, claims of aggravated forms of negligence and other careless or wrongful conduct of a Released Party.

Indemnity. I, adult Participant or Parent of a minor Participant, agree further to indemnify (that is defend and protect, and pay or reimburse) the Released Parties and each of them from any claim, by whomever it might be brought, including the minor child, other participants and members of my, or the minor child’s, family, arising from my, or the child’s enrollment or participation in the Canopy Tour experience, including the tour, and the use of Canopy Tour premises, equipment, vehicles and structures. This indemnity includes losses suffered by me, or the child, and losses caused by my, or the child’s, conduct. This indemnity includes claims of negligence of a Released Party and to the fullest extent allowed by the laws of West Virginia, claims of gross negligence, recklessness and intentional acts of a Released Party. Should a Released Party or anyone acting on his or her behalf incur attorney’s fees and costs to enforce this agreement or otherwise defend a claim, I agree to indemnify and hold them harmless for and pay or reimburse all such fees and costs to the extent such a claim is withdrawn or relief is not granted on the claim by a court of competent jurisdiction.

Other. I, adult Participant or Parent of a minor Participant, further agree:

- a. I have adequate insurance to cover any injury or damage I, or the minor Participant, may cause or suffer while participating in the activities at the Canopy Tour or moving about the premises.
- b. In the event that I, the child or anyone on my or the child’s behalf files a lawsuit against a Released Party, I agree that the venue of any such suit shall be Pendleton County, West Virginia. I further agree that the substantive laws of West Virginia shall apply in the action without regard to the conflict of law rules of that state.
- c. I have had sufficient opportunity to read this entire document. I have read and understood it and I agree to be bound by its terms. I intend it to be binding on me, members of my family, my heirs and estate.
- d. I hereby authorize Wild West Virginia Outdoor Adventures LLC to utilize any photo/video or any other media containing images/sounds of myself, or of my child, for promotional or other purposes, without compensation.
- e. If any part of this document is deemed unenforceable by a court of competent jurisdiction, the remaining provisions will nevertheless remain in full force and effect.

Medical Information. I, adult Participant or Parent of a minor Participant, understand that participating in the Canopy Tour experience is a strenuous activity. Obesity, high blood pressure, cardiac and coronary artery disease, pulmonary problems, diabetes, asthma, allergies, seizure disorders, pregnancy, arthritis, tendonitis and other joint and muscular-skeletal problems, recent surgery and other medical issues – physical and emotional (such as fear of heights) – will increase the inherent risks of the experience and cause Participant to be a danger to himself or herself and to others. It is with this understanding that I have listed below my, or the minor Participant’s, medical conditions pertinent to the Canopy Tour experience.

If Participant is a female, I acknowledge that participating in the Canopy Tour is not recommended for women who are pregnant and that I am not, or the minor Participant is not, pregnant at this time.

Participant, adult or minor, is taking the following medications: (If none, indicate none)

Participant, adult or minor, has the following medical conditions which might affect his or her participation in the Canopy Tour experience: (If none, indicate none)

I have truthfully completed the medical and special needs information called for above. NROCKS Outdoor Adventures staff is authorized to provide or obtain emergency medical care for me, or my child, and to exchange pertinent medical information with a third party medical care giver.

Participant’s Name (printed): _____ Date: _____

Adult Participant’s Signature: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

In case of emergency contact: _____ Phone: _____

Relation to Participant: _____

Participant’s Age (if under 18): _____ Participant’s Birth date (if under 18): _____

If Participant is less than 18 years of age, Parent must also sign.

Minor’s Name (printed): _____ Date: _____

Parent/Guardian Name (printed): _____ Parent/Guardian Signature: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

North Fork Valley Canopy Tour Overview

When you arrive at NROCKS Outdoor Adventures please come in to the Welcome Center and complete any remaining waivers. You'll be introduced to the rest of the guests in your party and to your two Canopy Tour Guides who will then properly prepare and outfit you for a high-flying, Canopy Tour adventure!

You will be properly fitted with a seat and chest harness and a helmet. Your safety gear will also include a double pulley trolley system for the zip lines and a Y-lanyard system for the platforms and bridges. You'll be shuttled up the mountain to the start of the tour. We will gain over 600 feet in elevation by the time we reach the starting point of the Canopy Tour. The tour starts with a short hike to the practice zip line. Here we will demonstrate how to properly zip, brake and, should the situation warrant, how to properly rescue yourself along a zip line.

The zip lines get progressively longer and higher as you "switchback" your way down the upper and lower sections of the tour. The Judy Rocks section of the tour ends with a ground landing and an opportunity to get a quick drink of water and snack before continuing. The Nelson Run section begins with an 80-foot long Sky Bridge entrance; The tour ends with a 40-foot rappel out of the final tree. Once on the ground you will have a short hike back to the Welcome Center, where you started the day.

Your experience covers over 2 miles of varied terrain and over a mile of travel in the air. You will experience the North Fork Valley from ground level and up to 80 feet in the air. You will see spectacular rock outcroppings and the fertile soil of the valley along with countless geographic zones in between. You will have an opportunity to see numerous types of trees and other vegetation and learn a little about the different environments that you travel through. You will have memories that could last a lifetime.

Tour Duration	Approximately 2 - 4 hours
Difficulty Level	Your trained Canopy Tour guides will be doing all the technical work of clipping and unclipping your harness onto the various cables so you can simple let go and enjoy the ride! Participants: <ul style="list-style-type: none"> • Must be in moderately good health • Must be able to walk a ½ mile • Must have the strength to pull him or herself along the cable and slow him or herself down by creating friction on the cable.
What to Wear	Dress in layers so you can make adjustments as you warm up and cool down. In general wear comfy, loose-fitting clothing that does not restrict your movement. Short shorts are not recommended. Long hair must be tied back.
Footwear	Sturdy athletic shoes or lightweight hiking shoes/boots. No sandals or opened toed shoes (including Chacos or Tevas), or FiveFingers shoes.
Bring With You	Waivers, small daypack, water, trail snacks, sunscreen, camera (optional, must be secured), rain gear (if necessary).
Minimum Age	No age limit!
Weight Requirement	You must weigh between 70 – 250 pounds.
Group Size	Maximum of 10 guests per tour departure time.
Late Policy	If you are late and miss the orientation, there will be no refunds or transfers, and we cannot guarantee availability of a later tour. Please plan to arrive 20 minutes before your scheduled departure time.



Frequently Asked Questions about the North Fork Valley Canopy Tour

Is the Canopy Tour safe?

Because safety is the top priority for NROCKS, the tour employs a double cable construction and has been built to exceed the Association for Challenge Course Technology (ACCT) standards. Additionally, tours will be facilitated by two Canopy Tour Guides who have received 80+ hours of training according to standards set forth by the ACCT and WV Department of Labor Zipline and Canopy Tour Responsibility Act, and are First Aid and CPR certified, making this adventure one the entire family is sure to enjoy.

Do I have to be in good shape to go on the Canopy Tour?

You should be in moderately good health, be able to walk ½ mile, and be able to pull yourself along the cable.

I'm scared of heights, should I do the Canopy Tour?

If you have a general, healthy fear of heights you should be okay. If you are intensely scared of heights, this might not be the best activity for you.

What should I wear?

You should dress for movement and according to the weather. The temperature tends to be about 10°F cooler in the mountains so it is recommended that you bring layers (long sleeve tee-shirt, sweatshirt etc) so you can layer and de-layer accordingly. Short shorts are not recommended. Long hair will need to be pulled back into a ponytail.

What shoes should I wear?

Sturdy, close-toed shoes such as lightweight hiking shoes or lightweight hiking boots are best. Please do not wear sandals of any kind, including Chacos, Teva, FiveFinger shoes or Crocs.

What should I bring with me?

- Waivers
- A small daypack
- Water Sunglasses
- Sunscreen
- Personal medications (if needed on the trip)
- Camera (optional, must be secured)
- Extra clothing (light rain jacket, sweatshirt, long sleeve t-shirt, etc.)



Directions to NROCKS Welcome Center

Physical Address*

NROCKS Outdoor Adventures
141 Nelson Gap Road
Circleville, WV 26804

* Please note*

- When navigating with a GPS your best bet is to use the coordinates: [38° 42' 1.465" N 79° 28' 19.99" W](#)
- Print out and bring the written directions with you. There is no cell service in the area.
- Schedule extra travel time. Mountain roads can be windy, and travel can easily take longer than expected due to weather, and other unforeseen circumstances.

1. From Washington, D.C./Baltimore/Northern Virginia: Travel time from the intersection of I-66 and the D.C. Beltway (I-495) is around 3 hours.

Locate Interstate 81 in the Shenandoah Valley of Virginia. From I-81 there are two options:

(Option 1) At the second exit south of the I-66/I-81 interchange near Strasburg, take Rt. 55 west into West Virginia. Proceed through the towns of Wardensville, Moorefield and Petersburg (staying always on Rt. 55 - watch for signs) to Seneca Rocks. At Seneca, bear left at the three-way stop on Rt.33 east. Proceed about 11 miles. Cross the river at Judy Gap, and after traveling over the small bridge, take an immediate right on Rt.28 south. Drive about 1/2 mile to Nelson Gap Road, a gravel road on the left. Turn left. The NROCKS Welcome Center is a short distance on the left.

Time from I-81: about 2 hours.

(Option 2) From I-81 at Harrisonburg, Virginia, take US Route 33 west into West Virginia, passing through Brandywine and Franklin, WV (follow signs to stay on 33). 14+/- miles past Franklin, still on 33, pass through Judy Gap and take a left on Rt. 28 south toward Circleville. Follow Rt. 28 south about 1/2 mile to Nelson Gap Road, a gravel road on the left. Turn left. The NROCKS Welcome Center is a short distance on the left.

Time from I-81: about 1 hour 45 mins.

2. From Charleston/ western WV/ Ohio/ Pittsburgh/ western Maryland:

Locate Interstate 79 in WV. At 79 in Weston, WV, take US Route 33 east, through Buckhannon to Elkins. At Elkins take the highway exit to stay on 33 east, follow signs through town and proceed east on Rts. 33/55 to Seneca Rocks. At Seneca Rocks, bear right at the three-way stop on Rt.33 east. Proceed about 11 miles. Cross the river at Judy Gap, and at the end of the bridge turn right on Rt.28 south. Drive about 1/2 mile to Nelson Gap Road, a gravel road on the left. Turn left. The NROCKS Welcome Center is a short distance on the left.

Time from Weston: about 1.5 hours.

3. From Davis, WV and Canaan Valley resort area:

Take WV Rt. 32 South to Harman, WV. At the stop sign, proceed onto Rts. 33/55 east toward Seneca Rocks (12 mi.). At Seneca Rocks, bear right at the three-way stop onto Route 33 east and proceed about 11 miles. Cross the river at Judy Gap, and at the end of the bridge turn right on Rt.28 south. Drive about 1/2 mile to Nelson Gap Road, a gravel road on the left. Turn left. The NROCKS Welcome Center is a short distance on the left.

Time from Canaan Valley: about 50 mins.

4. From The South:

Locate Interstate 64. Take it to I-80 and proceed north to Harrisonburg, VA. From I-81 at Harrisonburg, Virginia, take US Route 33 west into West Virginia, passing through Brandywine and Franklin, WV (follow signs to stay on 33). 14+/- miles past Franklin, still on 33, pass through Judy Gap and take a left on Rt. 28 south toward Circleville. Follow Rt. 28 south about 1/2 mile to Nelson Gap Road, a gravel road on the left. Turn left. The NROCKS Welcome Center is a short distance on the left.

Time from I-81: about 1 hour 45 mins.

*There are several secondary routes through the scenic Monongahela National Forest but I suggest you bring an atlas. Cell service is limited at best in this area.

