



ACTIVITIES GUIDE





Thank you for choosing Sandy Cove!

Besides providing accommodating facilities, good food, and great views, Sandy Cove seeks to create an environment that offers rest, relaxation and recreation for our guests. Because people relax and play in a variety of ways, we have a number of activity options for you to use and enjoy! Please take some time to look over this information as you plan for your time here. Your coordinator can answer most of the questions you may have and help you to make any arrangements necessary, but our activity staff is also available to assist you through the details.

Complimentary Activities

These are activities offered to you at no extra cost for your convenient use and enjoyment!

Land Activities

Looking for a little bit of adventure on land? Check out all the thrilling things you can do across our expansive property.

Water Activities

God has blessed us with a beautiful location on the river and we don't want you to miss one minute of it!

Book Activities

Here are some things you may need to know as you plan to book your group's activities.

Local Activities

We may be awesome, but we know we are not the only attraction in the area - so explore what else there is to do within an hour's drive.



Please Note: Times and details listed in the sections below are the typical operating hours. Schedules are determined by staffing, weather and seasonality. For the most up to date information about activities, weather, contact info and more, use the Sandy Cove app upon your arrival.

Weather Disclaimer: For any of our outdoor or water-related activities, we must shutdown for heavy rain or for 30 minutes following lightning within 10 miles. If an activity can be moved inside, it may resume as scheduled.





FREE ACTIVITIES

Complimentary Activities

Board Games – Located in Andrews Lounge on 2nd floor. [Please note: this is a bookable private meeting space. Please check with the Front Desk if the room is available].

Disc Golf – 9 holes loop around the sports fields, starting near the tennis courts. Loaner discs are available at the first hole.

Fishing – Enjoy fishing from our wood pier or rock jetty! No equipment? Don't worry - we are proud to be one of Maryland's tackle loaner sites. You can get a free fishing license by following the instructions at sandycove.org/free-fishing.

Fitness Center – Located on the 1st floor, the fitness center features weight machines, treadmill, elliptical machine and bikes. The fitness room is accessible 24 hours a day with the use of your room key. Anyone under 18 must be accompanied by an adult.

Mini Golf – 9-hole course. Golf balls are available to rent for 4 quarters (coin dispenser in Palmer) and we will “buy back” your ball from you when you are done, or you can donate it.

Nature Trail – Take a wander in the woods along Sandy Cove Road for a 1 mile trek each way. Start at the trail entrance just beyond the zip line, and follow the blue blazes.



Outdoor Basketball – 1 outdoor court with balls right at the court.

Palmer Gym - Palmer is our multipurpose building where most indoor recreation occurs. Basketball and volleyball courts are in the center, with billiards, ping pong, foosball, and air hockey along the sides.

Playgrounds – We have 2 play structures in separate enclosed areas for ages 2-5 and 5-12. We also have one playground located in the Wilderness campground for seasonal guests.

Sand Volleyball – Bump, set, spike!

Shuffleboard – 6 shuffleboard courts overlooking the waterfront.

Softball, Kickball, Soccer, Football – Use any of our fields and you may bring your own equipment or use ours from the front desk.

Swimming – enjoy a splashing game of water volleyball or a relaxing soak in the spa! See our water activities for pool hours.

Tennis/Pickleball – We have two outdoor tennis courts that can double as two outdoor pickleball courts in the summer, along with one indoor pickleball court in Palmer. You may bring your own equipment or sign-out our equipment at the front desk.

LAND ACTIVITIES



High Adventure

Ready for an epic adventure where you can dive into thrilling challenges that will push your limits and get your blood flowing?! We have a variety of high adventure elements so you can safely explore new heights! We provide all the equipment and trained staff; all you need to do is meet age and weight restrictions, sign an activity waiver, wear appropriate shoes, and show up ready to go. Each element requires a different amount of skill or athleticism, but we encourage all who can at least try!

A waiver for these activities can be found at sandycove.org/waiver. Based on the recommendation of our inspection company, we have a 250-pound weight limit for your safety on High Adventure. Climbers should wear appropriate footwear (closed-toe shoes or athletic shoes are best, Crocs and Chacos are acceptable; dress shoes, slides, or flip-flops are not). The weather may affect these activities' availability, and outdoor elements shut down starting in November and reopen in April.

Big Swing

Well, the Big Swing is about as simple as its name... You are harnessed up and clipped into the swing cable, and then (temporarily) clipped to the haul rope. The group on the ground pulls the rope, you are towed up into the air. Somewhere around 30 feet up, you let go... and SWING! It is one of those activities that does not require all that much talent, but it is a screamer! Participants must be at least 12 years old and have a signed waiver. Your group can be involved by helping pull riders up and cheer them on!

2 Hour Time Block		
# of Staff	Estimated # of Guests	Cost
2	<24	\$189
3	25-36	\$269



High Adventure

Cargo Net

Put your harness on and attempt to climb up the 30 ft. cargo net. Participants can climb in pairs or individually. Participants must be at least 8 years old - it should be noted that climbing the cargo net does require a degree of physical fitness/ability by the climber as the net moves, but your group can be involved by helping stabilize the net for climbers and cheer them on!

2 Hour Time Block		
# of Staff	Estimated # of Guests	Cost
2	<16	\$189
3	17-36	\$269



Rock Wall

Sandy Cove has a custom 30 ft. tall rock-climbing wall located inside Palmer. There are 5 climbs on the rock wall, with multiple routes on each, as well as a variety of challenge features. Climbers must be at least 8 years old to participate.

2 Hour Time Block		
# of Staff	Estimated # of Guests	Cost
2	<16	\$189
3	17-36	\$269



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High Adventure

Zipline

Put your harness on and take a flying step off of a 42 ft. tall platform, and let gravity send you rushing down the 420 ft. cable. Of course you are hooked in safely at all times, but that first drop still seems like a doozy! Participants must be at least 12 years old with a signed waiver, and while we have had folks in their mid 80s enjoy the zip line as well, it should be noted that climbing the pole to the top is necessary and does require a degree of physical fitness/ability by the climber.

2 Hour Time Block		
# of Staff	Estimated # of Guests	Cost
3	<24	\$269
4	25-36	\$349
5	37-48	\$429
6	49-60	\$509



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Low Adventure

For those that want adventure, just closer to the ground! We can offer a wide range of activities that keep you on dry land but also vary in skill and movement. Some engage your body while others stimulate the mind. Waivers are required for most of these activities and are open to all ages!

*Waivers for these activities can be found on our app or at www.sandycove.org/waiver.
Age limits may apply for your safety.*

Archery / Slingshot

Unleash your inner marksman with our archery and slingshot range! Perfect for all skill levels, our high-quality bows and slingshots offer a thrilling challenge. Whether you're perfecting your skills or drawing back for the first time, our trained facilitators will help you sharpen your focus and accuracy as you take aim. For ages 8 and up. Slingshot can move indoors in winter months or inclement weather. For any sized group up to 60 participants, you can reserve either archery or slingshot for \$129/hour.

Archery Tag®

Archery Tag® is played like dodgeball or paintball, but with bows and patented foam-tipped arrows. This action-packed game offers the ultimate family-friendly experience that engages everyone. Participants should be able to load up an arrow and hit the broad side of a barn in about 5 seconds, or you might not enjoy this very much... Recommended for middle school and up, though the minimum age is 8. It's a great experience for any group of 4 to 60 participants and your group may reserve Archery Tag for \$109 per hour. This activity can move indoors in winter months or inclement weather.



Low Adventure

Escape Room

Can your team work well under the intense pressure of a ticking clock? In this live-action game, your group will have limited time to discover and solve a series of puzzles and clues. The room is designed for groups up to 10 participants and is recommended for ages 12 and up due to the complexity. Try the escape room for \$59 per 30-minute game session.

Current Game: Sandy Cove Studio

Welcome to Sandy Cove Studio, a historic production room nestled along the coastline of the beautiful North East River. Once a hub of the creative community, this studio produced countless beloved films, hit albums, as well as the hottest radio shows over the years. Left untouched after its sudden closure in 1974, the studio is still full of remnants from the past—forgotten props, scripts, and unfinished projects that have been left behind for years. Rumor has it that one of the producers, Dr. George Palmer, left behind a sealed cassette tape that if broadcast could save humanity. Rummage through history to locate the hidden tape before the studio is condemned for demolition.



Low Adventure

Pedal Carts

Let your little ones enjoy cycles of fun with our pedal carts designed for kids ages 9 and under! This activity is perfect for young adventurers with our safe, easy-to-ride carts that can zip around our paved paths. Watch their faces light up as they pedal to their heart's content and race their friends! Though riders must be under 9 years old, we do have a duo cart that can support an adult driver and a young rider, with up to 60 riders every hour, and can move indoors in winter months or inclement weather. Book for \$99 per hour.



Team Building

Unlock your group's full potential with our dynamic team-building initiatives! Our carefully designed initiatives foster collaboration, boost morale, and strengthen communication in a fun, engaging way. Operational year round and can be tailored to indoors or outdoors depending on your group. We can serve groups as little as 6 people up to 36 participants every 1 hour through roughly 3 or 4 initiatives for \$129/hour.



Waivers for these activities can be found on our app or at www.sandycove.org/waiver. Age limits may apply for your safety.



Activity Equipment

Available by Request

Coming Soon! GLOW Games

Elevate your group event to the next level with GLOW games like dodgeball, GaGa, 9 Square, and more! Let your coordinator know if you are interested in adding this activity to your next gathering.

Dodgeball

Get ready to dodge, duck, dip, dive, and... dodge! You cannot beat a classic game of dodgeball —the sport that combines strategy, agility, and teamwork. Perfect for players of all skill levels, dodgeball offers a thrilling blend of fast-paced fun and competitive spirit. Whether you're looking to unleash your inner athlete or just have a blast with friends, dodgeball is your go-to game. Can be held outdoors or inside, weather dependent. Up to roughly 60 participants every 1 hour. Let your coordinator know if you want a staff member to facilitate your game of dodgeball for just \$79/hour!

Lawn Games

From classic favorites like cornhole to Sandy Cove specials like Fowling, there's something for everyone to enjoy. Easy to set up indoors or outdoors, our lawn games are an easy way to bring your group closer together. Games available: KanJam, Spikeball, Cornhole, Ladderball, Giant Jenga, Floor Checkers, Fowling (football bowling), and life-size peg solitaire. Our bigger indoor games include GaGa and 9Square. Please work with your coordinator if you are interested in any of these activities being set up for your stay.





WATER ACTIVITIES

Water Activities

with Hours

Marina

We have been blessed with a great spot on the water that affords us scenic views, but also some fun activities in the summer season! We have a small marina in a cove where we can launch roughly 20 canoes, kayaks, and pedal boats. These are available at no extra cost to our overnight guests on a "first come, first served" basis.

Hours of Operation

- Preseason (Memorial Day weekend – mid-June): Saturday 10-5pm
- Summer (mid-June – mid-August): Monday-Thursday 1-5pm and Saturday 10-5pm
- Postseason (mid-August – Labor Day weekend): Saturday 10-5pm

**last boats go out 30 minutes before closing. See our app for up-to-date marina hours as hours are subject to change due to weather or weekly groups.*

Outside of our hours of operation, any group may request up to two additional hours at the Marina or by prearrangement from April to October for \$99 per hour. Contact us at least four weeks ahead of your visit to schedule. A waiver must be completed to participate and we ask that adults (21+) supervise those 14 years and under.

Guests are also welcome to launch their own recreational or motorboats to use during their stay here at no extra cost; although, our marina is rather shallow and can be tidal as well. Call to make sure your boat will work at our Marina or reserve a mooring!



Weather Disclaimer: For any water-related activities, we are obligated to shut down for heavy winds/rain or for 30 minutes following lightning within 10 miles. Activities will resume as they are able. Waivers can be found at www.sandycove.org/waiver.

Water Activities with Hours

Sandy Cove
has two pool
areas open
to guests.

Swimming Pools

The Outdoor Pool Complex is located near the Chesapeake Lodge and accessible through the indoor pool entrance. The main pool has designated shallow areas, a basketball hoop, a diving board, and a lap lane increasing in depth to 10 feet. The complex also has a fenced-in wading pool that is 18 inches deep with sprinklers. These outdoor pools are open seasonally.

The Indoor Pool features an enclosed sports pool and hot tub area which is perfect for the kids to play volleyball while you can relax in our temperature regulated spa. These indoor pools are open year round.



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Water Activities

with Hours

Fall, Winter, & Spring

Sandy Cove has a glass enclosure around our sports pool and hot tub so that they are available for use all year. Inside the enclosure is the 4.5ft deep Sports Pool and the hot tub, which can be used by guests 15 years or older and seat up to a dozen people for a nice, relaxing soak. The entrance can be found off the third floor and is ~100ft from the Lodge, so bring sweats or a robe to cover your swimsuit for the short walk. The closest restrooms are located in the Lodge near the Chesapeake Auditorium.

Hours of Operation*

- Sunday-Thursday 7-8 pm
- Friday 9-11 pm
- Saturday 1-5 pm and 9-11 pm

Memorial Day - Labor Day

Memorial Day through Labor Day
The Outdoor Pool Complex will be open from Memorial Day weekend to Labor Day weekend, as well as our bath house which includes restrooms, showers, and changing rooms.

Hours of Operation*

- Sunday-Thursday 1-5 pm
- Friday-Saturday 1-5 pm and 9-11 pm

Outside of our hours of operation, any group may request up to two additional hours at our pools. Contact us at least four weeks ahead of your visit to schedule.



** See app for up-to-date pool hours as hours are subject to change due to weather or weekly groups.*

Water Activities

by Request

Baptisms

Gather family and friends to witness and share in the joy of new beginnings. With its natural beauty and spiritual atmosphere, Sandy Cove provides a meaningful and memorable space for this sacred ritual. We would be honored if your group chose to baptize participants as part of your program! You may request to use our pool facilities or the marina cove outside normal hours of operation for your baptism service.

Free Fishing

We are proud to partner with the Maryland Department of Natural Resources as one of their local tackle lenders! This partnership allows anyone to discover the joy and relaxation of fishing, whether a seasoned angler or a curious beginner. Skip the hassle of bringing your own gear and take advantage of our convenient tackle loan service with mess- and stink- free bait. We can supply the equipment for a group of up to 8 and all you have to do is reel in the fun (and practice patience!) from either our pier or rock jetty. All anglers must register for a free fishing license at www.sandycove.org/free-fishing.

Key Log®

Channel your inner lumberjack with the Key Log®! This exciting floating device turns our pool into a water playground. Designed for balance and stability, the Key Log® invites you to challenge your skills and have fun with friends. Perfect for playful competitions or simply lounging with a splash, create unforgettable memories with the Key Log®! Participants can be any swimmer with a swim vest and adult present, have passed the Sandy Cove swim test, or be 13+ years old. Group size may vary. This activity is available year-round (weather dependent) and can only be requested outside of open pool hours for \$149/hour.



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Water Activities

by Request

Pontoon Cruises

We have partnered with Coastal Cruises so you can experience the beauty and serenity of the North East River like never before! You will be picked up from the Sandy Cove main pier by a licensed Captain and Mate on one of their custom boats which will provide a unique and fun experience on the water for everyone. Booking requires a 2-hour minimum with tours ranging from 30 minutes – 2 hours with 15 passengers each tour. Additional tours can be booked in 30-minute increments. Soft drinks can be purchased on board. This is only available seasonally (Memorial Day through Labor Day) and is weather-dependent.

Minimum 2 Hour Time Block			
# of Tours	Length of Tours	# of Passengers	Cost
1	120-minutes	<15	\$850
2	60-minutes	16-30	
4	30-minutes	31-60	
5+	30-minutes	60+	+\$200

Tubing

Do you like water sports and thrills? Go tubing! Hold on tight as you zip through the water, experiencing thrilling twists and turns with every splash. Hop on, feel the rush, and enjoy endless fun on the water! Tubing is offered between Memorial Day and Labor Day by prearrangement for \$149/hour and can serve 18-26 riders per hour. Riders must be at least 6 years old (though some 6-year-olds may not be ready to try it yet), and even though all participants are required to wear a US Coast Guard-approved life vest, everyone should be able and prepared to swim.



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A young person with light skin and blonde hair is wearing a tan helmet with a 'Black Diamond' logo and black gloves. They are holding a colorful rope. An adult with dark skin and dreadlocks is assisting them, wearing a black glove and a black wristband. The background is a grassy field with trees and a building. The image is split vertically, with the left side having a blue tint and the right side being natural color.

BOOK ACTIVITIES

Booking an Activity

Haven't quite landed on a specific activity yet? Take this piece of wise advice from a doctor:

"If you never did, you should. These things are fun and fun is good" -Dr. Seuss.

We look forward to helping your group find rest, relaxation, and recreation during your stay with us! Here is some information that will prove useful as you choose your activity and work with your coordinator. Our activity staff is also available year-round to help answer any activity-specific questions.

Selection

Consider the type of group you are bringing, and keep in mind their ages and abilities. If you have a group of mostly 8-year-olds, the zipline may not be the right fit – but pedal carts or the key log are just right! Or maybe your group is not super adventurous, but they would love a pontoon cruise or to play corn hole. As you prepare to discuss with your group coordinators, think through your schedule and consider what activities are in season. **Know that some activities cannot operate simultaneously due to staff needs and we recommend having set activity times built into your schedule to encourage group engagement**, but we are willing to accommodate your specific requests.

Timeline

With the understanding our activities require staff to be scheduled in advance, **we ask you to request your desired activity and timeslot at least 4 weeks in advance**. If your group is larger, please provide more than 4 weeks' notice. Even if you are uncertain if your group would like an activity, please let your coordinator know of your interest upfront and we can always work with you through the details. We also understand desires and wants change frequently, so if within the week leading up to your arrival you would like to make a change to your booking - whether an existing or new activity request - you may make a last-minute request via phone or up until the moment of check-in. We will work to accommodate requests made last minute but understand it is not guaranteed.

Weather

We love when our activities can operate outside, but sometimes the weather limits us. While some activities can be moved indoors, others unfortunately must shutdown. **For any of our outdoor or water-related activities, activities must shutdown for heavy rain or for 30 minutes following lightning within 10 miles**. If an activity can be moved inside, it may resume as scheduled. In the event that weather forces an activity to close without reopening, the activity's leadership will work with staff to investigate alternative times for your group to enjoy your booked activities or offer an alternative option.



A tall, white, cylindrical lighthouse with a black lantern room and a black metal railing. The lighthouse is situated on a grassy area. In the foreground, a person is sitting on a concrete base. To the right of the lighthouse, there is a small white building with a dark door. The background shows a body of water and a blue sky with scattered white clouds.

LOCAL ACTIVITIES

Activities in the Area

Nestled within an hour's drive of both Baltimore and Philadelphia, there are many activities and attractions near Sandy Cove that your group might enjoy. Some are free and always available, while others cost money and may require arrangements in advance. We know we are not the only attraction in the area so we encourage your group to explore what makes our area unique as you come and as you go!

Located Right in North East, MD

(10-20 mins)

- Main Street Shops
- North East Library
- City Park & Marina
- Upper Bay Museum
- Turkey Point Lighthouse
- Elk Neck State Park and Beach
- Cecil County Dragway
- Fairwinds Farm and Stables

Cecil & Harford County, MD

(20-30 mins)

- Promenade Board Walk
- Decoy Museum
- Concord Point Lighthouse
- Maritime Museum
- Great Antique Shops
- Historical Society Museum
- John F. Dewitt Military Museum
- Milburn Orchards
- Plumpton Park Zoo
- Local Parks
- Chesapeake Bay Golf Club
- C & D Canal
- U.S. Army Ordnance Museum
- Cal Ripken Museum



The Brandywine Valley of DE & PA

(30-45 mins)

- Winterthur Gardens and Museum
- Grand Opera House
- Hagley Museum
- Nemours Estate and Gardens
- Christiana Skating Center
- Delaware Children's Museum
- Brandywine Zoo
- Herr's Snack Food Factory & Tours
- Longwood Gardens
- Battle of Brandywine Site

The Brandywine Valley of DE & PA

(30-45 mins)

- Amish Country Dining & Shopping
- Pennsylvania Railroad Museum
- Strasburg Railroad
- Dutch Wonderland
- Tanger & Rockvale Outlets
- Sight & Sound Productions
- American Music Theater