



Women's Wilderness Course

NORTH CAROLINA 8-DAY

HIGHLIGHTS:

- ▶ NCOAE core curriculum
- ▶ Leave No Trace training
- ▶ Gain experience in backcountry travel planning, wilderness risk management, campsite selection, backcountry navigation, and more

WHY TAKE THIS COURSE?

- ▶ Develop essential wilderness knowledge and skills — while living and learning in North Carolina's wild, beautiful places.
- ▶ Immerse yourself in a wonderland of densely forested hills, cool mountain streams, cascading waterfalls, and stunning rock formations.
- ▶ Refresh your spirit & build lifelong friendships.
- ▶ Acquire the outdoor skills needed to travel in pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ Black Balsam Knob
- ▶ French Broad River Trail



NCOAE The National Center for
OUTDOOR & ADVENTURE
EDUCATION

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For complete itinerary details, see reverse side ▶

NORTH CAROLINA — WOMEN'S WILDERNESS COURSE, 8-DAY

ITINERARY (Subject to change)

- ▶ **Day 1: Orientation, gear check, last minute preparations.** This day will be busy, filled with reviewing the gear you brought and making sure you have what you need.
- ▶ **Day 2: Travel to the Pisgah National Forest.** Introduction to basic camp craft, expedition planning, NCOAE Curriculum, and Leave No Trace (LNT) wilderness ethics. Your course gets underway as you learn about bears, safety procedures and risk management, menu planning, gear selection, trip planning, and packing for group expeditions in remote wilderness areas. You will also learn more about site selection, shelters, backcountry cooking, and river crossings.
- ▶ **Days 3 – 5: Backpacking.** Use your map, compass to navigate through North Carolina's wilderness. Explore the backcountry, as you ford rivers, hike through a majestic forest landscape, while learning to manage the risks in these environments. Weather can vary drastically in this temperate rain forest — learn to endure it and enjoy it with grace and style.

All the while, you'll be practicing the principles of LNT, map and compass navigation, plant and animal identification and backcountry cooking — eating wonderful food you'll prepare. It's during these days that you'll be able to hone your outdoor skills. You'll also have time to participate in sunrise yoga, journaling, and personal reflection time. The landscape and wildlife will provide a dramatic canvas for your learning experience. You may see black bears, white-tailed deer, majestic hawks, falcons or eagles and other wildlife during your trek. Learn skills through NCOAE's Curriculum.

- ▶ **Days 6 – 7: French Broad River kayaking.** Develop your kayaking skills, as you explore the winding French Broad River on this relaxing and refreshing kayaking trip.
- ▶ **Day 8: Travel to Wilmington.** After a hearty breakfast, we'll head back to Wilmington, NC to check our gear in and debrief. Finally, we will come together one more time and share a one-of-kind closing circle.