



Backpacking & Rock Climbing

Adventure • Sustainability • Leadership

NORTH CAROLINA 25-DAY

TUITION: \$4,750

HIGHLIGHTS:

- ▶ Wilderness First Responder (WFR) certification
- ▶ Leave No Trace training
- ▶ Earn up to 6 credits traveling the backcountry
- ▶ Training in NCOAE's core curriculum

WHY TAKE THIS COURSE?

- ▶ To further your knowledge and development as an outdoor educator.
- ▶ Learn local and global issues in environmental sustainability.
- ▶ Acquire the skills needed to study and learn in pristine destinations in the great outdoors instead inside a classroom.

WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ Linville Gorge Wilderness
- ▶ Black Balsam Knob
- ▶ Shinning Rock Wilderness



The National Center for
**OUTDOOR &
ADVENTURE
EDUCATION**

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For complete itinerary details, see reverse side ▶

NORTH CAROLINA — BACKPACKING & ROCK CLIMBING

ITINERARY (Subject to change)

► **Days 1–5: Orientation and Wilderness First Responder training.** The first 5 days of your training are spent at The National Center for Outdoor & Adventure Education (NCOAE) in Wilmington, North Carolina where you will complete the Wilderness First Responder training portion of your course.

► **Days 6: Menu planning, food shop, gear and food pack out.** Complete all final logistics for your trip to the backcountry including menu planning, shopping for food, completing gear and food pack out, and begin to travel to the next course site.

► **Days 7–11: On the trail.** Here's where we start to put the learning from the previous week to good use. Our next seven days will be spent in the Pisgah National Forest, exploring North Carolina's largest wilderness area, Shining Rock. Practice the principles of Leave No Trace, map and compass navigation, plant and animal identification, and backcountry cooking – eating wonderful food we prepare ourselves. On Day 9, we'll summit Black Balsam Knob, a 6,240- foot peak in the Pisgah National Forest. Once on top, you'll help the group determine how long we can stay based on weather conditions.

Explore the backcountry, as you ford rivers, and 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. 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.

► **Days 12–13: Solo experience.** Outdoor education instructor training would be incomplete without a solo experience. That's why yours is an absolute must. During your solo, you'll have time to reflect

on your training, complete required assignments, and enjoy the solitude only found in wilderness. At NCOAE, your solo experience is a rite of passage that sets you up for a successful second half of your 25-day outdoor educator training.

► **Days 14–15: Re-supply.** Spend time these days completing lessons taught by NCOAE's outdoor educators, and finalizing logistics for the next leg of your trip. Take a break by soaking in a pool below one of North Carolina's most stunning waterfalls.

► **Days 16–19: Rock climbing.** Travel to Linville Gorge — The Grand Canyon of North Carolina, as it's known, and one of only two wilderness gorges in the Southern U.S. Explore remote, technical terrain and climb towering spires as you hike along the rocky ridges of the Appalachian Mountain range. You'll learn the skills necessary to summit mountains, while managing the risks in these environments. Lessons will include an introduction to rock climbing including equipment, knots, belay systems, anchor systems, and more.

► **Days 20–23: Backpacking and Leave No Trace (LNT) training.** Continue to explore Linville Gorge, as you test your skills and complete your Leave No Trace trainer certification. Wrap up your field portfolios and presentations. It's during these days that you'll really be able to hone your outdoor skills and newfound teaching style. Experience views and vistas that will take your breath away, as you scramble over boulders, climbing rocky outcrops above the treeline – providing environmental education lessons like no other!

► **Day 24: De-issue, gear cleanup, and Closing Circle** — where we will celebrate our individual and group accomplishments and hold a one-of-a-kind graduation before departing.

► **Day 25: Travel from Wilmington, NC to home.**

More courses offered. Please visit NCOAE.org for complete details.