



Backpacking and Rock Climbing

NORTH CAROLINA 14-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.
- ▶ Acquire the outdoor skills needed to travel in pristine destinations around the world!

WHERE YOU'LL BE:

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

For complete itinerary details, see reverse side ▶



NCOAE The National Center for
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EDUCATION

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NORTH CAROLINA — BACKPACKING & ROCKCLIMBING — 14-DAY ITINERARY

(Subject to change)

- ▶ **Day 1: Orientation and packing.** Spend the first day of your course here at The National Center for Outdoor & Adventure Education (NCOAE) in Wilmington, North Carolina. You'll meet your fellow students and prepare for a successful backcountry experience. Topics covered include menu planning and how to 'pack out' for group and expedition travel in wilderness, along with activities aimed at orientating participants to one another and NCOAE.
- ▶ **Days 2 – 5: Our next four days will be spent in the Linville Gorge** — The Grand Canyon of North Carolina, as it's known, and one of only two wilderness gorges in the Southern U.S. Topics include basic camp craft, NCOAE curriculum, Leave No Trace training & NCOAE's 'First 48' — the most important hard and soft skills you'll need to know and understand in order to successfully navigate your first 48 hours leading an outdoor education-focused experience in the wilderness, including site selection, shelters, backcountry kitchens and cooking, lightning protocol, and an introduction to rock climbing (to include equipment orientations, knots, belay systems and more).
- ▶ **Days 6 – 10: Backpacking.** Here's where we start to put the learning from the previous few days to good use. Our next eight days will be spent trekking through Pisgah National Forest's wilderness. 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. Learn skills through NCOAE's Curriculum, as you practice the principles of Leave No Trace, map and compass navigation, plant and animal identification, while cooking and eating wonderful food we prepare ourselves.
- ▶ **Day 11: 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.
- ▶ **Days 12 – 13: Solo experience.** Any outdoor course would be incomplete without a solo experience to allow time for processing. During your solo, you'll have time to reflect and enjoy a solitude only found in wilderness. An NCOAE solo experience is a rite of passage that sets you up for success as you contemplate re-entering the 'real world'.
- ▶ **Day 14: Travel to Wilmington, NC & Closing Circle.** After a hearty breakfast, we'll travel back to Wilmington, NC for gear de-issue and cleanup, closing circle, and departure. Once in Wilmington we'll check-in our gear in and debrief the course. Finally, we will come together one more time and share a one-of-kind closing circle — a fitting transition to begin your journey as an outdoor leader.