



Mountaineering

NORTH CAROLINA 14-DAY

HIGHLIGHTS:

- ▶ NCOAE core curriculum
- ▶ Leave No Trace training
- ▶ Gain experience in expedition planning, wilderness risk management, mountaineering skills, environmental studies, backcountry navigation, leadership in the wilderness, outdoor technology skills, and more

WHY TAKE THIS COURSE?

- ▶ Develop Mountaineering skills
- ▶ Explore the Appalachian mountain range
- ▶ Advance your knowledge of environmental science and outdoor leadership curriculum — while living and learning in North Carolina's wild, beautiful places
- ▶ Discover which areas of outdoor and wilderness education are best suited to your strengths
- ▶ Acquire the skills needed to travel in remote, pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Wilderness of Pisgah National Forest — America's first National Forest
- ▶ Appalachian Mountain Range
- ▶ Blue Ridge Mountains

For complete itinerary details, see reverse side ▶



9809 River Rd. | Wilmington, NC 28412 USA
(910) 399-8090 | Fax: (888) 399-5957
info@NCOAE.org | www.NCOAE.org
www.facebook.com/NCOAE

NORTH CAROLINA — MOUNTAINEERING COURSE, 14-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 - 5: Travel to Linville Gorge Wilderness Area – the Grand Canyon of the East.** Introduction to basic camp craft, expedition planning, NCOAE Curriculum, and Leave No Trace (LNT) wilderness ethics. Your course gets underway as you begin preparing to become a successful backcountry traveler and mountaineer. Begin learning about bears, safety procedures, hazard recognition and risk management, menu planning, gear selection, trip planning, and packing for group expeditions in remote wilderness areas.

We will use these days to introduce you to the NCOAE Curriculum, ‘the First 48’ and our ‘Ed Groups’ — the most important technical skills and interpersonal skills you will need to know to for expeditions in wilderness. Climb high above the tree line, as you practice your rock climbing skills and explore the area’s rugged gorges. Learn more about site selection, shelters, and backcountry navigation.

- ▶ **Days 6 – 11: Backpacking and Mountaineering.** Trek across the North Carolina’s wilderness, using your map, compass, and handheld GPS system to navigate. Your next 8 days may be spent practicing advanced backpacking skills, rock climbing skills, hazard assessment, climbing rescue skills, and personal skill development, as you hike along the rocky ridges of the Appalachian Mountain range. Explore remote, technical terrain and climb towering spires, learning the skills necessary to summit mountains, while managing the risks in these environments. You may even get the chance to apply your new skills in the last few days of the course with a “graduation climb” up a mountain peak.

Weather can vary drastically and become treacherously dangerous in the temperate rainforest, which is why you will learn to be prepared to teach others those same skills. Whatever the wilderness throws at you, you will learn to endure it and enjoy it with grace and style. It’s during these days that you’ll be able to hone your outdoor and mountaineering skills and develop your newfound outdoor leadership 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. Learn to use NCOAE’s Curriculum to teach others the skills they need to communicate, become leaders in their community, identify their values, and make positive life choices. In short, you will learn to be an exceptional outdoor leader! Tomorrow, you will begin a solo wilderness experience, allowing you to gather your thoughts and think about what you have accomplished.

- ▶ **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.** 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.