



Adult Leadership Expedition

Adventure • Sustainability • Leadership
North Carolina

BACKPACKING & ROCK CLIMBING 14-DAY

TUITION: \$2,875

AGE: 18–23

HIGHLIGHTS:

- ▶ Backpacking & Rock Climbing
- ▶ Backcountry Camping
- ▶ Leave No Trace (LNT) 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
- ▶ Carolina Beach, NC

TRIP INCLUDES:

- ▶ All lodging and transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Field Instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle to/from ILM airport (If driving, contact NCOAE for drop-off/pick-up locations)

** NCOAE recommends students bring a small amount of spending money for extra snacks and souvenirs.*

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

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



Scan QR code
for more info.

For complete itinerary details, see reverse side ▶

NORTH CAROLINA – ADULT LEADERSHIP EXPEDITION

ITINERARY *(Subject to change)*

▶ **Day 1: Spend the first day here at The National Center for Outdoor & Adventure Education (NCOAE)** in Wilmington, NC. You'll meet the other participants, then begin with an orientation. Topics covered include menu planning, gear selection, trip planning and how to 'pack out' for group expedition travel in remote wilderness areas.

▶ **Day 2-6: Multi-day Backpacking Trip.** The next several days will be spent in the Pisgah National Forest and Shining Rock Wilderness. Explore the backcountry, as you ford rivers and hike through a majestic forest landscape. 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, soaring eagles and other wildlife during your trek. Learn skills through NCOAE's Curriculum, as you practice leadership skills, the principles of Leave No Trace, map and compass navigation, plant and animal identification, and backcountry cooking -- while preparing and eating wonderful food we prepare ourselves.

▶ **Day 7: 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 8: 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.

▶ **Day 9: Re-supply.** Head into town to explore local attractions and enjoy dinner out. Spend time relaxing and preparing for the next leg of your course.

▶ **Day 10-12: Our next few days will be spent Rock Climbing.** 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.

▶ **Day 13: After a hearty breakfast, you'll hike a short distance to the trail head.** Your group will return to the NCOAE's basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.

▶ **Day 14: Closing Circle and departure.** We'll come together one last time to celebrate our individual and group accomplishments during a one-of-a-kind closing circle. Then, after good-byes depart Wilmington, NC for home.