



Teen Mountain Expedition

NORTH CAROLINA 7-DAY

TRIP COST: \$1,190

AGES: 14–18

TRIP HIGHLIGHTS:

- ▶ Backpacking & Camping
- ▶ Backcountry Navigation skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership
- ▶ Explore the Blue Ridge Mountains

WHY TAKE THIS COURSE?

- ▶ Gain backpacking, camping, navigation, and backcountry cooking skills
- ▶ Challenge yourself in new and rewarding ways
- ▶ Gain the skills necessary to explore the wilderness

WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ The Art Loeb trail
- ▶ Black Balsam Knob

TRIP INCLUDES:

- ▶ All lodging and transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Trip Leaders
- ▶ All meals, admissions, and gratuities

** 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

For complete itinerary details, see reverse side ▶

NORTH CAROLINA — TEEN MOUNTAIN EXPEDITION

The setting for this adventure is the Pisgah National Forest, located in western North Carolina's Blue Ridge Mountains. Learn the basics of backpacking and wilderness travel, as you explore cool mountain streams, hidden swimming holes, and cascading waterfalls.

- ▶ **Day 1: Your trip begins here at The National Center for Outdoor & Adventure Education (NCOAE) in Wilmington, North Carolina.** You'll meet the other participants, then begin with an orientation, teambuilding, expedition planning, and outdoor skills activities.
- ▶ **Day 2: Travel to the Pisgah National Forest.** The real fun begins when your group hits the trail! Learn about campsite setup, water purification, backcountry cooking, Leave No Trace, knots, and more. Then, enjoy dinner and s'mores before lights out after our first day of expeditionary travel.
- ▶ **Day 3-5: Multi-day Backpacking Trip.** Explore the backcountry, discovering cascading waterfalls, hidden swimming holes, and climbing mountain peaks as you hike along the iconic Art Loeb trail. Gain leadership skills, as you practice backcountry camping, map and compass navigation, and plant and animal identification, while cooking and eating wonderful food we prepare ourselves.
- ▶ **Day 6: After a hearty breakfast, summit Black Balsam Knob.** Climb this 6,240-foot peak in the Pisgah National Forest to enjoy breathtaking views! Then, we'll return to the NCOAE's basecamp to clean up, enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 7: Closing Circle and departure.** We'll join 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.