



Teen River Expedition

NORTH CAROLINA 7-DAY

TRIP COST: \$1,190

AGES: 14–18

TRIP HIGHLIGHTS:

- ▶ Whitewater paddling
- ▶ Multi-day Kayak & Camping trip
- ▶ River Navigation skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership
- ▶ Explore the French Broad River

WHY TAKE THIS COURSE?

- ▶ Gain kayaking, 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:

- ▶ French Broad River
- ▶ Pisgah National Forest
- ▶ Carolina Beach

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 RIVER EXPEDITION

The setting for this adventure is the French Broad River which flows along the base of the Blue Ridge Mountains. Learn the basics of kayaking and whitewater paddling, as you travel along the 3rd oldest river in the world!

- ▶ **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, kayak paddling ground school, expedition planning, and outdoor skills activities.
- ▶ **Day 2: Travel to the French Broad River.** The real fun begins when your group hits the water! You'll paddle to your campsite, then learn about campsite setup, water purification, 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 river trip.** Practice your paddling skills and learn the basics of river ecology, as you travel along an iconic North Carolina river. Navigate your kayaks downstream, as you discover how to read the currents of the river and participate in training on swift water rescue techniques. You'll camp along the river each night and learn backcountry camping skills, including map & compass navigation, plant and animal identification, stove use, and backcountry cooking – eating tasty food we prepare ourselves.
- ▶ **Day 6: After a hearty breakfast, you'll paddle a short distance to the take-out.** After leaving the river, your group will return to the NCOAE's basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 7: 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.