



GAP SEMESTER

- ◆ North Carolina
- ◆ Pacific Northwest
- ◆ Ecuador

74-DAY

TRIP COST: \$13,320

HIGHLIGHTS:

- ▶ EMT certification with Wilderness upgrade (W-EMT)
- ▶ Leave No Trace (LNT) Trainer certification
- ▶ NCOAE Curriculum for outdoor educators, teachers, and trip leaders
- ▶ Gain experience in expedition planning, wilderness risk management, environmental studies, backcountry navigation, teaching in the wilderness, outdoor technology skills, and more

WHY TAKE THIS COURSE?

- ▶ Advance your knowledge of environmental science and outdoor education curriculum
- ▶ Discover which areas of outdoor and wilderness education are best suited to your strengths
- ▶ Acquire the skills needed travel to pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ Deschutes Wild & Scenic River
- ▶ Three Sisters Wilderness
- ▶ Quito, Ecuador
- ▶ Cotopaxi National Park
- ▶ Amazon River



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* Flights to/from Ecuador not included in tuition.
For complete itinerary details, see reverse side ▶

NCOAE GAP SEMESTER — NORTH CAROLINA TO PACIFIC NORTHWEST TO ECUADOR (W-EMT)

ITINERARY *(Subject to change)*

- ▶ **Days 1–21: Orientation and EMT Training.** The first 21 days of your course are spent at The National Center for Outdoor & Adventure Education's (NCOAE) campus in Wilmington, NC where you will complete the training needed to become a nationally certified EMT.
- ▶ **Day 22–23: Flex Days.** Spend some time in town and preparing for the upcoming expeditions.
- ▶ **Day 24–28: Backpacking Pisgah National Forest.** Explore the backcountry, as you ford rivers and hike through a majestic forest landscape. Practice navigation skills, Leave No Trace, stove use, and backcountry cooking – eating wonderful food we prepare ourselves.
- ▶ **Day 29–30: Arrive back at basecamp.** De-issue gear and begin packing for the next section.
- ▶ **Day 31: Travel to Portland, OR.** You'll head to the NCOAE's west coast basecamp in Maupin, OR to stay at a riverside lodge, on the banks of the Deschutes River.
- ▶ **Day 32–36: Wilderness Upgrade for EMT (W-EMT).** The next 5 days of your course are spent completing your Wilderness First Responder training.
- ▶ **Day 37: Day Trip and Town Visit.** Take a break from training to explore the local area.
- ▶ **Day 38: Entry-level training in whitewater kayaking and rafting.** Practice the basics of whitewater rafting, as your adventure continues. Learn to read the currents of the river and practice swift water rescue techniques.
- ▶ **Day 39–43: Multi-day raft camping trip.** Travel along the Deschutes River as it for runs hundreds of miles from the mountains near Bend, OR to the confluence of the Columbia River. Paddle through stunning gorges, as you guide a raft through Class III and IV rapids.
- ▶ **Day 43–44: Return to the Riverside Lodge.** Enjoy dinner, showers, a campfire, and lawn games. Rest and spend time preparing for the Ecuador portion of your course.
- ▶ **Day 45: Depart for Quito, Ecuador.** After arrival, we'll drive 30 minutes to our basecamp. Spend the first in-country days at Palugo farm, a permaculture project integrating sustainability, community, and adventure. In the mornings, rise with the sun to help with daily tasks on the farm: splitting firewood, cleaning, gardening, and animal care.
- ▶ **Days 45–46: Learn about sustainability in a mountain environment.** Continue to help with farm activities while expedition planning and packing.
- ▶ **Days 47–48: Cultural Immersion Homestays.** Head North, to an indigenous community in this remote land. Nestled below Volcán Imbabura, spend a few days in the homes of locals, helping work their land and learning from these mountain people.
- ▶ **Day 49: Volcán Imbabura & Otavalo Market.** Climb Volcán Imbabura in the morning. Then, spend the afternoon exploring Otavalo market, one of Latin America's largest indigenous craft markets as you travel back to basecamp.
- ▶ **Day 50: Expedition Preparation.** Finish packing and preparing for your Amazon expedition.
- ▶ **Day 51–53: Multi-day Amazon River trip.** Descend from 9000ft - 3000ft, viewing breathtaking changes – from snowcapped volcanoes, to cloud forest, to magical green of the Amazon basin, the 'Lungs of the Earth'. Learn the basics of river ecology, as you paddle the mighty Amazon.
- ▶ **Days 54–56: Cultural Immersion on the Amazon.** Travel downriver to a remote Kichua community. Rise early to drink wayusa tea and share dreams. Help harvest and plant crops, then learn to carve pilche bowls in hammocks by the fire. Learn of the changes facing indigenous cultures today and discover impact you can have by supporting community tourism, reforestation, and quality education – all part of ways to conserve traditions and empower new generations.
- ▶ **Days 57–58: Chocolate Farm Visit.** Your journey continues, as we make our way to a jungle permaculture cacao farm. Spend time cooking on the fire, visit with local children, and help to look after this regenerative piece of land.
- ▶ **Day 59–60: Re-supply.** Return to basecamp to rest and prepare for the backpacking & mountaineering leg our of course. Learn about technical gear, glacier travel, ice climbing, and high altitude living.
- ▶ **Day 61–62: Volcán Pichincha Hike & Quito Visit.** Rise early to climb Volcán Pichincha as we acclimatize again. Then, explore Quito – the capital city. Walk through its old streets, enjoy flavorful Latin-influenced traditional dishes, and visit vibrant markets as you experience the cultural diversity of Ecuador.
- ▶ **Day 63–70: Trekking Cotopaxi National Park & Antisana Ecological Reserve.** Climb high above the tree line, trekking along Volcán Sincholagua. Learn the skills needed to summit mountains, as we dive deep into the basics of mountaineering. Weather can vary drastically and become dangerous in this high-altitude land. Learn to safely endure whatever the Andes throws at you.
- ▶ **Day 71: Summit Attempt.** On our last morning we will set off before dawn and attempt a final 'graduation' summit of Volcán Antisana. Enjoy magnificent, 360-degree views, of the Inter-Andean valley. Feel the freedom and humility of the mountains, and harvest their teachings.
- ▶ **Days 72–73: De-issue, gear cleanup, and Closing Circle.** Return to Palugo Farm to check-in gear, clean-up, then visit a local hot spring for a soak. Before departing, we'll debrief the course, celebrate our individual and group accomplishments, and share a one-of-a kind graduation.
- ▶ **Day 74: Departure from Quito, Ecuador.**