



Teen Leadership Expedition Pacific Northwest

BACKPACKING & WHITEWATER 12-DAY

AGES: 15-17

TRIP HIGHLIGHTS:

- ▶ Whitewater Rafting & Kayaking
- ▶ Backpacking & Camping
- ▶ Backcountry & River Navigation skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership
- ▶ Explore the Deschutes River

WHY TAKE THIS COURSE?

- ▶ Gain rafting, 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:

- ▶ Deschutes River
- ▶ Willamette National Forest
- ▶ Central Oregon

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 PDX 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.*



Scan QR code
for more info.

For complete itinerary details, see reverse side ▶



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

TEEN LEADERSHIP EXPEDITION BACKPACKING & WHITEWATER PADDLING

The setting for this adventure is the Willamette National Forest & the Deschutes River — which runs hundreds of miles from the mountains near Bend, Oregon to the confluence of the Columbia River. Explore stunning mountains and gorges, as you learn the basics of backpacking, kayaking, and whitewater rafting!

- ▶ **Day 1: After a morning airport pickup, we'll drive to our basecamp in Maupin, OR.** You'll meet the other participants, then begin with an orientation, teambuilding, kayak paddling ground school, expedition planning, and outdoor skills activities.
- ▶ **Day 2: Put-in on the Deschutes 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 Oregon river. Navigate your kayaks & rafts 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 knots, plant and animal identification, and stove use.
- ▶ **Day 6: Re-supply.** Head into town for ice cream & explore local attractions. Spend time relaxing & preparing for the next leg of your course.
- ▶ **Day 7-10: Multi-day Backpacking Trip.** The next several days will be spent in the Willamette National Forest and Three Sisters Wilderness — where we'll practice leadership skills, map and compass navigation, and backcountry cooking – eating wonderful food we prepare ourselves.

Explore the backcountry, as you trek through this stunning volcanic and glacier formed landscape. Hike along rugged ridges, scramble through lava fields, and discover waterfalls, alpine meadows, lush forests, and rushing streams as you travel through a majestic forest landscape. You may even get the chance to summit a local peak.
- ▶ **Day 11: 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 12: 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 Portland, OR for home.