

PACIFIC NORTHWEST

14-Day Adult Leadership Backpacking and Whitewater Expedition

DATES: AUGUST 8–AUGUST 21, 2024

TUITION: \$3,595

AGE: 18–23

HIGHLIGHTS:

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

WHY TAKE THIS COURSE?

- ▶ Gain rafting, kayaking, camping, navigation, and backcountry cooking skills
- ▶ 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:

- ▶ Deschutes River
- ▶ Three Sisters Wilderness
- ▶ 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.

*Flights to / from destinations not included in tuition.

For complete itinerary details, see reverse side



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PACIFIC NORTHWEST – ADULT LEADERSHIP EXPEDITION

Itinerary *(Subject to change)*

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, while 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. Topics covered include menu planning, gear selection, trip planning and how to 'pack out' for group expedition travel in remote wilderness areas.
- ▶ **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 the basics of site selection and NCOAE's 'First 48' – the most important skills you'll need to know for wilderness travel, including shelters, backcountry kitchen, water purification, and lightning protocol. Then, enjoy dinner and s'mores before lights out after our first day of expeditionary travel.
- ▶ **Days 3–5:** Multi-day Whitewater Trip. Practice your paddling skills and study the basics of river ecology, as you travel along an iconic Oregon river. Learn about river dynamics, swift water rescue, and fundamental paddling strokes, as you raft or kayak downstream. You'll camp along the river each night and learn backcountry camping skills, including knots, plant and animal identification, and stove use. Your whitewater camping trip continues as you learn how to read the currents of the river and help guide a raft through Class III and IV rapids.
- ▶ **Day 6:** Re-supply. Head into town for dinner out and explore local attractions. Spend time relaxing & preparing for the next leg of your course.
- ▶ **Days 7–11:** Multi-day Backpacking Trip. The next several days will be spent in the Willamette National Forest and Three Sisters Wilderness. Explore the backcountry, as you ford rivers, explore crater lakes, and hike through alpine meadows while learning to manage the risks in these environments. 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, & backcountry cooking -- while preparing and eating wonderful food we prepare ourselves.
You may even get the chance to apply your new skills in the last few days of the course with a "graduation climb" up a mountain peak.
- ▶ **Day 12:** 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 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 Portland, OR for home.