

Course Overview

The Oregon Smith Rock Climbing & Yoga course will offer students a journey through the crags and spires of one of Central Oregon's most distinct and renowned areas, Smith Rock State Park. While exploring this world famous climbing area, students will learn climbing techniques including gear use, belaying, rappelling, movement on rock, and etiquette. Students are given ample opportunity to push their limits and test their learning amidst the grandeur of this towering geologic formation. Smith Rock State Park will also serve as the backdrop for your daily yoga practice and training, encouraging you to incorporate breath, balance, focus and flexibility into your movement on rock. Spend your time adventuring and challenging yourself with other women while exploring the splendors of the Northwest.

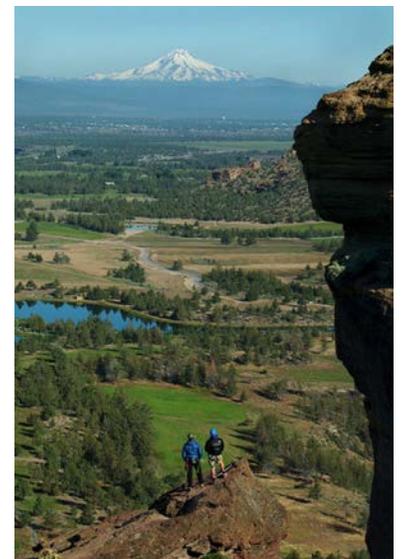
This all-female identified course offers the opportunity to step out of your comfort zone, learn outdoor skills, and develop as a leader. A single gendered course allows time to build community, reflect, and find your voice as you overcome challenges in a supportive all-female group.

You do not need to have any previous experience. We will teach you the necessary skill sets. Outward Bound courses are team environments where students work closely together and are designed to develop courage, build trust, compassion and personal initiative.

From getting up early and cooking breakfast to making long approaches to climbs, carrying heavy packs and spending late evenings debriefing with your team, traveling in the wilderness is demanding. Additionally, expeditionary travel can pose significant mental and emotional challenges as students must work within a group of diverse individuals, developing their skills as team-members and as leaders. Past students and instructors agree that arriving physically fit and excited for the opportunity for personal development will enhance your experience and ultimately allow you to take full advantage of the expedition.

Course Area

SMITH ROCK STATE PARK, OREGON – Smith Rock is a world-renowned climbing destination that attracts climbers of every ability level. It is widely considered to be one of the top sport climbing areas in the country. Smith rock is a uniquely beautiful area that commonly graces postcards and calendars. The Crooked River lazily winds its way through the canyon, cutting a path through the cliffs and spires. To the west, the snow-capped volcanoes of the Cascade Range rise on the horizon, above the flat checkerboard of irrigated plains. One of the most striking features is a prominent spire, Monkey Face. Given the dry and temperate climate, rock climbing is feasible most of the year.



Course Activities



ROCK CLIMBING – Students will receive individual instruction and test their skills against vertical cracks, steep faces and boulders. Camping will be in a front country site near Smith Rock State Park among the multicolored cliffs and spires. Students will learn about basic climbing equipment, rope management, wearing harnesses, tying knots, belaying and rappelling techniques, and movement on rock.



YOGA – Are you new to yoga? Do you already practice yoga but need further instruction and direction? Either way, this course will be an opportunity to learn and practice yoga in a positive and supportive environment.

SOLO – During this course students will participate in a mini solo. Students will have an opportunity to spend a few hours during a specific day to sit in

solitude to reflect on their experience.

SERVICE – Service to others and the environment is a core value of Outward Bound and is integrated into each course. Participants follow Leave No Trace ethics as service to the environment and do acts of service while leading and supporting fellow participants. Students develop a value of service, seeing the impact of their actions firsthand, and transfer this desire to serve their communities back home.

OUTCOMES – This course will introduce students to the ideas of leadership, character development, and service that are integral to Outward Bound. Students will begin to develop these skills in an expedition setting so that they can continue to grow once they return home. Instructors will work to challenge students to try new things and step outside their comfort zones. As a team, each group will work together to complete difficult tasks necessary for backcountry travel. Adult courses offer a unique opportunity to disconnect from the busyness of everyday life and reconnect with self, and other individuals. Regardless of age or life stage, Outward Bound believes that everyone can benefit from opportunities to experience challenge, adventure, and to work within a supportive environment to gain a greater sense of self.

Sample Itinerary

Please note that this is an example of activities that might occur on course, not a specific schedule or guarantee. All itineraries will vary depending on student groups, instructor teams, and environmental factors.

Day 1 Course Start, welcome and introductions, gear check, course overview, intro to climbing gear and movement on rock



Course Description

Oregon Smith Rock Climbing & Yoga for Women

Day 2	Rock Climbing: Introduction to rock climbing systems, belaying, top roping and lowering. Development of group culture and personal goals.
Day 3-4	Rock Climbing: Development of climbing technique. Experience various types of rock climbs and difficulties. Continue to work on belaying and supporting other climbers.
Day 5	Personal challenge event, de-issue gear, debrief, course end celebration and graduation
Day 6	Transport home