

### Overview

The North Cascades Canoeing & Rock Climbing course offers young teens the opportunity to explore one of Washington State's most beautiful recreation areas. Students will learn how to travel and camp in the wilderness, paddle canoes, set up tarps, rockclimb and navigate using a map and compass. The course includes a focus on cultivating skills around leadership, character development, service to others and interpersonal development. From getting up early and cooking breakfast, to hiking or paddling all day, to climbing a rock face, wilderness travel is demanding. You do not need to have any previous experience but arriving physically prepared and excited for the opportunity for personal development will enhance your experience and allow you to take full advantage of the expedition.



This course is open to non-binary, trans-men and gender expansive identifying students. We strive to create an inclusive environment for all of our students.

### Outcomes

Outward Bound promotes character development, leadership, and service in the most engaging classroom possible ... the wilderness. In real time, students experience the effects of their decisions on themselves and the other members of their group as they work to complete difficult tasks necessary for wilderness travel. Instructors challenge students to try new things and step outside their comfort zones. They also provide individualized feedback to students that can be implemented on course, as well as afterwards upon return home to their communities.

### Single Gendered Courses

Outward Bound has seen in practice the differences between male- and female-assigned physical and cognitive development rates in early adolescence. Courses that are gender specific allow instructors to effectively accommodate and teach to the group's abilities. We have seen that early adolescent, gender specific courses allow more open space to talk about fears and concerns, develop more authentic relationships with peers and lessen the potential for stereotyping behaviors to occur.



### Course Area

**WASHINGTON LAKES** – Depending on weather, snow melt and other conditions, the canoeing portion will take place at one of two Washington lakes. Both lakes offer the unique opportunity to explore a region of Washington from the water

**ROSS LAKE, WASHINGTON-** Accessible only by boat or trail, this 25 mile long glacier-fed lake is nestled in the North Cascades National Park and the Pasayten Wilderness Area. This part of the park is known for the surrounding 8,000 ft. mountain peaks, deep glacially carved valleys, and clear blue-green water. Waterfalls flow into the lake from the glaciers above, and eagles soar overhead in search of trout.

**LAKE ROOSEVELT, WASHINGTON -** This lake, which sits behind the Grand Coulee Dam on the Columbia River, is 130 miles long and is nestled in the beautiful forested hills of Northeastern Washington. Lake Roosevelt features calm, turquoise water and gorgeous fir and pine-forested shores. There are nearby waterfalls and hiking trails to explore along the lake, as well as a myriad of wildflowers and wildlife on the shoreline.

### Course Activities

**CANOEING** – During the canoeing expedition, students will travel between campsites along the lake. At camp, students will work as a team with their Instructors to learn the art of setting up a backcountry camp. Camp skills include setting up shelters, cooking meals, and helping to decide where the following days will lead. Along the way, students will encounter the natural wonders of lake travel, including access to waterfalls, wildlife sightings and miraculously clear blue waters.

**ROCK CLIMBING** – During your expedition you will learn the basics of climbing technique, belaying, rappelling, and knots. Rock climbing is physically, mentally, and sometimes emotionally demanding. For many students, rock climbing is the high point of the course. For others, it's a major mental challenge to face. Courses generally include 1-2 days of rock climbing, depending upon individual course itineraries and student groups.



**SOLO** – In order for profound learning to take place, students spend time reflecting on their experience, and Solo is that opportunity. The Solo experience provides an important break from the rigors of the expedition and gives students the opportunity to reflect on their Outward Bound experience. With sufficient food and equipment, students will set up camp at sites of their own, using the wilderness skills learned during the first portions of the course. The amount of time students spend on Solo is based on course length, weather, student condition, age, and Instructor preference. Solo campsites are chosen to offer as much solitude as possible (yet be within emergency whistle-signaling distance of other group members). Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future. Instructors check on each participant at regular intervals, as safety is always a top priority.



**SERVICE** – Service to others and to our environment is a core value of Outward Bound and is integrated into each course. Groups follow Leave No Trace ethics as they engage in acts of service while leading and supporting fellow participants. Students see the impact of their actions firsthand, and may develop a desire to continue service in their home communities.

**PERSONAL CHALLENGE** – We typically end our courses with a Final Challenge Event—an individual final physical push. This might take the form of a run or a triathlon-style challenge.

### Sample Itinerary

The following is an example of what your 10-day itinerary may look like. Your actual course plan will vary according to weather, student skills and abilities, and instructor preferences.

Day 1	Course Start
Day 2	Team building, campcraft, wilderness travel, and canoeing skills
Days 3-7	Explore lake by canoe and develop leadership skills by taking turns leading the group each day. Routines are solidified and group roles are reinforced.
Days 8-9	Rock climbing. Trust building and personal challenge through rock climbing and belaying crew mates. Personal challenge event and course closing ceremony.
Day 10	Course End and transportation home