

## A little bit about us...

Camp Kanuga, established in 1931, is a summer camping program sponsored by Kanuga Conferences, an Episcopal Center in the mountains of Western North Carolina near Hendersonville. We offer young people, ages 7-16, an enjoyable and stimulating experience in a Christian outdoor setting. Our program enables campers to grow emotionally and spiritually while at the same time developing new interests, skills, and friendships.

Camp Kanuga's continuing goals are:

- To offer an incredible summer experience in the Blue Ridge Mountains among young people from many other states and other countries.
- To build a Christian family community among the campers and counselors, helping them enjoy the privileges and leading them to accept the responsibilities as contributing members of God's kingdom.
- To introduce campers to new places and experiences, and to offer them challenging opportunities.
- To encourage appreciation for Earth and its inhabitants as God's creations.
- To instill self-confidence about being away from home.

Camp Kanuga offers a variety of activities that stimulate and challenge the campers.

Our **Adventure Program** uses a climbing tower, ropes course as well as a natural rock face located on the property. We also offer whitewater rafting and horseback riding for our older campers.

Our **Aquatics Program** stress water skills, safety and fun! We have boating, canoeing, diving, fishing, swimming and lifesaving instruction.

Our **Arts and Crafts Program** takes advantage of the woodsy beauty of Kanuga that inspires artistic expression from the campers. Most projects involve natural materials for the medium.

Our **Sports Program** emphasizes participation by all campers and staff. Qualified instructors help campers develop skills, good sportsmanship, and learn to play for the enjoyment of the game.

Our **Outdoor Education Program** helps campers experience the natural world as it was created by God and teaches campers how to live comfortably in the outdoors, making camping more enjoyable. The Leave No Trace ethic and important skills such as orienteering, first aid rescue, and backpacking are introduced.

Our **Performing Arts Program** gives the campers the opportunity to express themselves as they develop their talents. Skits, songs, and dance are all part of the curriculum.

**Worship and Music** are integral parts of Camp Kanuga. We have an enthusiastic Christian community. Devotions are held each morning and night and a celebration of the Holy Eucharist is offered every Sunday. People with musical talent (and instruments) are encouraged to play and play often!

Our **Trailblazer Adventure Program** is three two-week hiking treks offered to 15 and 16 year olds. They hike approximately 50 miles of the Appalachian Trail, rock climb and raft whitewater.