



WELCOME!

Thank you for your interest in the Mountain Trail Outdoor School. This Program and Planning Guide will give you a description of our program as well as information to help you plan a trip for your group.

The Mountain Trail Outdoor School (MTOS) began in 1991, in response to a growing concern for environmental awareness. It is an environmental and outdoor education program for elementary through high school students. We also offer programs for adult groups. The school represents the environmental education division of Kanuga Conferences, Inc., and is located near Hendersonville, N.C., in the beautiful Blue Ridge Mountains. During a visit, your classroom is Kanuga's 1,400 acres which includes: several lakes, ponds, streams, abundant wildlife, plants, and wonderful mountain views.

The MTOS curriculum combines natural science study, community building activities, and opportunities for participants to increase their self confidence through adventure based activities. Our goal is to provide participants with a positive and fun experience while expanding their understanding of the natural world and learning more about themselves. Our primary means of education is through experiential learning. Students explore and discover on their own, guided by MTOS instructors. Groups can participate in courses that focus on the natural sciences such as wildlife biology and aquatic ecology or adventure based activities such as the cooperation course and rock climbing. The contact person from each group will work with our staff to design a program from our course offerings.

The MTOS staff includes college graduates and interns who are knowledgeable and experienced in environmental and adventure based education. They have a sincere commitment to young people and strive to create a caring atmosphere at the school. All staff are trained in First Aid and CPR and some are Wilderness First Responders or Emergency Medical Technicians.

I invite you to read through this booklet, which explains the program in more detail. Please do not hesitate contacting me with any questions. Again, thank you for your interest in the Mountain Trail Outdoor School. We look forward to hearing from you soon.

Post Office Box 250

Hendersonville, N.C. 28793-0250

828/692-9136

Fax: 828/696-3589

Sponsored by Kanuga Conferences, Inc.

Sincerely,

LeeAnne Martin, Director

Table of Contents

MTOS PROGRAM

Program Descriptions.....	3
Environmental Education.....	4
Adventure Based Learning.....	5
Evening Programs.....	6
Off-Property/Specialty Trips.....	7
Sample Schedule.....	8

PLANNING

Steps for Planning a Trip.....	9
Making a Reservation	10
MTOS School and Group Rates.....	10
MTOS Booking Policies.....	11

FACILITIES

Dining Hall Procedures.....	12
Bear's Den Bookstore.....	12
Housing.....	13
Housing Assignment Sheets.....	14-18

FORMS

Chaperone Letter	19
Parent Letter.....	20
Student Letter.....	21
“What to Bring” List	22
Expedition Letter.....	23
Expedition Packing List.....	24-25
Health/Acknowledgment of Risk.....	26

MAPS

To Hendersonville/Kanuga.....	27
Kanuga Conference Center.....	28
BCYC/Mountain Trail Outdoor School.....	29

Program and Planning Guide revised February 2007.

Drawings by Gwen Frostic from The Earth Speaks; used by permission.

The Mountain Trail Outdoor School Program

The MTOS offers classes that are based outdoors and focus on experiential learning. We work with the group coordinator to develop a program that is specific to your groups' goals, skills, and ages. The following is a list of the courses MTOS offers. More detailed descriptions of each class can be found on the following pages.

We have divided our courses into three main areas: *Environmental*, *Adventure*, and *Off-Property/Specialty Trips*. While the environmental and adventure education classes are listed separately, they each have elements of the other. Both areas allow students to learn more about themselves and the interactions between the earth and its inhabitants.

ENVIRONMENTAL COURSES

These classes are primarily designed for 3rd-9th graders and allow the students to investigate their surroundings and discover things about the environment. In no way are these classes limited to younger students. Depending on the goals for older students, the material can be adapted to include instruction, discussion, and field investigation.

- | | |
|---|--------------------------------------|
| <i>3 hour classes</i> | <i>1 ½ hour classes</i> |
| <input type="checkbox"/> Aquatic Ecology | <input type="checkbox"/> Bog Study |
| <input type="checkbox"/> Cherokee Culture | <input type="checkbox"/> Web of Life |
| <input type="checkbox"/> Forest Ecology | <input type="checkbox"/> Geology |
| <input type="checkbox"/> Mountain Ecology | |
| <input type="checkbox"/> Animal Ecology | |

EVENING PROGRAMS

- Night Hike
- Campfire
- Town Council
- Cookout
- Dance/Social
- Overnight Campout (on property)
- Square Dance
- *Naturalist
- *Storyteller
- Appalachian Culture

* denotes extra fee

ADVENTURE COURSES

Designed for 3rd grade and up, students can build strength, confidence, and new skills through goal setting and the physical and mental challenges presented in these adventure activities.

- | | |
|--|-----------------------------------|
| <i>3 hour classes</i> | <i>1 ½ hour classes</i> |
| <input type="checkbox"/> Cooperation Course** | <input type="checkbox"/> Canoeing |
| <input type="checkbox"/> Challenge Hikes | |
| <input type="checkbox"/> High Ropes Course | |
| <input type="checkbox"/> Orienteering | |
| <input type="checkbox"/> Outdoor Living Skills** | |
| <input type="checkbox"/> Rock Climbing | |

**denotes classes that can be adapted for a 1 ½ hour class

OFF-PROPERTY/SPECIALTY TRIPS

- Backpacking or Rock Climbing Expeditions
- *White Water Rafting on the French Broad, Nolichucky, or Nantahala Rivers
- *Biltmore House
- Carl Sandburg Home
- *Chimney Rock Park
- *Emerald Village
- *Linville Caverns/Falls

*denotes extra fee

Environmental Education

3 Hour Classes

Animals Ecology:

This course focuses on the wildlife of the area and the importance of a healthy habitat. Students learn about the ecological niches of local mammals, invertebrates, birds, reptiles and amphibians. Participants explore and observe the area for wildlife and evidence of animal activity. Key concepts/vocabulary: adaptations, ecosystem, habitat, niche, migration, competition, predator/prey, food web, and classification.

3 hours; ideal for 3rd-8th graders, has been adapted successfully for older students.

Cherokee Culture:

Students will journey through time to learn about the history, culture, and use of natural resources of the Eastern Band of the Cherokee currently and historically living in Western North Carolina. Key concepts/vocabulary: stereotypes, matrilineal, syllabary, Trail of Tears, nomadic, hunter/gatherer, sedentary, wattle and daub

3 hours; ideal for 3rd-8th graders

Pond and Stream Study/Aquatic Ecology:

Students explore aquatic ecosystems and discover first hand (and feet!!) what lives there. Students learn where aquatic animals live, what they eat and about their interactions with each other. Key concepts/vocabulary: hydrology, infiltration, run-off water cycle, metamorphosis, invertebrate, bog, pond, lake, and stream.

3 hours; very experiential, ideal for 3rd-8th graders, has been adapted successfully for older students.

Mountain Ecology:

This course is an exploration of the unique Southern Appalachian Mountain Ecosystem through an active hike to one of Kanuga's viewpoints. Students examine how flora and fauna communities change with exposure to the sun, elevation, and human disturbance. Key concepts/vocabulary: mixed deciduous, cove, hard wood, heath, microclimate, erosion, human impact.

3 hours; ideal for 7th-9th graders.

Forest Ecology:

By exploring healthy forests students learn that there is much more to a forest than just trees. They will learn how a tree works, why certain species grow where they do and why humans and animals need trees. Students also discuss forests as a system of plants, animals, and decomposers. Key concepts/vocabulary: succession, dichotomous key, habitat, erosion, photosynthesis, decomposers, deciduous/evergreen, xylem, phloem, seed dispersal, and succession.

3 hours; ideal for 3rd-8th graders, has been adapted successfully for older students.

1 ½ Hour Classes

Bog Study:

Students will explore the Kanuga Mountain Bog and investigate the unique and adaptive features of the flora and fauna that live there. Key concepts/vocabulary: endangered, threatened, migration, wetland

1 ½ hours; ideal for 3rd-8th graders

Geology:

Students learn how the Blue Ridge Mountains were formed and how they are still changing. Key concepts/vocabulary: formations, fault, geomorphology, geologic time, plate tectonics, metamorphic/igneous/sedimentary, and geologic processes such as volcanism and erosion.

1 ½ hours; ideal for 5th-8th graders.

Web of Life:

This class focuses on the interactions and dependencies of the smallest animals, such as phytoplankton, to the largest animals, or keystone species. Through discussion, activities and exploration each student will see how they fit into the world around them and how their everyday actions affect the world around them. Key concepts/vocabulary: food chain/web, predator/prey, consumers, producers, energy transfer, and biomagnification.

1 ½ hours; ideal for 3rd-6th graders.

Adventure Based Learning

3 Hour Classes

Cooperation Course:

Students employ group decision making, communication, and cooperation skills in order to complete mental and physical challenges. This course is designed to be student centered - the instructor gives only guidance and feedback, no solutions! During a Cooperation Course, students often change their assumptions and definitions of leadership, communication, and problem solving.

3 hours; ideal for *3rd grade-adult*.

High Ropes Course:

The site for this activity is our Project Adventure certified ropes course. Students participate in an extensive ground school where they learn the basics about harnesses, equipment, and commands. Students then choose from several elements which are both physically and mentally challenging. Once on an element, participants will be 20-40' off the ground!

3 hours; ideal for *7th grade and up*.

Orienteering:

Students learn how to use a compass and read topographic maps. They also learn how to orient themselves without a compass! The majority of the class is spent navigating an established orienteering course.

3 hours; ideal for *6th grade and up*.

Outdoor Living Skills:

This course teaches students how to be prepared for a successful experience in the outdoors. Students will also learn techniques for having a minimum impact on the environment. For an advanced class, older students learn to use available resources and how to find necessary equipment outside in order to successfully adapt to primitive or disaster situations.

3 hours; ideal for *3rd grade and up*

Property Hikes:

Groups will hike on one of Kanuga's many trails to a view point. These hikes are intended to be more physically challenging than the nature hikes. Students learn the skills necessary for an enjoyable, low-impact hike. This is a good time to see wildlife because more remote trails are often used on these hikes.

3 hours; *7th grade and up*.

Rock Climbing:

Students are introduced to the terminology, equipment, commands, and techniques of rock climbing. Students are then given the opportunity to challenge themselves in a safe and controlled environment at our rock quarry or climbing tower, where they test their physical and mental strength. We have an indoor climbing wall in case of inclement weather.

3 hours; ideal for *6th grade and up*.

1 ½ Hour Classes

Canoeing:

Students learn about water safety and proper canoeing techniques. After demonstrating basic competence students are allowed to explore our lake. Life preservers are used at all times.

1 ½ hours, ideal for *6th grade and up*.

Cooperation Course: (see description above)

Outdoor Living Skills: (see description above)

Both of these classes can be adapted for a 1 ½ hour class time period.

Evening Program Options

Night Hike:

Half the world is always in darkness - yet it is seldom explored! The night hike allows students to explore the forest at night with a concentration on sensory awareness. Students learn about the adaptations of nocturnal animals and humans. Owls, bats, foxfire, and basic astronomy are often part of the trip. Key concepts/vocabulary: night vision, nocturnal, raptors, fear, imagination, adaptations, rods & cones, bioluminescence, and triboluminescence (join us on a night hike and experiment with triboluminescence yourself!!).

1 ½ hours; ideal for *3rd grade and up*.

Campfire:

Gather together at the end of the day for singing, stories, skits, and possibly s'mores.

1 ½ hours; (the school is responsible for bringing s'more fixings)

Town Council:

These environmental debates cover a wide range of topics from water issues to land development. They are set up in the form of a town council where the students take on roles of those involved either being for or against the proposed idea. Each person will present their side to the town council and then the council will make an executive decision either to pass or reject the idea. The students will get a chance to act and dress the part!

1 ½ hours

Cookout:

The group will hike to one of the many campsites on Kanuga property and cook dinner over a fire.

Dance/Social:

We provide the space and audio-equipment and the school provides the music for the visiting teachers to DJ.

1 ½ hours

Overnight Camp Out:

Participants learn how to select, set up, and breakdown a functional camp site on Kanuga property. Students learn the basics of low impact camping and what equipment is needed for a safe and successful camping experience.

5 pm-9 am minimum, ideal for *any age* - participants must provide their own sleeping bags.

Naturalist with Live Animals:

Local animal specialists can present programs on varying topics. Some program descriptions include "Animals We Love to Hate", "Appalachian Wild", or "Forest Ecosystems".

*extra cost

1 ½ hours

Square Dance:

We call and teach about traditional Appalachian dancing.

1 ½ hours

Storyteller:

Area native tells traditional Appalachian Folk Tales

*extra cost

1 hour

Appalachian Culture:

Participants learn about early Appalachian Culture, how their environment dictated much of their everyday life.

Students enjoy traditional games, dances and crafts.

1 ½ hours

Off-Property/Specialty *(Trips generally recommended for groups staying three or more days.)*

Backpacking or Rock Climbing Expeditions

These experiences introduce students to the natural sites of the Blue Ridge Mountains. Options range from three days to week long trips into Pisgah National Forest for hiking, climbing, or a combination of both. The students will need to be equipped with the essential gear-(see expedition packing list). MTOS can rent backpacks, sleeping bags, and ground pads. The students will be split into small groups of 10-15 to allow for them to bond as a group, build positive community, and reduce impact on the trail. These experiences are designed to be *physically* and *mentally* challenging for the students. Students will hike anywhere from 10-25 miles during the trip depending on the number of days out. All of the food, provided by MTOS, and equipment for their time on trail will be carried by the members of the individual groups.

White Water Rafting

There are three excellent rivers under two hours away- French Broad, Nolichucky, and Nantahala. These trips give students the opportunity to experience a popular outdoor activity with a qualified and safe commercial outfitter. Rafting is fun and exciting, but is also an excellent opportunity to learn about the geology and topography of the mountains.

*extra cost

**For more information on other local off-property trips, please consult MTOS staff*



Schedule for:
Your Middle School
Anywhere, Southeast

April 4(L)-6(L), 2007
Lead Teacher: Martha Smith
82 – 7th graders & 18 adults

Wednesday, April 4

11:30 Arrive and get settled into cabins; MTOS orientation
12:30 LUNCH-(Hopping Group 1 – in 15 min. early to set the tables)
2:00 1. & 2. High Ropes
3. & 4. Cooperation Course
5. & 6. Climbing
7. Mountain Ecology
5:00 Free time supervised by American Renaissance Chaperones
6:00 SUPPER-(group 2)
7:30 Night Hike in small groups

Thursday, April 5

8:00 BREAKFAST-(group 3)
9:00 1. & 2. Cooperation Course
3. & 4. High Ropes
5. & 6. Mountain Ecology
7. Climbing
12:30 LUNCH-(group 4)
2:00 1. & 2. Climbing
3. & 4. Mountain Ecology
5. & 6. High Ropes
7. Cooperation Course
5:00 Free time supervised by visiting school chaperones
6:00 SUPPER-(group 5)
7:30 Naturalist “Animals We Love to Hate”

Friday, April 6

**Pack and clean cabins before breakfast
**Put all luggage in the common room
8:00 BREAKFAST-(group 6)
9:00 1. & 2. Mountain Ecology
3. & 4. Climbing
5. & 6. Cooperation Course
7. High Ropes
12:30 LUNCH-(group 7)
Load buses and depart for home

Steps for Planning a Trip

- DISCUSS POSSIBLE DATES WITH YOUR SCHOOL.**
- DISCUSS CURRICULUM/PROGRAM PLANNING WITH SCHOOL STAFF.** Determine your group's goals for the trip-(i.e. academic themes, community building) and which of our classes would best fit your group's needs, skills, and age.
- CALL MTOS 828-692-9136 TO MAKE A RESERVATION.** Please have at least three sets of dates and the estimated number of students and chaperones.

ONCE THE TRIP IS BOOKED

- Return the signed contract and deposit.
- Start recruiting adult chaperones-(parents, teachers, or administrators) to supervise the students. You will need at least one adult per ten students and make sure to have a balance of males and females.
- Make arrangements for transportation to and from MTOS.

A MONTH PRIOR TO TRIP

- Generate excitement among your students by sharing with them your enthusiasm for the trip. Spend time discussing with students the classes they will be taking, the goal's for the trip, and your expectations of them while they are at Kanuga. Also reminding them that they are still at school while they are at Mountain Trail.
- Send and collect the Health/Acknowledgement of Risk forms from all the students and chaperones. (You can bring these up with you)
- Finalize numbers for housing and the group's schedule with a MTOS staff member.
- Assign students to activity groups and housing. The number of groups and housing will be determined by the MTOS staff. Bring with you extra copies of the cabin and activity group lists to be copied for the MTOS staff.
- Convey the following responsibilities to your chaperones before the trip:
 1. To supervise students in cabins, during meals, and during free time.
 2. To accompany the activity groups during classes-(1-3 per group) and assist with discipline issues.
 3. To keep track of students who take medication.
 4. To sleep in student cabins at night-(at least one adult per cabin).
- Set up a phone tree or answering service for parents to call to verify that the group has arrived at Kanuga or for any other important information.
- Notify the MTOS staff of any major medical concerns/issues upon arrival.

Making a Reservation

Step #1: Trip date

We operate September 1-May 30. Please have your top three choices ready before you contact MTOS.

- 1.
- 2.
- 3.

Step #2: Group size

Estimated number of students _____
 Estimated number of adults _____

Step #3: Contact us with the above information to reserve dates. A \$10 per person deposit will be required to reserve space for your group.

LeeAnne Martin, Director
 Mountain Trail Outdoor School
 Phone: 828-692-0077 x.263
 Fax: 828-696-3589
 Email: mtos@kanuga.org

**MOUNTAIN TRAIL OUTDOOR SCHOOL
 RESIDENTIAL SCHOOL & YOUTH GROUP RATES**

(Rate is per person, generally one adult is free for every ten paid participants.)

	<u>2007</u>	<u>2008</u>
2 Days of Program/1 Night Lodging/4 Meals..... (Example: Lunch Thursday through Lunch Friday)	\$82.00	\$84.00
3 Days of Program/2 Nights Lodging/7 Meals..... (Example: Lunch Wednesday through Lunch Friday)	\$119.00	\$122.00
4 Days of Program/3 Nights Lodging/10 Meals..... (Example: Lunch Tuesday through Lunch Friday)	\$169.00	\$173.00
5 Days of Program/4 Nights Lodging/13 Meals..... (Example: Lunch Monday through Lunch Friday)	\$213.00	\$218.00

**Other combinations can be arranged, especially for groups traveling long distances.

Mountain Trail Outdoor School Group Booking Policies

Deposit

Required non-refundable deposit of \$10 per person, to be credited to the final bill (make checks payable to Kanuga Conferences). Please use your best estimate for this total number of participants (students, teachers and chaperones).

Attendance Guarantee

You may adjust your estimate down until 60 days prior to your arrival date.

You may increase your numbers at any time if space is available (please contact us first). If you do not contact us with a revised estimate by the 60 days prior date, then your most recent estimate will be used. On arrival you may drop your numbers by 20 percent of your revised estimate without penalty. If on arrival you bring fewer than 80 percent of your revised estimate total, you will be billed for 80 percent of that total and not receive any complimentary chaperones.

Cancellations

Most groups are scheduled a year in advance. When space is reserved we must turn away other groups for those dates. We are not usually able to fill openings on short notice. All cancellations will lose their deposit. Cancellations made less than 60 days prior to the scheduled arrival date will be billed for 50 percent of their scheduled number. Cancellations due to travel advisories and school closures are not subject to the 50 percent payment, and deposits may be applied towards a rescheduled trip for up to a year.

Cancellation Insurance

To avoid the potential of a 50 percent charge for a canceled trip, optional *trip cancellation insurance* is available for an additional \$5 per person. Insurance must be selected on the original registration contract. If selected, this fee is paid from the initial \$10 per person deposit. If you select this option please remember to take into account an additional \$5 per person charge.

Payment

One adult is allowed to attend free of charge for every ten paid participants.

Additional adults are charged the participant rate. Groups billed a percentage of their revised estimate (cancellations and participation drops greater than 20%) do not receive any complimentary adults. Payment terms are net 10 days after the event.

Communication

Please keep us informed of your needs, challenges, and changes. We may be able to work with you in extenuating circumstances.

Dining Hall Procedures and Hopping

All students with your group will have the opportunity to help serve and clean up at the meals, allowing them to learn more about taking responsibility for their actions. In order to do this, the students will be *hopping* at each meal. The assigned hopping group (usually done by activity groups, unless otherwise decided by the lead teacher) will arrive at Andrew's Hall 15 minutes before the meal to set the tables. There will be a MTOS instructor to give directions about how many tables to set and what items will go on the tables. Hoppers will also help to coordinate clean-up at their table and stay after the meal to sweep. It is important to note that the hoppers do not clean up by themselves-everyone at the table works together to help the hopper.

The remainder of the school will line up outside the dining hall until the hoppers are ready. A MTOS instructor on duty will invite the students into the dining hall. Hats are not allowed inside the dining hall. All meals are served family style with eight people to a table. We recommend that the adults sit with the students.

Sample Menu:

Breakfast

Yogurt, Fresh Fruit
Scrambled Eggs
Bacon
Grits
Biscuits, Jelly
Assorted Cereal
Juice, Milk

Lunch

Tacos and tortilla Shells
Relish Tray
Refried Beans
Mexican Rice
Salad Bar
Fresh Fruit
Fruit Punch, Milk

Dinner

Fried Chicken
Mashed Potatoes
Corn
Mixed Green Salad
Dinner Rolls
Chocolate Cake
Water, Milk

**We can typically accommodate participants with food allergies or medical needs, but it is helpful to let us know ahead of time.

The Bear's Den Gift Shop

While here, students may decide that they would like to bring a piece of their spectacular mountain experience home with them. Our store offers students the opportunity to purchase fun and educational memorabilia. We are constantly adding new and exciting merchandise to our store. Below is a sampling of the available souvenirs and their prices.

MTOS T-shirts	\$10	Mini Carabineers	\$2
MTOS Bandanas	\$4	MTOS Hats	\$12
MTOS Patches	\$2	Stuffed Animals	\$5
Pocket Flora/Fauna Finders	\$4-12	Water Bottles	\$3-12

Housing

About a month prior to your trip, please contact us with an updated total number of students and adults and the breakdown of males and females. Once this information is received, a MTOS staff member will inform you of your group's housing options. It will be your responsibility to assign students and adults to the appropriate cabins.

ADULT CHAPERONES: The adult chaperones (parents or teachers) are responsible for supervising the group when they are in the cabins, during free time, and during day/evening activities. There must be at least one adult from the visiting group staying overnight in each cabin.

QUIET HOURS: Quiet time begins at 10:00 p.m.. Please make sure that all the students are in the cabins by this time. We request that you observe this policy as there will be other guests at the center and our staff needs a good night's rest too!

OTHER: Food, candy, and drinks-(other than water) are not allowed in the cabins at any time. If students will be bringing snack food for on the bus, please collect these items once you arrive at MTOS and we can store it for the duration of your trip.

If the group will be giving out snacks or making s'mores during your stay, we can arrange for an accessible storage place so the chaperones can get the food/drinks when needed.

WORKSHEET: _____ total number of students
 _____ total number of chaperones

_____ total number of male students _____ total number of male chaperones
_____ total number of female students _____ total number of female chaperones

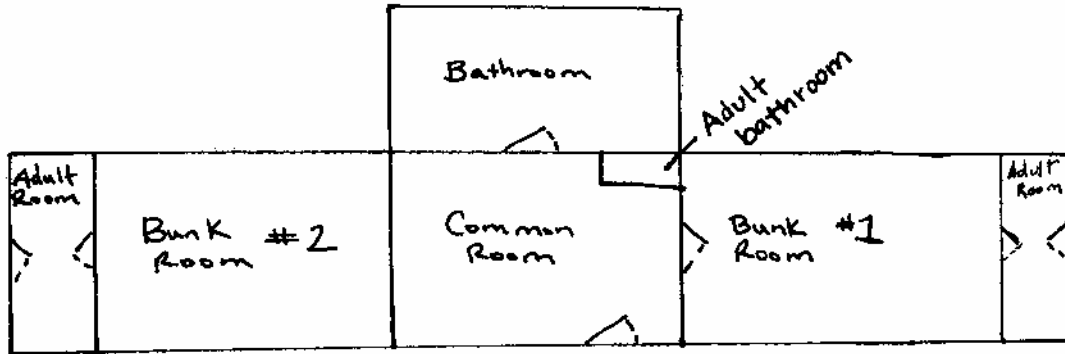
Housing assigned by MTOS staff member:

Males:

Females:

**Please see additional pages for information and layout for each specific cabin cluster.

Housing Assignments - Cabins 1 & 2



Cabins #1 and #2 (Barr-West Cabin)

LEFT SIDE-CABIN #2

Adult Space-2 bunks (4 beds)

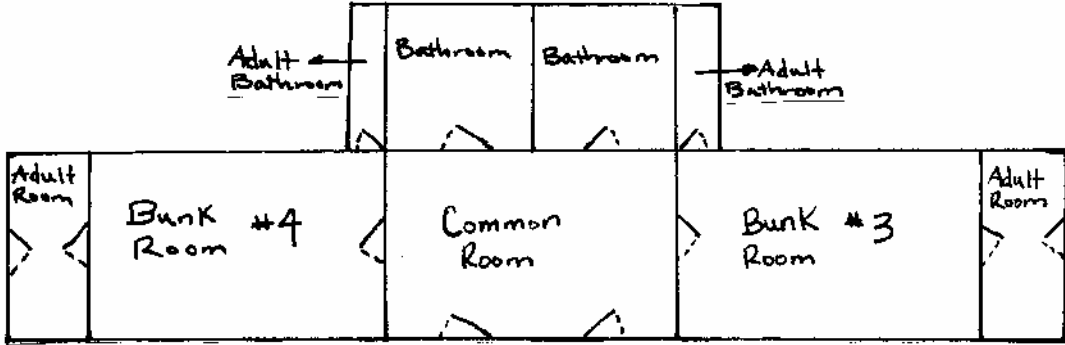
Student Space-8 bunks (16 beds)

RIGHT SIDE-CABIN #1

Adult Space-2 bunks (4 beds)

Student Space-8 bunks (16 beds)

Housing Assignments - Cabins 3 & 4



Cabins #3 and #4 (Jones Cabin)

LEFT SIDE-CABIN #4

Adult Space-2 bunks (4 beds)

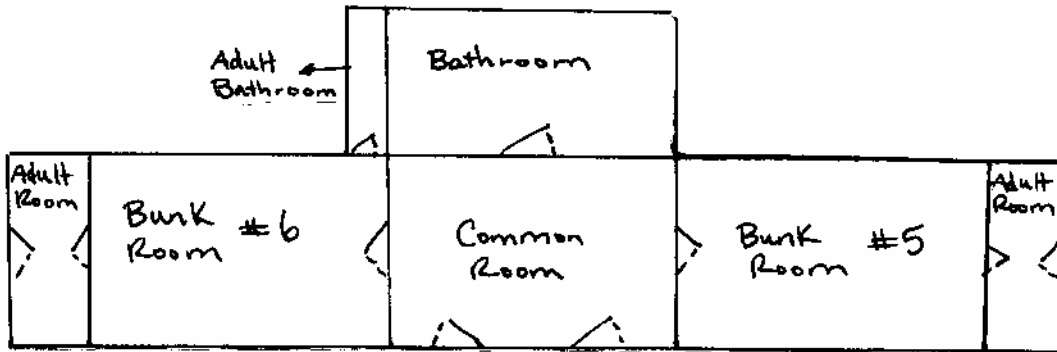
Student Space-8 bunks (16 beds)

RIGHT SIDE-CABIN #3

Adult Space-2 bunks (4 beds)

Student Space-8 bunks (16 beds)

Housing Assignments - Cabins 5 & 6



Cabins #5 and #6 (Todd Hall)

LEFT SIDE-CABIN #6

Adult Space-2 bunks (4 beds)

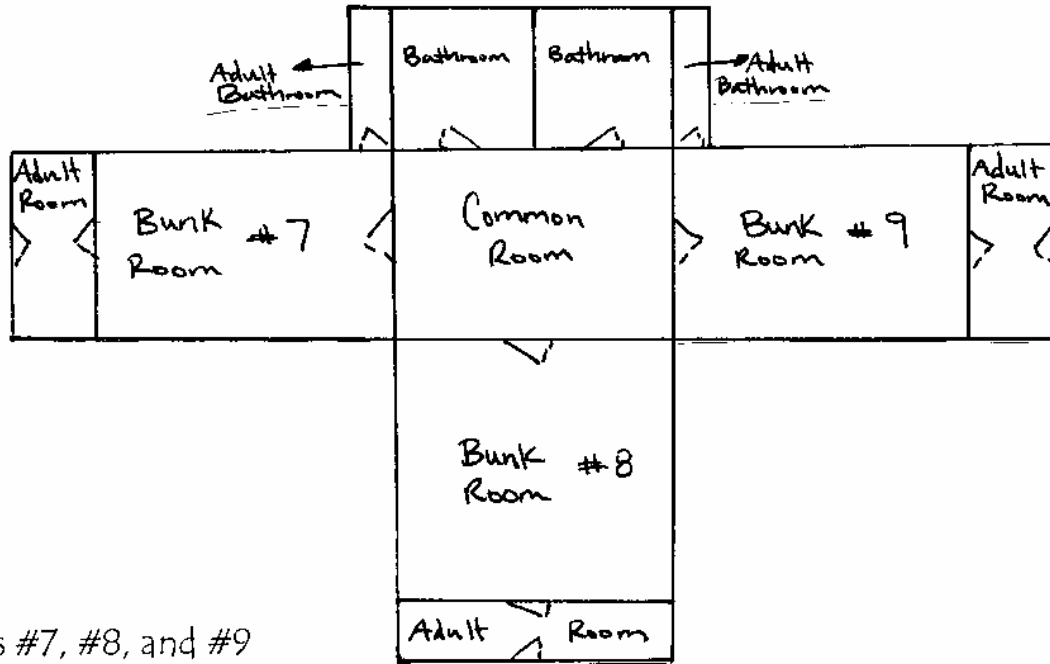
Student Space-8 bunks (16 beds)

RIGHT SIDE-CABIN #5

Adult Space-2 bunks (4 beds)

Student Space-8 bunks (16 beds)

Housing Assignments - Cabins 7, 8, & 9



Cabins #7, #8, and #9

LEFT SIDE-CABIN #7

Adult Space-2 bunks (4 beds)

Student Space-8 bunks -16 beds

MIDDLE-CABIN #8

Adult Space-2 bunks (4 beds)

Student Space-8 bunks -16 beds

RIGHT SIDE-CABIN #9

Adult Space-2 bunks (4 beds)

Student Space-8 bunks -16 beds

Housing Assignments

Harold House (28 people)

Room #1 _____(twin)

Room #2 _____(twin)

_____ (twin)

_____ (twin)

*room #1 & #2 share a bathroom

Room #3 _____(twin)

Room #5 _____(twin)

_____ (twin)

_____ (twin)

*room #3 & #5 share a bathroom

Room #4 _____(twin)

_____ (bunk) _____ (bunk)

_____ (bunk) _____ (bunk)

*room #4 has a private a bathroom

Room #6 _____(twin)

Room #8 _____(twin)

_____ (twin)

_____ (twin)

*room #6 & #8 share a bathroom

Room #7 _____(twin)

Room #9 _____(twin)

_____ (bunk)

_____ (twin)

_____ (bunk)

*room #7 & #9 share a bathroom

Room #10 _____(twin)

Room #11 _____(twin)

_____ (bunk)

_____ (bunk)

_____ (bunk)

_____ (bunk)

*room #10 & #11 share a bathroom



Dear Chaperone,

Thank you for accompanying the students on their class trip to the Mountain Trail Outdoor School (MTOS). Your role is very important to the success of the field trip. Please read through the following information to become familiar with your responsibilities while here at Kanuga. Our goal is for the students to have a safe, fun, and experiential education experience.

The MTOS is the environmental education division of Kanuga Conferences, Inc. and is located in the Blue Ridge Mountains of Western North Carolina near Hendersonville. Our classroom is the 1,400 acres of mountain views, lakes, ponds, streams, bogs, grasslands, and forest ecosystems. Our programs provide youth and adults the chance to experience positive community, to grow physically and mentally, to improve self-confidence, and to increase awareness and stewardship of our natural environment.

While you are visiting MTOS, your role as chaperone is to supervise the students in the cabins, during free time, and at meals. We expect at least one adult to accompany each activity group for morning, afternoon, and evening classes. (Please no more than three adults per group.) We encourage you to participate in the activities and to be involved with the learning process, but there will be times for you to step back and allow for the students to solve problems or come up with the answers to difficult questions on their own.

General Policies for Adults:

- Kanuga does not tolerate any form of sexual, emotional, or physical abuse.
- Alcohol is not permitted at the Bob Campbell Youth Campus. BCYC is a smoke-free environment (inquire about options if needed).
- The telephone is available for adult use and emergencies. If someone needs to contact you in the event of an emergency, please have them telephone the main Kanuga line 828-692-9136. Instruct them to tell the desk clerk that you are with a Mountain Trail Outdoor School group, the school, who they are trying to reach, and that it is an emergency.

Thank you for your taking the time out of your busy schedule to be a chaperone. Please do not hesitate contacting us with any questions or concerns you may have regarding the upcoming trip. We look forward to meeting you!

Sincerely,

LeeAnne Martin
Director

Post Office Box 250

Hendersonville, N.C. 28793-0250

828/692-9136

Fax: 828/696-3589

Sponsored by Kanuga Conferences, Inc.



Dear Parent,

Human Knot, Wolfpack, Web of Life, Meet a Tree, Nitro-Crossing, Group Juggle, Bat and Moth....these are just some of the activities your child may participate in when his/her class visits the Mountain Trail Outdoor School soon. This letter describes our program and identifies what your child needs to bring in order to have a fun and successful trip.

The Mountain Trail Outdoor School (MTOS) is the environmental and outdoor education division of Kanuga Conference Center, Inc. Our classroom is 1,400 acres located near Hendersonville, North Carolina in the beautiful Blue Ridge Mountains. Kanuga is home to a wide variety of animals and plants including the endangered Mountain Sweet Pitcher Plant.

The Mountain Trail Outdoor School's emphasis is on education through fun and experiential classes in an outdoor setting. Environmental classes include Exploring Ponds and Streams where students spend time discovering aquatic animals by getting in the water with them! Another favorite class is Mountain Ecology. During an active hike to one of Kanuga's many views, students explore our unique Southern Appalachian ecosystem. Adventure based classes include the Cooperation Course during which students must work together to overcome mental and physical challenges. Our classes allow students to learn more about themselves and the world around them through direct experience.

While at Kanuga, the students will stay in cabins with their chaperones. Your child will be supervised at all times by either MTOS staff or chaperones from the school. All outdoor activities have inherent risks, but the MTOS staff strives to provide the safest possible environment for the programs. While uncommon, minor scrapes and bruises are a normal part of outdoor activity.

Please fill out the enclosed Health/Acknowledgment of Risk form and return it to your child's school. Be sure to include any information regarding medication your child will be taking while here, as well as any dietary or physical restrictions. This form is necessary for us to provide a safe environment for your child. Be sure to fill in all information and sign it.

You can help your child prepare for a great trip by paying close attention to the "What to Bring List" your child has received (and if necessary, help your child pack appropriately).

Students can only be reached in the event of an emergency. Kanuga's telephone number is 828-692-9136. Tell the desk clerk what school your child is with and that it is an emergency. Messages just to say hello are discouraged.

If you have any questions about MTOS, feel free to contact us or your child's school. Kanuga also offers other programs such as summer camps, guest periods, and adult and youth conferences throughout the year. We look forward to your child's visit!

Sincerely,

LeeAnne Martin, Director and the MTOS Staff

Post Office Box 250

Hendersonville, N.C. 28793-0250

828/692-9136

Fax: 828/696-3589

Sponsored by Kanuga Conferences, Inc



Dear Student,

We are very excited that you are coming to the Mountain Trail Outdoor School! You will have a lot of fun here, but you are also coming to learn, perhaps in a way you have never experienced before-outside!

There are a few things you need to know before your trip. In addition to a positive attitude and smiling face, you'll need to bring a few things. All of our classes are outside, so bring *old clothes* that you won't mind getting dirty and a couple of pairs of comfortable, *closed-toe walking shoes* (one pair to get wet in). You should also bring a *water bottle* (32 oz. soda bottle with a cap works well) since we will be out on the property for 2-3 hours at a time doing things like exploring animal tracks, sampling edible plants, or solving problems on our cooperation course. **(There is a detailed list of what to bring on the back of this letter).**

While you are here, you will be living with your classmates and an adult chaperone in a cabin. Remember that communities work best when people respect each other. We also want to extend that respect to the plants and animals with whom we share the planet; let's leave the environment as undisturbed as we found it, so that others may enjoy it too.

Be sure to look at the **What to Bring** list on the back of this page when you pack. We are looking forward to your visit and we'll see you soon!

Sincerely,
The MTOS Staff

Post Office Box 250

Hendersonville, N.C. 28793-0250

828/692-9136

Fax: 828/696-3589

Sponsored by Kanuga Conferences, Inc



WHAT TO BRING LIST

*The weather at the Mountain Trail Outdoor School can vary, even in one day, so bring clothes for cold and warm conditions. Bring clothes that can get dirty!!

*Please limit your luggage to what you can carry. You may have to carry it several hundred yards to your cabin.

*MTOS will provide towels, a wash cloth, sheets, a pillow, blankets, and soap.

THINGS TO BRING

- CHANGE OF CLOTHES FOR EACH DAY.
(Shorts or pants; long or short sleeved shirts)
- SOCKS and UNDERWEAR
- PAJAMAS
- CLOSED TOE SHOES
(2 pairs-ones that you don't mind getting wet)
- SWEATER or JACKET
- RAINCOAT or PONCHO
- WATERBOTTLE
- PERSONAL ITEMS
(brush, toothbrush, toothpaste, shampoo, etc.)

THINGS NOT TO BRING

Portable Radios, Electronic Games, Knives, Candy, Food, Hair Dryers, Curling Irons, Jewelry

THINGS YOU MIGHT WANT

- Writing or Reading Materials
- Camera and Film
- Flashlight
- Hat or Sunglasses
- Book bag
- Plastic laundry bag

COLD WEATHER ADDITIONS

- HEAVY JACKET
- STOCKING HAT
- GLOVES
- LONG UNDERWEAR

***DON'T FORGET YOUR
RAINCOAT AND WATER BOTTLE***

!

Dear Expedition Participant and Parents,



GREETINGS from the Mountain Trail Outdoor School and the beautiful Blue Ridge Mountains! We are excited that you will be participating in our backpacking expedition program. Enclosed with this letter is an equipment list and rental information.

WHAT IS A BACKPACKING EXPEDITION? You will spend your days backpacking in Pisgah National Forest-hiking and camping in small groups for anywhere from three to five days. You will learn outdoor living skills including backcountry cooking, tarp and food-line set-up, personal hygiene, stove use, orienteering and other minimum impact camping skills. Some groups will spend half a day rock climbing at Cedar Rock, while others might focus on the ecology of the Southern Appalachian Mountains. The groups are supervised by an adult leader from your school and a MTOS instructor trained and certified in facilitating backcountry activities and emergency situations.

Living in the out of doors can bring all types of unexpected surprises such as cold weather, beautiful sunsets, rain, and even snow. You as a participant must be prepared *physically* and *mentally* and *equipped* with the necessary gear. The following equipment list will assist you in packing for the trip. If you are borrowing gear from a friend or a family member, please make sure that it fits YOU. Remember that you will be hiking in the mountains, so adequate footwear is essential. Also remember that you will be carrying all of your gear on your back, so it is wise to bring only the gear recommended and not weigh yourself down with unnecessary items.

We look forward to meeting you! Again please call with any questions or concerns.

Sincerely,

LeeAnne Martin, Director
Mountain Trail Outdoor School

Post Office Box 250

Hendersonville, N.C. 28793-0250

828/692-9136

Fax: 828/696-3589

Sponsored by Kanuga Conferences, Inc

MOUNTAIN TRAIL OUTDOOR SCHOOL

BACKPACKING EXPEDITION PACKING LIST

___ **(1) BACKPACK internal or external frame styles** External frame pack of 3,000-4,000 cubic inch capacity around \$90-\$130. Internal frame pack of 4,000-5,000 cubic inch capacity around \$200. Your backpack must have a frame (internal or external), a padded and adjustable hip-belt, and padded and adjustable shoulder straps that fit YOU. If you do not have one, you may rent one of ours.

___ **(1) SLEEPING BAG** A synthetic insulated bag. Down (feather) and cotton bags are no good when they get wet. Also make sure there is a stuff sack. We will also rent sleeping bags.

___ **(1) GROUND PAD** necessary for thermal insulation; air or foam pad acceptable. These are available to rent.

___ **(1) RAINCOAT** You want a jacket that says "Water Proof" not water repellent. Different materials used in rain jackets include Gore-Tex, which is most expensive but allows for breathability. Coated Nylon is a great inexpensive alternative.

___ **(1) HIKING BOOTS** The nylon lightweight boots are good, as long as they have a rugged sole and provide ankle support. Leather boots are tougher, but they are heavier. Try them on with thick socks and break them in ahead of time! You may also wear athletic shoes, however, please note that these type shoes will not provide the ankle support needed, but are acceptable to hike in.

___ **(3) SOCKS** wool or wool/polyester blend (NON-COTTON) Doubling socks with a thin liner (synthetic) decreases the chance of blisters.

___ **(1 of each) LIGHT WEIGHT THERMAL LONG UNDERWEAR TOP & BOTTOM** (No Cotton!) Look for synthetic materials such as polypropylene, capilene, or thermax. Long underwear provides insulation from the cold during the night and protects the skin from insects.

___ **(1) MEDIUM-HEAVY WOOL SWEATER OR PILE/FLEECE JACKET** It is important to have a warm insulating layer.

___ **(1) RAINPANTS or WINDPANTS** Light weight nylon pants or rainpants protect from the rain and wind.

___ **(1) CAMP SHOES** something to put on after a hard day. Sneakers or Teva type sandals- (with heel straps) work best. No flip-flops!

___ (2-3) **HIKING CLOTHES** Shorts or wind-pants and t-shirts are acceptable for hiking.

___ (2-4) **UNDERWEAR**

___ (1-2) **BANDANAS**

___ **WOOL HAT & GLOVES**

___ (2) **ONE-QUART WATER BOTTLES** Make sure that they have secure screw top caps without drinking straws- (they will leak in the pack if not sealed all the way)

___ **BASE CAMP ITEMS** While your group is preparing to leave for the trail, you will be staying at base camp. You might want an extra change of clothes, pajamas, and toiletries such as shampoo and soap. All of these items will be left at base camp while you are backpacking.

Personal Items should include:

- ___ small flashlight and extra batteries
- ___ lip balm and sunscreen
- ___ toothbrush and toothpaste
- ___ extra glasses or contact lenses

Optional Items can include:

- ___ camera with film
- ___ journal and pen
- ___ deck of cards

DO NOT BRING ANY OF THE FOLLOWING ITEMS:

- | | |
|------------|-------------|
| CD players | Radios |
| Ipods | Video games |
| Make-up | Jewelry |

ABOUT THIS LIST.....

You may be thinking, "Why in the world do I need long underwear and a wool sweater?" Keep in mind that we will be outside majority of the time you are here at MTOS and we will be spending time at high elevations. Temperatures may be cool at night and you can bet that it will rain at some point. Please do not bring cologne, perfume, or makeup. These items attract insects and other wildlife, and are unnecessary on the trail.

WE have backpacks, sleeping bags and ground pads available for rent.

Backpacks-\$15

Sleeping bags-\$15

Ground pads-\$5

All 3 Items-\$30



Kanuga Conferences, Inc.
Mountain Trail Outdoor School
 Health and Acknowledgment of Risk Form
 P.O.Box 250, Hendersonville, NC 28793
 phone:(828)692-9136 fax:(828)696-3589

School/Group:
Dates of Attendance:

General Information: Participants Name:	Parent/Guardian:
Home Address:	Home phone of Parent/Guardian: Day time phone if different:
Gender: Male _____ Female: _____ Date of Birth: / /	Emergency Contact: Phone Number(s):

Medical History and Related Information: Please list all medical conditions, medications, allergies, and restrictions to activity along with an explanation. Use back/additional sheets as necessary.

Insurance Information: Is the participant covered by an insurance plan? Yes ___ No ___	Carrier/Plan name:
Group Number:	Name of Insured:
Carrier Address:	Social Security Number of policy holder or insurance ID number:

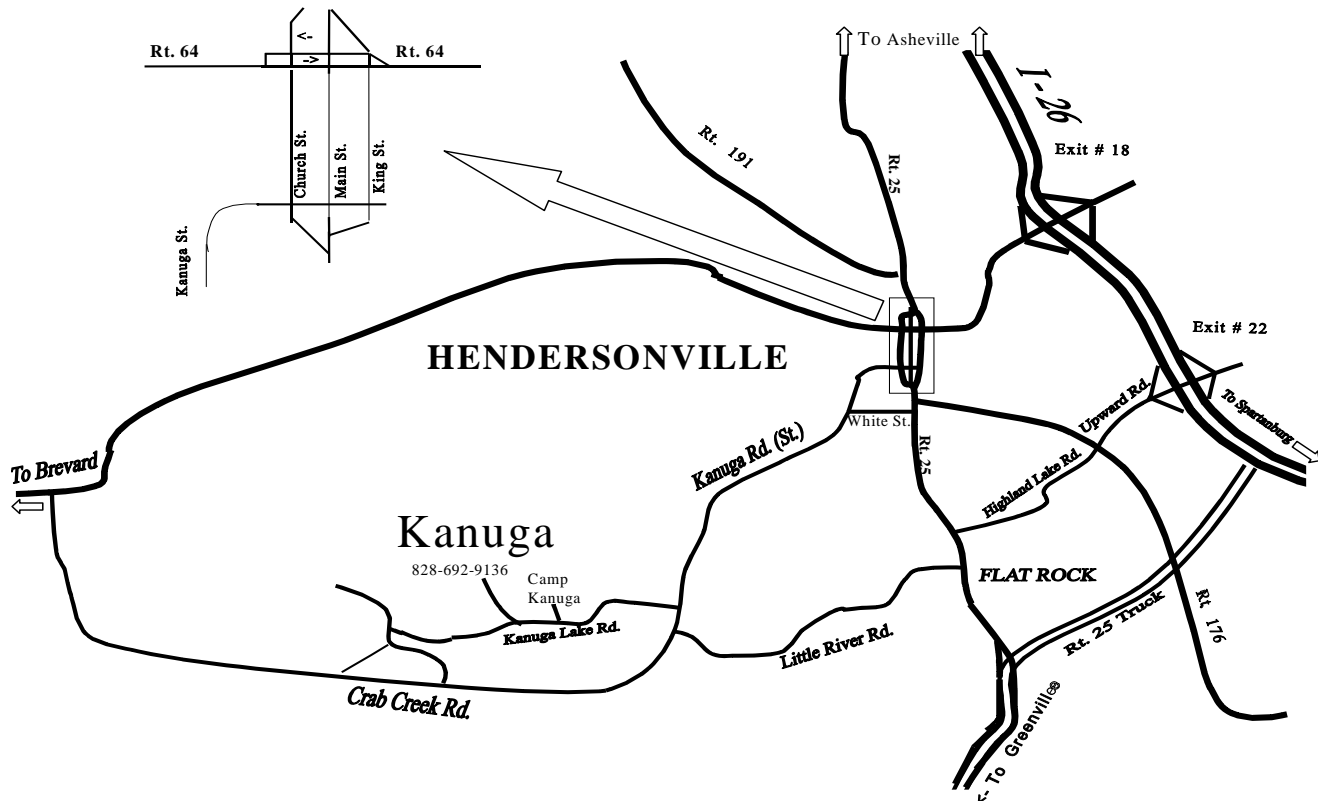
Permission to Provide Necessary Treatment or Emergency Care: I hereby give permission to the medical personnel selected by Kanuga Conferences, Inc. to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for my child. In the event of an emergency and an effort to reach me fails, I hereby give permission to the physician selected to secure and administer treatment, including hospitalization, for the participant named above.

Acknowledgment of Risk: This section asks you to acknowledge that there are inherent risks to participation in climbing, ropes courses, water sports, and other outdoor and adventure activities. Some of these risks are due to the unalterable nature of the activities. We are constantly striving to reduce these risks, but some risks can not be eliminated. Minor injuries are occasionally a part of adventure activities, and more serious injury is possible. I understand that participation in the above mentioned activities requires that the participant named above be of good physical condition. I give my consent for the above mentioned participant to engage in all Kanuga and Mountain Trail Outdoor School programs, and permission for photographs, audio/video recordings of my child to be used by Kanuga for its promotion, web site, and news media coverage.

Signature of parent/guardian: _____ Date: _____
 (The signature above acknowledges the permission to provide necessary treatment and acknowledgment of risk)

**This completed form may be photocopied for trips off property.

How to Reach Kanuga and the Mountain Trail Outdoor School



From Knoxville/Asheville via Interstate 40: From I-40, exit left on I-26 East (Hendersonville/Spartanburg). Take exit 49B (old exit # 18) toward Hendersonville and follow U.S. 64 into downtown. Turn left onto Church Street, go nine blocks and turn right on Kanuga Street. Continue 3.75 miles and turn right onto Kanuga Lake Road. See **ALL CONTINUE...**

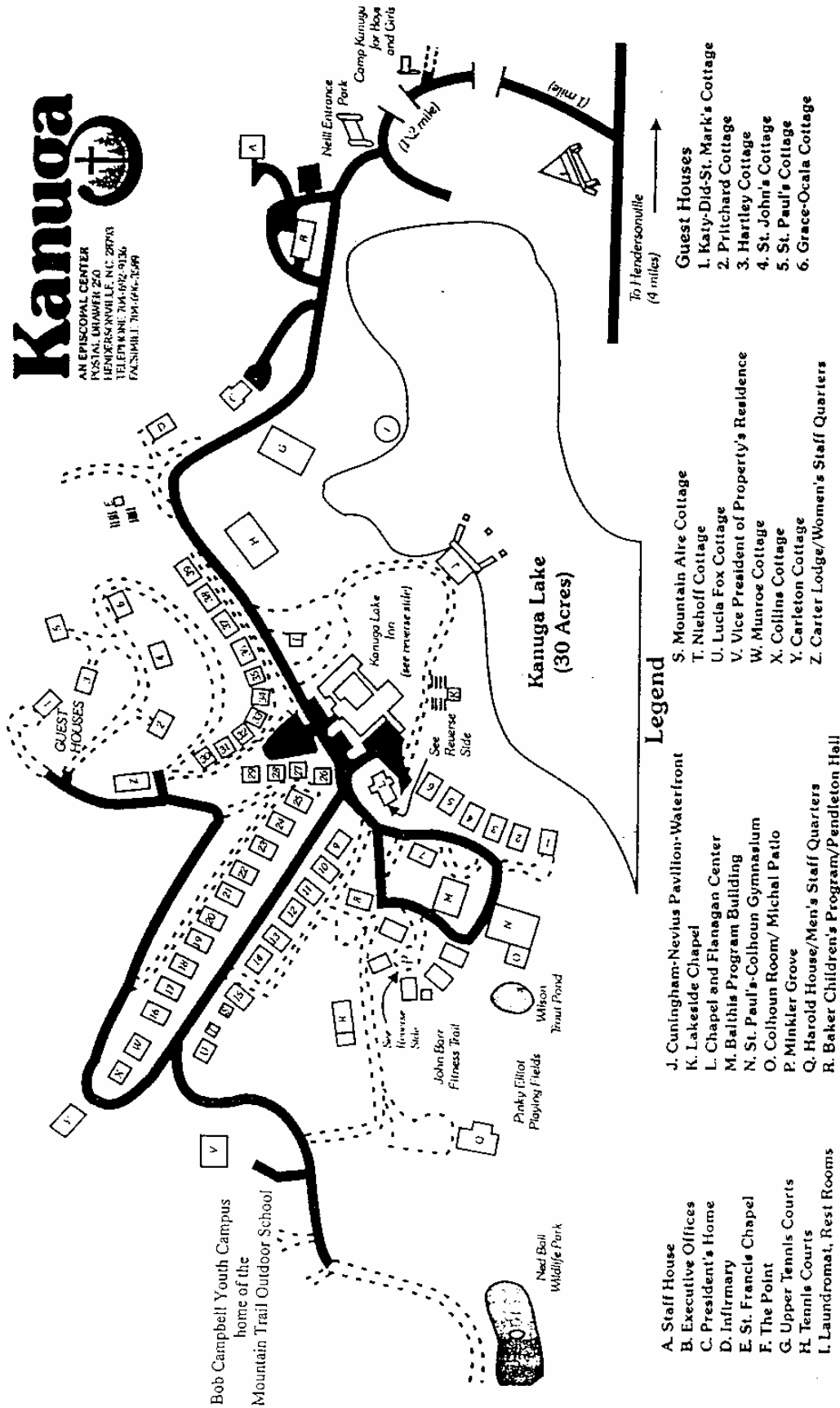
From Spartanburg/Charlotte: Follow I-26 West toward Asheville. Take exit 53 (old exit # 22) and turn left onto Upward Road, continuing to the intersection with U.S. 176 (Spartanburg Highway). Go straight across the intersection to Highland Lake Road and continue until it ends. Turn left on N.C. 225 (Greenville Highway) and go to the first red light (just past the Flat Rock Playhouse). Turn right on Little River Road. See **LRR...**

From Atlanta/Greenville: Take I-85 North to Greenville. Take exit 44 (U.S. 25/White Horse Road) and turn left. (If traveling from downtown Greenville, take U.S. 25 North). Follow U.S. 25 North into North Carolina. Take exit 5 for Flat Rock/N.C. 225. Turn left on N.C. 225 North and follow to the second traffic light. Turn left on Little River Road. See **LRR...**

LRR Follow Little River Road all the way to the end. Turn right onto Kanuga Road and then take an immediate left onto Kanuga Lake Rd. See **ALL CONTINUE.....**

Buses may want to avoid Little River Road. Alternate bus route: Follow U.S. 176 into Hendersonville. Turn left onto N.C. 225 (Greenville Highway) and then take an immediate right onto White Street. Follow to the next traffic light. Turn left onto Kanuga Road and continue 3.5 miles. Turn right onto Kanuga Lake Road. See **ALL CONTINUE...**

ALL CONTINUE... Follow Kanuga Lake Road approximately 1.25 miles. (Be sure to pass Camp Kanuga for Boys & Girls!) Turn right on Kanuga Chapel Drive. Go 3/4 mile (past the conference center, a sign for registration and the Chapel) until pavement ends at a sign and entrance to the Bob Campbell Youth Campus, home of the Mountain Trail Outdoor School.



Bob Campbell Youth Campus
 home of the
 Mountain Trail Outdoor School

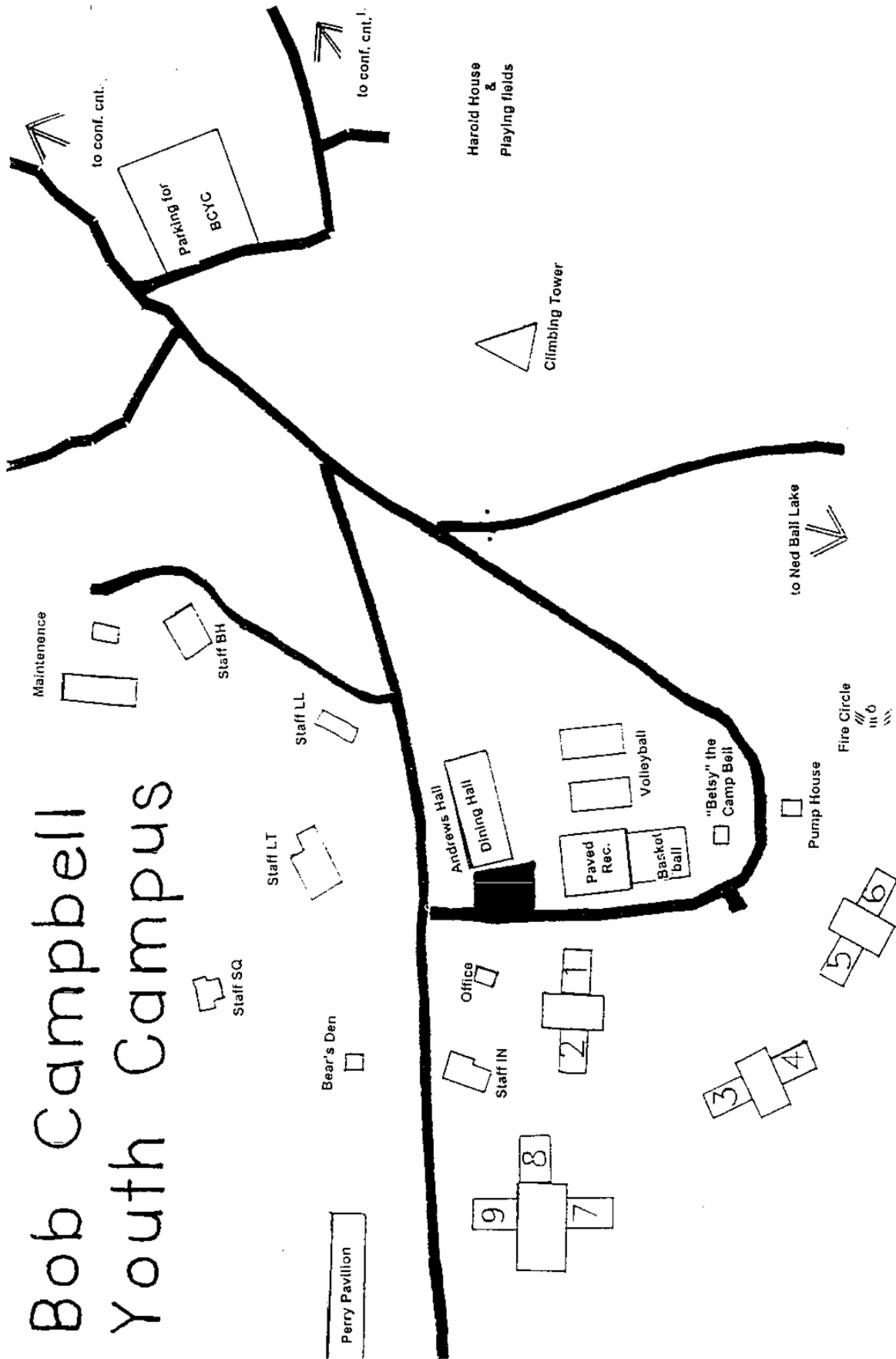
- To Hendersonville
 (4 miles)
- Guest Houses**
1. Katy-Did-St. Mark's Cottage
 2. Pritchard Cottage
 3. Hartley Cottage
 4. St. John's Cottage
 5. St. Paul's Cottage
 6. Grace-Ocala Cottage

- Legend**
- S. Mountain Aire Cottage
 - T. Niehoff Cottage
 - U. Lucia Fox Cottage
 - V. Vice President of Property's Residence
 - W. Munroe Cottage
 - X. Colline Cottage
 - Y. Carleton Cottage
 - Z. Carter Lodge/Women's Staff Quarters

- J. Cuninghame-Nevis Pavilion-Waterfront
- K. Lakeside Chapel
- L. Chapel and Flanagan Center
- M. Balthis Program Building
- N. St. Paul's-Colhoun Gymnasium
- O. Colhoun Room/ Michael Patio
- P. Minkler Grove
- Q. Harold House/Men's Staff Quarters
- R. Baker Children's Program/Pendleton Hall

- A. Staff House
- B. Executive Offices
- C. President's Home
- D. Infirmary
- E. St. Francis Chapel
- F. The Point
- G. Upper Tennis Courts
- H. Tennis Courts
- I. Laundromat, Rest Rooms

Bob Campbell Youth Campus



“Tell me, I’ll forget
Show me, I may remember
But involve me and I’ll understand.”
-Chinese Proverb



“Must we always teach our children with books? Let them look at the mountains and the stars above. Let them look at the beauty of the waters and the trees and flowers on earth...”

-David Polis



“If you would preserve
the wilderness,
teach a child to love it.”
-Eph Masard