



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

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