



8 Day "Nor-Cal Tour"

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Sample Itinerary

(Designed for Bright Water Waldorf School - Seattle, WA)

Focus: backpacking, service project, surfing, sea kayaking, marine lab tour.

Cost \$125 per student, per day - Teacher free

Day One

- 8:30am Leaders meet students at the destination airport. Do quick name game and basic van and transportation safety orientation.
- 10-2PM Take scenic route to Point Reyes National Seashore. Once arrived, take a day trip to the Lighthouse, eat lunch (organic veggies, hummus, cheese, PB&J, salami, bread and cold cuts offered-take your pick). When finished, drive to beach to play some games, see the sights then go to campsite at local state park.
- 2-6PM Once at campsite and tents are set, there are hiking options if group is into it. After day-hike and getting settled, have team meeting – break into chore groups with a cook crew, water crew and leave no trace crew – then cook dinner (fresh pesto pasta, garlic bread, sautéed veggies and desert).
- evening Close with fun evening campfire activity to prepare for adventure to come.

Day two

- After wakeup/breakfast (oatmeal, granola, rice milk, eggs, potatoes, bacon, pancakes, fresh fruit decided upon by group) drive to Point Reyes Visitor Ctr. Check in with rangers and get paperwork. Before backpacking we facilitate a "Trailhead Rotation" which covers expedition behavior norms, safety expectations, local animal life and overview of the hike to come. Probably eat lunch (organic veggies, hummus, cheese, PB&J, salami, crackers, bagels offered-take your pick) at trailhead, Then backpacking to Sky Camp. Hike is about 1.3 miles only so group may want to hang out at Limentour Beach for a bit before leaving. Mt. Wittenberg, highest point in park is near camp.
- Afternoon-evening Once at camp, and everything is set up the staff will lead some 'backcountry clinics' (like weather, map and compass, first aid, fun teambuilding games, natural history – whatever group would like, etc.). Then dinner (burritos with black beans, fresh organic tomatoes, garlic, onion, peppers, rice, tortillas and cheese) followed with a desert (Newman's cookies). Close with fun evening campfire activity to prepare for adventure to come.

Day three

After wakeup/breakfast (oatmeal, granola, powdered milk, pancakes, fresh fruit decided upon by group) backpack to Wildcat Beach. (Total of 9, up and down miles). Hike to lunch (organic veggies, hummus, cheese, PB&J, salami, crackers, bagels offered-take your pick) at Arch Rock beach, epic rocky coastline views (5.3 miles mostly downhill). Then continue on to Wildcat Camp for evening, 3.7 miles more, up and down elevations. Set up camp in evening. Then dinner (veggie sushi: cucumber, carrot, cream cheese, nori, rice, wasabi, soy sauce)

followed with a desert (campfire cheesecake). Close with fun evening campfire activity to prepare for adventure to come.

Day four

Layover at Wildcat Beach. After sleep in & breakfast (oatmeal, granola, powdered milk, pancakes, fresh fruit decided upon by group)Fishing and swimming at lakes, day hike to waterfall, beach games, whale watching, naps, wildflowers, campfires, 'backcountry clinics' (weather, map and compass, first aid, fun teambuilding games, natural history – whatever group would like)etc. lunch (organic veggies, hummus, cheese, PB&J, salami, crackers, bagels offered-take your pick). Dinner (annies organic mac n cheese, plus cookies for desert). Close with fun evening campfire activity to prepare for adventure to come.

Day five

Wake up early, 5:30 AM, breakfast (granola, powdered milk, dried fruit) hike out 5 miles by 7AM so group can get to Service Project at Miwok Indian Village (near visitors center). Trailhead lunch (organic veggies, hummus, cheese, PB&J, salami, bread and cold cuts offered-take your pick). A *native interpretive guide* meets group and leading a lesson of the natives of the region while group chips-in a helps with trail maintenance, facility upkeep and non-native plant removal. When completed we'll be camping at local state park. Dinner (Chinese night: stir fry brown rice, organic veggies, soy, fortune cookies).

Day six

Wake-up, breakfast (oatmeal, granola, rice milk, eggs, potatoes, bacon, pancakes, fresh fruit decided upon by group), scenic drive through SF then ½ day in Santa Cruz. Cold cut lunch at Natural Bridges State Beach then option of surfing Cowell's Beach or sea kayaking out of Santa Cruz Harbor. Dinner at best Taqueria in town! Then, drive to set up camp at a State Beach campsite. Close with fun evening campfire activity to prepare for adventure to come.

Day seven

Wake-up, breakfast (oatmeal, granola, rice milk, eggs, potatoes, bacon, pancakes, fresh fruit decided upon by group), drive to Monterey Bay Aquarium for all day tour of the West Coast's largest aquarium. Then, drive to set up camp at a State Beach campsite. Last night special dinner then evening closure/campfire.

Day eight

Wake-up, breakfast (oatmeal, granola, rice milk, eggs, potatoes, bacon, pancakes, fresh fruit decided upon by group), last day awards ceremony, evaluations, return loaned gear, drive to destination airport and say adios!

Lifeschool trips are ALL INCLUSIVE:

- Healthy, mostly organic meals
- Outdoor gear (tents, backpacks, sleeping bags, boots, etc.)
- Round-trip ground transportation (from the destination airport)
- Pre-trip safety orientation (conference call or in-person if in Bay Area)
- Custom designed itineraries to countless destinations
- Professional - fingerprinted guides who genuinely enjoy working with children
- Superior customer service to ensure warm, personal attention.