

# CALIFORNIA EXPEDITION

June 30 to July 17, 2014



## ORIENTATION DAY

**June 30**

Arrive at San Francisco International Airport in San Francisco, California in morning. Your instructors will be waiting for you at your gate or baggage claim if arriving by plane or at a central meeting location if arriving otherwise. Once our group is assembled we will load up our van and begin the few hour drive north up the coast toward the Lost Coast. Today is our orientation day and this day will be spent getting to know each other and figuring out our daily routines and responsibilities. We spend the night at a campground near north of San Francisco Bay along the California's coastal range.

## CALIFORNIA'S LOST COAST - BACKPACKING

**July 1 to  
July 5**

After breakfast, we divide up group gear and provisions, learn to pack our backpacks and make our way north toward the Lost Coast in the King Range National Conservation Area. This is one of the longest undeveloped stretch of coastline in California. Mountains sweep down to the rugged coast creating a truly special place. For the next several days, we take time to develop our wilderness skills, discuss backcountry safety, land navigation and low-impact camping techniques. We move at a pace that is comfortable for all while getting to know the rest of our group. Our travel is dictated by the tides, that we soon learn to predict, and we take time to investigate the fascinating tidal pools and diverse coastal forest. After returning from our first backpack, we make our way south and inland for some time on the river.

## AMERICAN RIVER - WHITEWATER RAFTING

**July 6 to  
July 7**

From the coast, we spend a day transitioning to the river. We provision, pick up mail and make our way to the river to begin our whitewater rafting trip. The west slope of the Sierras has some dynamic whitewater. We learn paddling techniques and whitewater navigation from our expert guides, as we make our way down one of the area's premier whitewater rivers. While not blasting through whitewater sections, we relax over the calm stretches of the river and enjoy our time together as a group. During this time, we camp at a riverside campsite and begin to prepare for the next part of our adventure. From here, we make our way to the Yosemite National Park.

## YOSEMITE NATIONAL PARK - BACKPACKING

**July 8 to  
July 14**

Trading in our paddles for packs, we head south to Yosemite National Park. We stop to provision and begin to pack for our upcoming trip into the wilderness of Yosemite. Moving at a pace that is comfortable for all, we make our way through this truly magical backcountry past alpine lakes and pooling rivers, grassy meadows and round granite peaks. While out on the trail, we take time to build our wilderness skills – discussing expedition planning, backcountry navigation and wilderness safety. We marvel at the scenery and take time to relax on high mountain passes or go for a swim in an alpine lake. This is the most rigorous section of our trip, but also the most rewarding. Yosemite is truly one of the most beautiful and scenic areas in the United States, and we spend most of a week exploring this amazingly wild and scenic place.

## CALIFORNIA COAST - SURFING

**July 15 to  
July 17**

From Yosemite National Park, we spend the day traveling back toward the coast for the final part of our adventure. The final few days we spend on the coast. After donning wetsuits and grabbing our surfboards, we learn the basics of surfing from our instructors and have lots of time to play on our boards and build surf skills in the gentle surf. We have lots of time to relax and enjoy our final few days together as a group, staying at a campground not far from San Francisco and the coast. We enjoy our last evening together with a final-farewell-feast. In the morning we say farewell to each other where we began 18 days earlier, at San Francisco Airport, after an amazing experience in California.