

During the classroom sessions, students are expected to learn about/participate in:

- An overview of the trip itinerary
- The trip expectations
- Development of a personal workout calendar for the weeks leading up to the trip
- The expectations of the activity log
- Teamwork and attitude requirements
- Daily hikes
- Wilderness survival/backpacking skills
- The “Leave no Trace” concept and wilderness stewardship
- The biomes that will be part of the trip experience
- The geology of Colorado and mountain formation
- The history & culture of the Anasazi Indians at Mesa Verde
- The geology of the Great Sand Dunes
- Teambuilding activities
- Practice setting up tents, using stoves & filtering water
- Food planning/trip preparation

During the trip portion, students will experience:

- Revisiting many of the classroom session topics at the appropriate location
- Sightseeing in various cities, towns and national parks
- Exploring the Garden of the Gods & learning about the geology of the park
- Studying four major biomes firsthand
- Visiting the cliff dwellings of the Anasazi Indians and examining the artifacts they left behind
- Hiking opportunities
- Four days of wilderness backpacking (includes a hike with packs to base camp at the Lower Blue Lake in the Mt. Sneffels Wilderness Area)
- The Ouray Hot Springs
- Whitewater rafting on the Colorado River