



## Delaware Water Gap National Recreation Area

This 16 day course is a multi-element expedition featuring backpacking and canoeing in and around the Delaware Water Gap National Recreation Area. This course is designed for rising sophomores and juniors that are looking to improve their understanding of leadership, who are interested in a challenge and are open to learning skills that will offer the lifelong benefits and perspective that only wilderness travel with Outward Bound can offer.

The freedom, beauty and challenges of Outward Bound are perfect for teens to help them prepare for the greater and greater challenges facing them at home and at school. Your wilderness classroom will comprise mountains and trails within the Delaware Water Gap, including 27 miles of the Appalachian Trail and several historic peaks: Mt. Minisi, Mt. Tammany and the Kittatinny Ridge.

The Delaware Water Gap National Recreation Area encompasses 67,000 acres of mountain ridge, forest and floodplain on both sides of the Delaware River in the states of New Jersey and Pennsylvania. From the southern end of the park, you can view the S-shaped chasm of the Delaware Water Gap, where the river cuts a twisting path through 1,400-foot Kittatinny Ridge. Within the river watershed, you'll discover steep wooded-and-rock slopes, dark hallows, tinsel-like ravines and tumbling waterfalls.

Ecosystems include hemlock ravines with bountiful rhododendron and ridge tops with prickly pear cactus. Most of this hiking terrain is protected from logging and development and offers both pristine and established camping, rushing waterfalls, twisting streams and spectacular views from rocky summits. Steep trails, rocky ledges and exposed summits are common along hiking routes in the Water Gap, and off-trail "bushwhacks" through trail-less area provide ample map and compass practice.

### The Outward Bound Difference

How does learning to paddle or read a map help you in life? It is the process of learning, the accomplishment of going further, the simplicity of living in the wilderness for 16 days that offers the building blocks of success as so many of our alumni can attest. Gaining competence by learning two distinct wilderness skill sets means you will head home empowered and inspired. Let the river and the mountains teach you about your strengths and gain perspective on life, living and the outdoors.



## Connecticut Youth Leadership Corps

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[http://www.outwardbound.org/index.cfm/do/obyc.ylc\\_info\\_ct](http://www.outwardbound.org/index.cfm/do/obyc.ylc_info_ct)

Successful completion of your course demands mastery of skills, trust, fitness, confidence, tenacity, leadership, initiative and compassion. The promotion of these qualities, and the discovery of what's in you, is the purpose of Outward Bound.

This course may be the hardest thing you have ever done. Outward Bound philosophy maintains that by facing the challenges the course will offer you, you will emerge physically and mentally stronger, with an increased mastery of expedition skills as well as a better understanding of your own capabilities. We think that the payoff is well worth the work, but you should be aware of what you're getting into and excited about tackling the challenges.

The instructors' goal is to teach you the skills you need to become self-sufficient on the water and in the mountains. The instructors will spend the early days of the course coaching you in wilderness expedition skills. As you grow more competent and confident with your skills, the instructors will ask that you take more responsibility for the leadership of the expedition. Neither guides nor counselors, the instructors are teachers and mentors whose goal it is to train you to travel independently in the backcountry. All Outward Bound courses have the same outcomes: Character Development, Leadership and Service.

### Course Description

Travel expedition-style with a pack on your back or in tandem (two-person) canoes. "Expedition-style" means that you will leave base camp on the first or second day of your course and not return to it until the end of the course. You will travel with all the food and equipment you need to conduct your expedition: stoves, tents, food, etc. Your group might occasionally sleep at the same campsite twice, but generally you will be moving to a new campsite every night as you hike and paddle along your expedition route.

At some point on your expedition, you will spend a day rock climbing on one of the granite cliffs that can be found in the Delaware Water Gap. After a site introduction, you will learn how to use a climbing harness and helmet, how to belay, how to climb, and how to rappel or lower off a climb. Students will all belay each other, while instructors provide overall supervision of the site.

The final two days of your course will be spent in Connecticut participating in a community service project.

**Course Begins and Ends:** Greenwich, CT

**Program Location:** Delaware Water Gap National Recreation Area

**Activities:** Backpacking, canoeing, rock climbing, service, solo and final expedition

**Course Dates:** June 26 – July 11, 2010



The application information is online:

[http://www.outwardbound.org/index.cfm/do/obyc.ylc\\_info\\_ct](http://www.outwardbound.org/index.cfm/do/obyc.ylc_info_ct). The application process includes writing an essay, submitting three letters of recommendation, and an interview with a Connecticut Council Member. All applications materials are **due no later than February 1, 2010**.