



adventure
TREKS

PACIFIC NORTHWEST ADVENTURE

SUMMER 2020



PACIFIC NORTHWEST ADVENTURE 2020

For three weeks, come explore the lush and vibrant landscape of the Pacific Northwest. Stand at the summit of Mount St. Helens and peer down into a still-smoking crater—an incredible photo opportunity!—before glissading (sliding) down the mountain. Hike through North Cascades National Park, nicknamed the “American Alps” for its dramatic, glacier-covered peaks. Canoe on the emerald-colored Ross and Diablo lakes. Rock climb in one of Washington’s most beautiful areas, Icicle Creek Canyon (don’t worry—you won’t freeze here!), before hopping into a raft on the Wenatchee River to cool off in the rapids. Sleep under the stars on the beach in Olympic National Park, sea kayak in the calm waters of Port Angeles, and finish your visit with a thrilling rafting trip down the world-famous White Salmon River.



CURRENT GRADES
8TH–9TH

LENGTH
20 DAYS

“Adventure Treks is a great opportunity to get your kid off electronics and into the outdoors, where they won’t even miss those screens. We chose the Pacific Northwest for our son’s second trip because it looked beautiful with a lot of challenges, and it totally lived up to the hype!” *Andrew Cronyn, second-year parent from Tucson, AZ*

ACTIVITIES



Backpacking



Canoeing



Rock climbing



Mountaineering



Sea kayaking



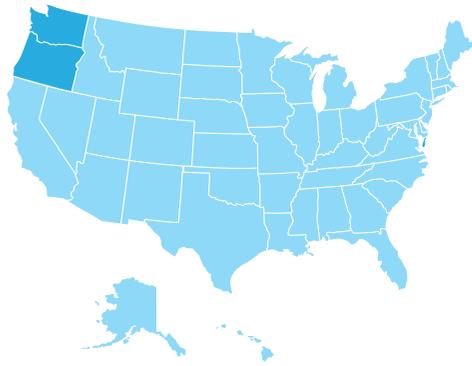
Whitewater rafting

Backpacking

Mountain hiking

Mountain summit

ITINERARY



NOTE: Each session of the Pacific Northwest Adventure may complete their activities in a different order; parents will receive daily, detailed itineraries of their child's specific trip in May 2020.

DAY 1 ARRIVAL

Fly or drive into Portland International Airport (PDX) or Seattle-Tacoma International Airport (SEA)* and meet your group and instructors! Once all students and their luggage have arrived, we'll drive to our first campsite, where we'll have our delicious "Yahoo!" dinner (chicken, steak, veggie burgers, cheesy mashed potatoes, and fruit salad) and spend our first night playing games and getting to know each other.

* See page 7

DAY 2 DAY HIKE

For trips starting in Portland, students will day hike in the southern region of Olympic National Forest. For students starting in Seattle, students will hike around Pyramid Lake in North Cascades National Park. Everyone will split up into smaller groups to explore different trails and get to eat lunch by and swim in a stunning alpine lake!

DAYS 3-6 BACKPACK IN OLYMPIC NATIONAL PARK

Olympic National Park contains one of the country's most beautiful and wild beach hikes. Over four days, you'll get to see bald eagles, otters, sea lions, and seals while walking with the sea on one side and sheer cliffs on the other. Camp on secluded beaches, surrounded only by your best new friends, impressive sea stacks, and starry skies.





DAY 7

SEA KAYAK IN PORT ANGELES

Surround yourself with otters, harbor seals, bald eagles, and maybe even a whale while sea kayaking off the rugged coast in the Strait of Juan de Fuca. You'll cruise past sea stacks and craggy cliffs, and you may even find a few seastars or sea urchins!

DAY 8

LOGISTICS AND TRAVEL

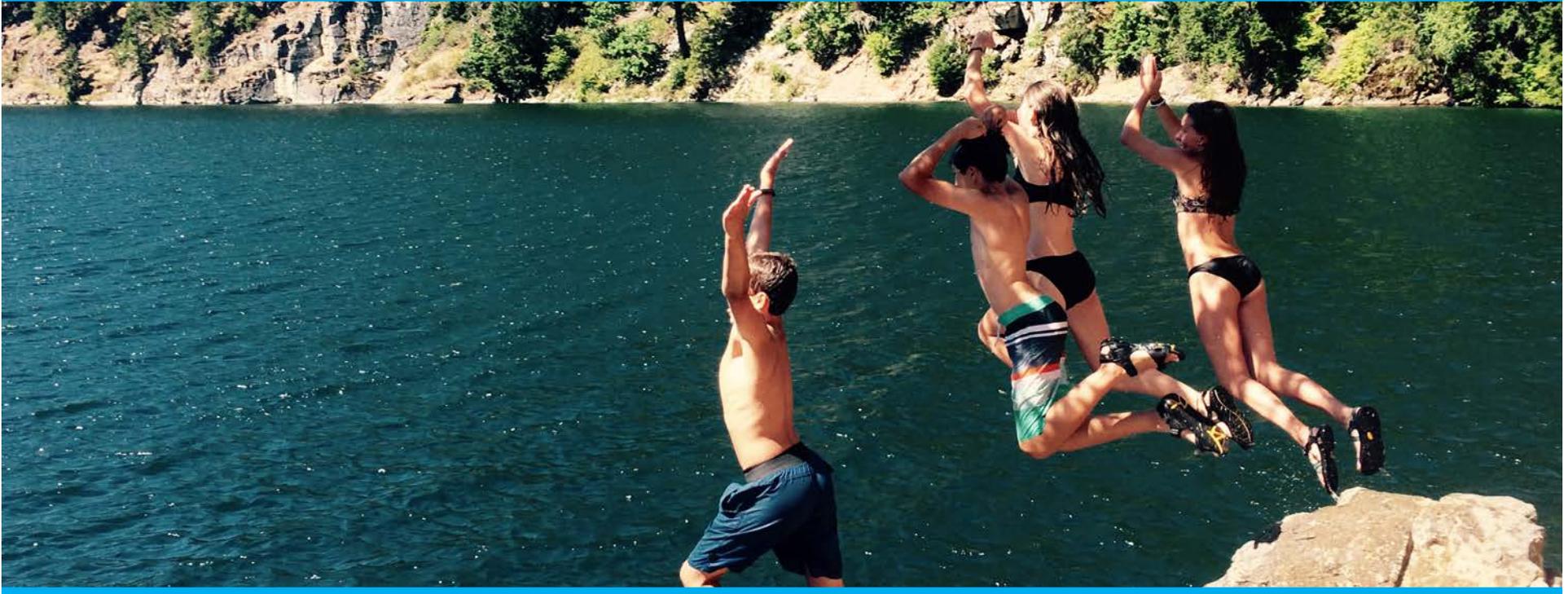
Laundry day! Students and instructors will work together to get laundry done, refresh our food supply, and do a thorough van clean-up. Then we'll head east to Leavenworth for climbing and rafting.

DAY 9

ROCK CLIMBING IN ICICLE CANYON

Though it may sound like a chilly spot, Icicle Creek Canyon is actually named for its native epithet, Nasikelt, and it's actually quite warm! The sheer granite cliffs that line this canyon offer options for everyone, from the timid beginner to the bold veteran. The friends you've made will be there to support and encourage you, no matter which routes you choose to climb. Cool breezes that waft from the river help keep the summer temperatures comfortable, and when you've had your fill of climbing, take a dip in the creek!





DAY 10

WHITEWATER RAFT THE WENATCHEE RIVER

Navigate big and fun rapids on the Wenatchee through Leavenworth, stopping only to jump in swimming holes and start splash wars. The waves are dramatic, but they're also accessible to students of all capabilities!

DAY 11

TRAVEL DAY

After we've had our fill of the Bavarian-themed Leavenworth, we'll head north and prepare for our next backpack in North Cascades National Park.

DAYS 12-16

BACKPACK IN NORTH CASCADES NATIONAL PARK

For five days, you'll hike through glaciers framed by gigantic Fraser fir trees and cascading rivers. The incredibly lush landscape offers multiple opportunities to marvel at its biodiversity, and with a little bit of luck, you might even spot a few sunbathing marmots, mule deer or black-tailed deer, and mountain goats scrambling up rock faces! In between days on the trail, trade your backpack for oars as you canoe on picturesque Ross Lake or Diablo Lake.



DAYS 17-18

**TRAVEL TO CLIMB MT. ST. HELENS
[8,366 FEET]**

It's time to head back toward the Oregon/Washington border to prepare for our climb of Mt. St. Helens! The most famous stratovolcano in the United States beckons to student hikers all of levels. Students will stand on the edge of the ever-growing crater and its surrounding glacier, literally watching geology in the making. Rewards for this challenging hike also include 360-degree views of Mt. Rainier, Mt. Adams, and Mt. Hood.

DAY 19

**WHITewater RAFT THE
WHITE SALMON RIVER**

In 2013, the New York Times rated the White Salmon River as #13 among 46 places to visit worldwide. This Wild and Scenic River is federally protected, leaving the water and forestry in pristine condition. Teamwork is required as you bounce down fun, sustained rapids; laughter is recommended.

DAY 20

DEPARTURE

We promise you this: You won't want to leave! But it'll be time for our adventure to come to an end. Relive every memory the night before with a celebratory dinner, and exchange contact info with all of your new best friends so you can stay in touch.

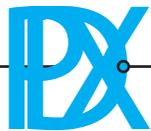
“Adventure Treks is something that Simon looks forward to year after year. He loves meeting new friends and challenging himself in the outdoors while seeing amazing scenery. As his parents, we value his comfort at leaving home and the skills he practices every summer. You guys keep taking it up a notch every year. **It's a no-brainer for us: Simon will keep coming back until you kick him out!**” *Stacy Brees, third-year parent from Atlanta, GA*

TRAVEL INFO

June session:
Arrive and depart
from Portland, OR



July session:
Arrive to Seattle,
WA and depart from
Portland, OR



*Please do not book flights until your child has been officially accepted and enrolled on the Pacific Northwest Adventure trip. However, if you'd like to look up flight options, all students need to arrive to the airport between 8 a.m. and 1 p.m. the first day of the trip, and depart the airport between 6 a.m. and 1 p.m. the last day of the trip.

“Zach enjoyed all aspects of his second AT experience. He felt very comfortable with both the other students and his instructors. He came home feeling accomplished and confident, and he learned a lot about the value of teamwork and cooperation. He is looking forward to his third summer with Adventure Treks next year.” *Kim Jolson, third-year parent from Baltimore, MD*



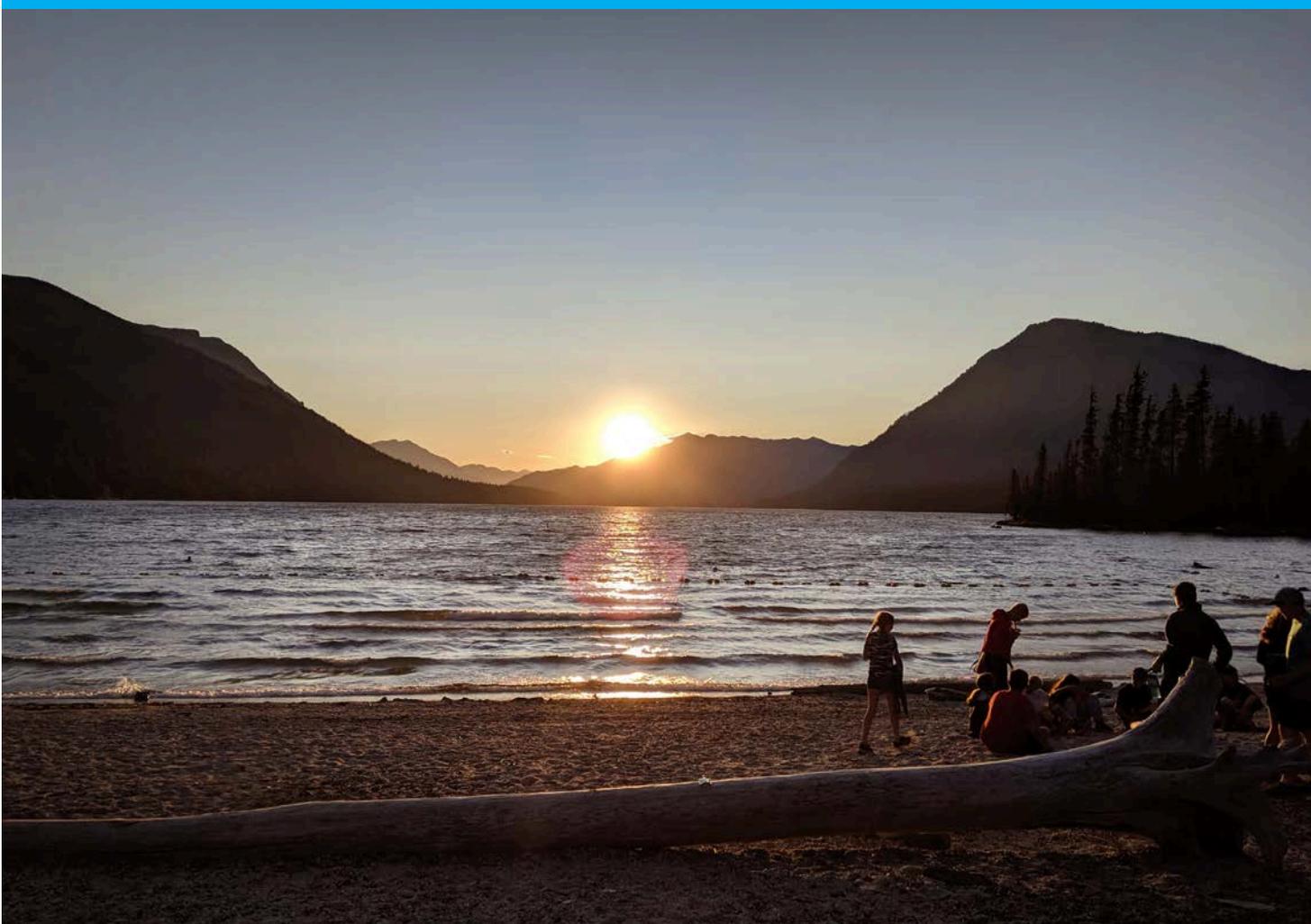
TRANSPORTATION TO AND FROM THE ADVENTURE IS THE RESPONSIBILITY OF THE FAMILY. Our instructors will be eagerly awaiting each of our students' arrivals at the airport. We try our best to meet every student as they walk off the plane, but in the rare event we are unable to, we will call and text your child to guide them to a meeting place. Students call home as soon as they meet with our instructors and gather their baggage.



WEATHER INFO

While we generally enjoy warm temperatures and sunny skies in the Pacific Northwest, weather can change quickly. We'll likely see highs in the lower 80s and lows in the upper 50s, though it may be warmer or chillier than that. It typically rains very little in the Pacific Northwest in the summer. However, one ill-prepared person can negatively affect the safety and fun of the whole group, so please come prepared. We are preparing for a worst-case weather scenario with **[this clothing list!](#)**

LOGISTICS



DATES

6/21/20 – 7/10/20

7/24/20 – 8/12/20

PRICE

\$4,395

INCLUDED IN TUITION:

- » All food and lodging
- » All group and technical equipment (tent, sleeping bag, sleeping pad, backpacking pack, mess kit, etc.)
- » Guided activities

NOT INCLUDED IN TUITION:

- » Trip insurance
- » Airfare to and from
- » Personal clothing and items (see the [Pacific Northwest Adventure packing list](#))

“Adventure Treks is the best money you can spend on your child! Not only did my daughter see some spectacular scenery, but she grew as a person in every way—from the huge sense of accomplishment they get when they reach the summit after a hard hike, to the amazing support they get from the instructors, to the strong bonds they build with other students. She came home feeling sad because she was camp-sick and missing her friends, but she had a new sense of confidence that I’ve never seen before.” *Rachel Crean, third-year parent from Parkland, FL*



READY TO SIGN UP? THERE ARE THREE WAYS:

- » **APPLY ONLINE** AT [ADVENTURETREKS.COM/ENROLL](https://adventuretreks.com/enroll)
- » **CALL US** AT 888-954-5555
- » **OR EMAIL** AMANDA FOX-MCGLASHAN, OUR MARKETING DIRECTOR, AT AMANDA@ADVENTURETREKS.COM



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