



adventure
TREKS

California Adventure

SUMMER 2023



Explore the grandeur of northern California for three weeks! Discover why the Lost Coast is aptly named while backpacking along secluded beaches. Spend a day hiking among the world's most majestic trees in Humboldt Redwoods State Park. Experience immense bonding with your new friends while whitewater rafting the Rogue River. Mountain bike and rock climb in the shadows of Mt. Shasta before preparing for a summit attempt of the massive, neighboring Mt. Shastina. Finish the best three weeks of your life with sea kayaking along Point Reyes National Seashore and whitewater rafting down the American River!



2022–2023 GRADES

8th-9th

LENGTH

20 days



Backpacking



Mountain summit



Whitewater rafting



Rock climbing



Sea kayaking

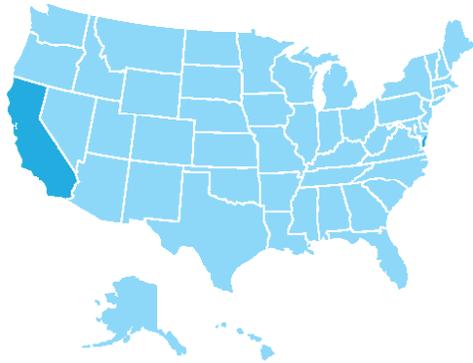


Mountain biking

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My child returned happy, more independent, more positive, and with new friends all over the country! He loved AT! He raved about the instructors and students. Everything was awesome!
Tiffany Drilling, Atlanta, GA

ITINERARY



This is a sample itinerary; the actual order of activities may vary. Additionally, due to weather or other uncontrollable circumstances, our itinerary may change unexpectedly.



DAY 1

ARRIVE

Fly or drive into Sacramento International Airport (SMF) and meet your group and instructors! Once all students and their luggage have arrived, we'll head to the coast, where we'll have our delicious traditional "Yahoo!" dinner and spend our first night playing games and getting to know each other.

DAY 2

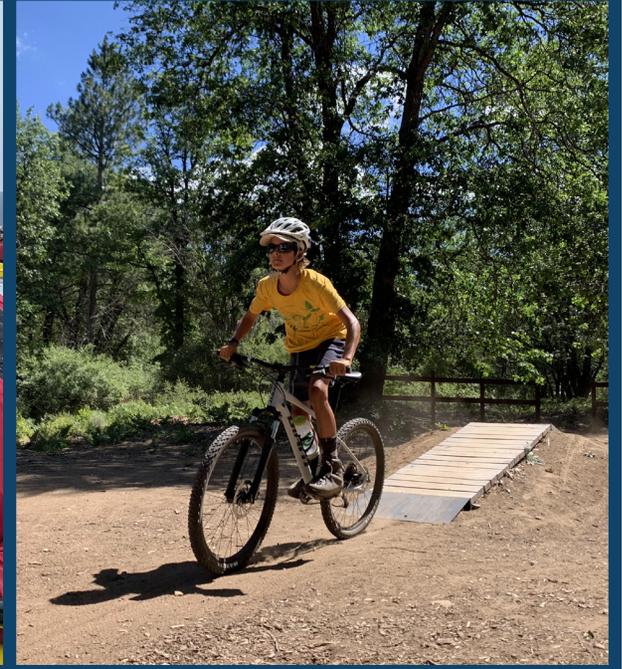
DAY HIKE

Students will split up into smaller groups to explore different trails in Point Reyes, a scenic inlet known for its elephant seals and sea lions. We'll hike through Douglas fir (which reach up to 250 feet in height) and oak forests, past fields of wildflowers, and next to the ocean. Above, watch for golden and bald eagles and many species of hawks, and keep your eyes peeled for dolphins, humpback whales, and porpoises in the water!

DAYS 3-6

BACKPACK THE LOST COAST

Day three entails driving north to the King Range National Conservation Area and preparing for our first backpack! We'll immerse ourselves in the wildness of the most untouched stretch of beach in the country. Journey for four days along volcanic black sand beaches, hopping over barnacled boulders and peering into tide pools for sea urchins and sea stars. Learn how to read a tide table, with the towering King Range peaks soaring up to 4,000 feet on one side, and the vast expanse of the Pacific on the other. You'll likely see otters playfully scampering around, with harbor seals and sea lions laying lazily among the boulders. This is one hike you and your friends will never forget.



DAY 7

LOGISTICS DAY

Laundry day! Students and instructors will work together to get laundry done, refresh our food supply, and do a thorough van clean-up.

DAY 8

SEA KAYAK IN HUMBOLDT LAGOONS STATE PARK

Big Lagoon is known as an ecological haven. While gliding through calm waters, keep your eyes peeled for the area's famous Roosevelt elk, bald eagles, peregrine falcons, black bears, whales, dolphins, and sea lions!

DAY 9

MOUNTAIN BIKE AROUND LAKE SISKIYOU

No matter your skill level, all students love to ride the trails around Lake Siskiyou. Nestled at the foot of 14,179-foot Mt. Shasta, you can choose to bomb the downhill or take a mellower approach on more beginner-friendly tracks as you alternately wind through thickly forested areas and wide-open trails.

DAY 10

ROCK CLIMB AT CANTARA ROCKS

This riverside crag has routes for all abilities. Progress in challenge as you feel ready, and when you're ready to cool off, jump into one of several swimming holes in the Sacramento River!

“Bridger made friends quickly and had a really incredible summer. He had experiences that he could not have found anywhere else! His limits were tested, and he found that he didn't reach the boundaries of his own limitations. He discovered that he was stronger and more capable than he had realized. So cool! I felt that the communication was really first-class. You all were clear and very responsive. And Bridger LOVED the instructors. He was very impressed with how approachable they were, and how sweet and inclusive they were. We're so happy Bridger was able to go to AT this summer!

Mike Caulkins, Flagstaff, AZ



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When I picked my son up from his trip, he was proud, calm, and inspired. He is a blessed kid who has been given wonderful opportunities, and Adventure Treks was one of his most favorite of all his life experiences. He made incredible friends, loved his instructors, had exciting experiences, and is negotiating daily regarding how to visit his friends in other cities. He said, “I loved it. One of the best communities I’ve ever been in.” Thank you, AT.

Sarah Weinberg, San Francisco, CA

DAYS 11–13

WHITEWATER RAFT THE ROGUE RIVER

Spend three blissfully fun days bonding with your friends while paddling down the Wild and Scenic Rogue River in southern Oregon. The surrounding canyons show off pristine wilderness and rugged mountains, and at night you’ll gather around beautiful campsites on the banks. Top it all off with splash wars!

DAYS 14–16

CLIMB MT. SHASTINA

A highlight of your trip will include the climb up Mt. Shastina (12,335 feet), one of the tallest volcanoes in the Cascade Range. Learn how to use crampons and ice axes on this beautiful massif. Bonus: At the top, gaze upon the dazzling turquoise alpine lakes that only climbers get to see.

DAYS 17–19

TRAVEL TO AND RAFT THE AMERICAN RIVER

Top off your trip with two days down the nationally designated Wild and Scenic American River. Fed by the crisp snow melt of the Sierra Nevada range and lush with vibrant vegetation, you’ll have a blast rolling down the continuous rapids.

DAY 20

DEPART

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.



Arrive and depart: Sacramento (SMF)

Transportation to and from the adventure is the responsibility of the family. Our instructors will be eagerly awaiting each of our students' arrivals in Sacramento. Students will call home as soon as they meet with our instructors and gather their baggage.

Adventure Treks will release specific travel information to students once they have completed the admissions process and been officially accepted and enrolled. If you'd like to look up flight options, please call us for specific arrival and departure windows.



Mountain weather can change in an instant. You'll likely experience sunny weather and warm temps, chilly rain, and everything in between.

In early 2023, Adventure Treks will provide a detailed packing list to all enrolled students. One ill-prepared person can negatively affect the safety and fun of the whole group, so it's crucial to bring the necessary clothing and equipment.





DATES

6/24/23 - 7/13/23

TUITION

\$5,295

INCLUDED IN TUITION

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

NOT INCLUDED IN TUITION

- Program and travel insurance
- Transportation to and from Adventure Treks
- Personal clothing and items

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We chose Adventure Treks because we wanted our son to have a non-traditional camp experience that included lots of outdoor activity, no screens, and a place where he could learn to rely on himself and build confidence in his ability to meet any challenge he faces in the future. Our son's three weeks with Adventure Treks was life-changing! The outdoor experiences and friendships made mean so much to him. He came home a more confident and mature young adult. He can't wait to return for another trip next year. I believe his being put in unknown and not always easy situations has given him a significant/noticeable difference in his maturity level. Also experiencing multiple outdoor activities will hopefully help him toward a lifelong love of the outdoors. He made great connections with his instructors and peers. He feels he has made several long-term friends. I just want to thank the instructors! What an awesome responsibility to take these kids through the logistics of traveling and out into the wilderness AND to make it fun. Y'all are awesome!!!!

Sarah Castore, Columbus, OH



READY TO SIGN UP FOR THE GREATEST ADVENTURE OF YOUR LIFE?

Begin the application process [here!](#)

Adventure Treks strives to foster an inclusive, welcoming, and judgment-free community of peers that celebrates individuals and the unique strengths they bring. It is the student's responsibility to arrive with a safety-conscious mindset; desire to challenge themselves and try new things; and a willingness to participate fully, help with group chores and tasks, and care for themselves and others. We expect from each student a positive and unselfish attitude and a desire to be a part of a close community of friends. Students are expected to respect others' backgrounds, gender identities, and beliefs that may differ from their own. Read more about our terms and conditions and expectations [here](#).



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PO Box 1321
Flat Rock, NC 28731
888-954-5555
info@adventuretreks.com