



adventure
TREKS

Pacific Northwest Adventure

SUMMER 2023



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 Lake. 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 Townsend Bay, and finish your visit with a thrilling rafting trip down the world-famous White Salmon River.



2022–2023 GRADES

8th–9th

LENGTH

20 days

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*We were looking for an adventure activity for Jonah and were very happy to find Adventure Treks with its focus on both outdoor adventure and community-building. Our child is interested in so many outdoor adventures that as parents we aren't active in (mountain climbing, bouldering, multi-day backpacking trips, to name a few). It was great to have Adventure Treks care for our child and guide him in all of the above and more. He loved it. Everyone was kind and supportive. Just great!!!
Ron Pernick, Portland, OR*



Backpacking



Summit hike



Sea kayaking



Whitewater rafting

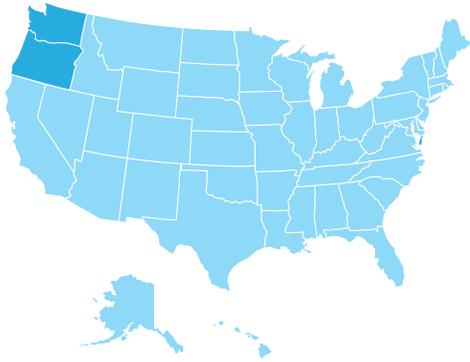


Rock climbing



Canoeing

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 Seattle-Tacoma International Airport (SEA) and meet your group and instructors! Once all students and their luggage have arrived, we'll drive to North Cascades National Park, 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 hike around 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 3-7

BACKPACK AND CANOE IN NORTH CASCADES NATIONAL PARK

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 Ross Lake.

DAY 8

SEA KAYAK

Surround yourself with eagles, great blue herons, cormorants, and perhaps even a whale in the distance as you sea kayak around Bellingham Bay. Glide past craggy cliffs as you keep your eyes peeled for sea stars, urchins, and otters!



DAY 9

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. Then we'll head east to Leavenworth for climbing and rafting.

DAY 10

ROCK CLIMB IN ICICLE CANYON

Though it may sound chilly, Icicle Creek Canyon is actually named for its native epithet, Nasikelt, and you won't freeze here! 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 waft from the river and help keep the summer temperatures comfortable. Later, take a dip in the creek!

DAY 11

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!

“ We trust AT, and our children loved the adventure, backpacking, and other activities, but more important, they learned to connect with peers and become more confident and independent. They really enjoyed making connections and felt supported.
Monica Cantor, Morganville, NJ



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Avi felt excited by his adventure and supported by his instructors and peers. We felt at ease because Avi's instructors were so wonderful, and communication was so great. Thank you so much for taking such good care of Avi, nurturing him, challenging him, teaching him and helping him grow!

Nicole Wilson-Spiro, Wilton, CT

DAYS 12-17

TRAVEL AND BACKPACK ALONG THE OLYMPIC PENINSULA

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 18

CLIMB 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

The White Salmon is one of the world's top rivers to visit. Lined by cliffs carved from ancient lava flows and fed by snowmelt from Mt. Adams, most of our students agree that this is the best rafting in the Pacific Northwest.

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: Seattle (SEA)
Depart: Portland (PDX)

Transportation to and from the adventure is the responsibility of the family. Our instructors will be eagerly awaiting each of our students' arrivals in Seattle. 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

7/21/23 - 8/9/23

TUITION

\$5,195

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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Adventure Treks was such a great opportunity for my daughter to experience a beautiful part of the country she'd never seen, as well as, physical challenges and meeting new people. The first thing she said upon her return was to tell me what trip wanted to go on next year. Excellent. 5 stars all the way.

Sarah Bruno, Palm Beach Gardens, FL



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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