

CS Outdoors Summer 2018

Backpacking Aravaipa



5-10 miles, 1500-2000ft elevation change. High physical exertion sustained for longer periods of time. Hiking boots required. No flat soled shoes permitted. Suitable for those with moderate outdoor experiences. **Must have prior camping & beginning backpacking experience.**

Looking for a WILD backcountry experience with towering cliffs, flowing water and a rich diversity of flora and fauna? Aravaipa Canyon Wilderness remains as one of Arizona's truly unique areas. It beckons adventurers who yearn for solitude and scenic splendor. There are no designated trails, campsites, signs, or facilities within the wilderness boundaries. The land is rugged and campers should be in good condition to pass through dense riparian vegetation. All campers should wear sturdy footwear suitable for hiking in sand, gravel, and cobble with potential for numerous stream crossings in knee-deep water.

We will spend the first day in the classroom at CFHS prepping for the trip, packing our backpacks, and learning the skills you need to survive! We will learn to read maps, how to be a good team member and a great leader, safety and emergency procedures and Leave No Trace Principles. Backpacks for use during overnights may be available upon request. A detailed trip itinerary and pack list will be emailed prior to departure.

Instructors: Mary Grodman & Polly Tanner

Grades: 6 - 10

Week 1: In Classroom at CFHS Tuesday, May 29 from 9:00am-4:00pm. Depart Wednesday, May 30 at 8:00am – Return Friday, June 1, 2018 at 4:00pm

Early Bird Fee: \$391.50 Regular Fee: \$435

Exploration Arizona



3-8 miles, 1500-3000ft elevation change. Moderate physical exertion sustained for longer periods of time. Hiking boots required. No flat soled shoes permitted. Suitable for those with moderate outdoor experiences. **Must have prior camping & beginning backpacking experience.**

Let's explore the White Mountains! Day hikes to beautiful springs, backpacking around big mountains and wild rivers, sitting by a fire in cool temperatures, we will enjoy it all! Don't miss your chance to backpack around the state's highest peak and learn about this unique area of the Navajo Nation! We will discuss how river modifications, mining and industry affects the ecology to give us a better appreciation for the outdoors! While

you are with us learn some great backpacking tips, survival skills and backcountry recipes! Backpacks for use during overnights may be available upon request. A detailed trip itinerary and pack list will be emailed prior to departure.

Instructors: Mary Grodman & Polly Tanner

Grades: 5-9

Week 2: Depart Monday, June 4 at 8:00am – Return, Friday, June 8, 2018 at 4:00pm

Early Bird Fee: \$490.50 Regular Fee: \$545

Mt. Lemmon Bound



3-8 miles, 1500-2000ft elevation change. Moderate physical exertion sustained for longer periods of time. Supportive soled shoes required. No flat soled shoes permitted. **Suitable for those with moderate outdoor experiences.**

Join us for a week of adventure as we escape the Tucson heat & head up to Mt. Lemmon. Hike different trails each day ranging from 2-6 miles on Monday, Tuesday & Wednesday with day trips up the mountain. Thursday will be our overnight campout.

Learn outdoor survival skills, knot tying, orienteering & map reading skills, observe wildlife & keep a detailed journal of your discoveries.

No flat-soled shoes permitted. Students should have some experience hiking prior to this camp.

Please bring a sack lunch, snacks & a sturdy hiking backpack with the ability to carry at least 2 liters of water each day. A detailed overnight supply list will be provided the first day of camp.

Instructors: Mary Grodman & Polly Tanner

Grades: 4 - 8

Week 3: June 11 – June 15, 2018

9:00am – 4:00pm (Monday – Wednesday)

Thursday – Arrive at 9:00am for our overnight, return Friday at 4:00pm

Early Bird Fee: \$283.50 Regular Fee: \$315

Mt. Lemmon Bound Geocaching



3-8 miles, 1500-2000ft elevation change. Moderate physical exertion sustained for longer periods of time. Supportive soled shoes required. No flat soled shoes permitted. **Suitable for those with moderate outdoor experiences.**

It's all about day hikes with a treasure hunting twist! Mt. Lemmon is not just a great place for day hikes, it's a Geocache dream! Who knew some of the most popular hikes have geocaches hidden along the way? Learn to program, read and navigate with a handheld GPS device so these secret treasures can be yours! We will also learn and practice "Leave No Trace" by Caching-In and Trashing-Out, making sure to leave our mountain cleaner than we found it. A supply list will be provided prior to camp. Students should have some experience hiking prior to this camp.

Instructors: Mary Grodman & Polly Tanner

Grades: 4 – 8

Week 4: June 18 – June 22, 2018

9:00am-4:00pm

Early Bird Fee: \$270 Regular Fee: \$300

Four Corner Explorers



4-8 miles, 1500-2000ft elevation change. Moderate physical exertion sustained for longer periods of time. Hiking boots or shoes required. Suitable for those with moderate outdoor experiences. ***Must have prior camping experience!***

Ready for an amazing adventure? Our journey takes us into the Colorado Plateau with a stop to see the Four Corners Monument on our way to Great Sand Dunes National Park and Preserve! This park contains the tallest sand dunes in North America - up to 750 feet tall! Experience this unique area of the country as we hike in diverse landscapes of grasslands, wetlands, and alpine forests. Splash in Medano Creek, one of the few places in the world where one can experience *surge flow*, a stream flowing in rhythmic waves on sand! We will also experience spectacular night skies and nocturnal wildlife during our visit! All food & equipment will be provided. A detailed trip list will be provided before departure.

Instructors: Mary Grodman & Polly Tanner

Grades: 5-9

Week 5: Depart Monday, June 25 at 7:00am – Return, Friday, June 29, 2018 at 5:00pm

Early Bird Fee: \$490.50 Regular Fee: \$545

Adventures in the Grand Circle



4-10 miles, 1500-3000ft elevation change. High physical exertion sustained for longer periods of time. Hiking boots or shoes required. Suitable for those with moderate to advanced outdoor experiences. **Must have prior camping experience!**

Travel with us out of the Sonoran Desert to the dramatic landscape of Lake Powell. Soak in stunning red rock towers & hoodoos that stretch high above the crystal blue waters of the lake while you camp on the smooth sandstone enjoying billions of stars that emerge in the southern Utah night sky. And there is more... On our adventures, we will explore Buckskin Gulch, Waterhole Canyon, Horseshoe Bend and learn all about dams at Glen Canyon. We may get in some fishing too! Learn leadership & team building skills, camping & hiking skills & practice Leave No Trace techniques! All food & equipment will be provided. A detailed trip list will be provided before departure.

Instructors: Mary Grodman & Polly Tanner

Grades: 6-10

Week 7: Depart Monday, July 9 at 8:00am – Return, Friday, July 13, 2018 at 5:00pm

Early Bird Fee: \$490.50 Regular Fee: \$545

Mt. Lemmon Bound Advanced



6-12 miles, 2000ft+ elevation change. Challenging terrain and physically demanding activity for extended periods of time. Moderate to High physical exertion. Suitable for those with moderate to advanced outdoor experiences. Designed for those looking to push their limits.

Prerequisite: Must have attended a Mt Lemmon Bound Program in a previous summer.

This week is designed for the camper who has participated in Mt. Lemmon Bound for years & is ready to build on their outdoor adventure skills & knowledge of Coronado National Forest!! Expect more challenging, longer hikes, with campers reading maps, leading the group, planning the overnights including a potential backpacking trip! Come increase your connection to the natural world as you enjoy the exercise & work on your leadership & outdoor skills this week. Campers will finish this adventure with a greater knowledge of themselves, the world & the environment around them.

Please bring a sack lunch, snacks & a sturdy hiking backpack with the ability to carry at least 2 liters of water each day. A supply list for the overnights will be provided before the start of camp.

Instructors: Mary Grodman & Polly Tanner

Grades: 6 - 10

Week 8: July 16 – July 20, 2018

9:00am – 4:00pm (Monday & Tuesday)

Wednesday – Arrive at 9:00am & return Friday at 4:00pm

Early Bird Fee: \$306 Regular Fee: \$340

Destination Utah



4-10 miles, 1500-3000ft elevation change. High physical exertion sustained for longer periods of time. Hiking boots or shoes required. Suitable for those with moderate to advanced outdoor experiences. **Must have prior camping experience!**

Discover two of America's most special parks! Crowning the Grand Staircase, Cedar Breaks sits at over 10,000 feet and looks down into a half-mile deep geologic amphitheater. Come wander among timeless bristlecone pines, stand in lush meadows of wildflowers and ponder crystal-clear night skies. Then we are off to explore Zion, Utah's first National Park! Follow the paths where ancient native people and pioneers walked. Gaze up at massive sandstone cliffs of cream, pink, and red that soar into a brilliant blue sky. Hike in the Virgin River and into a narrow slot canyon in Zion and discover a unique array of plants and animals that will enchant you as you absorb the rich history of the past and enjoy the excitement of our adventures. All food & equipment will be provided. A detailed trip list will be provided before departure.

Instructors: Mary Grodman & Polly Tanner

Grades: 5-9

Week 9: Depart Monday, July 23 at 7:00am – Return, Friday, July 27, 2018 at 5:00pm

Early Bird Fee: \$490.50 Regular Fee: \$545

Arizona Adventures



3-8 miles, 1500-3000ft elevation change. Moderate physical exertion sustained for longer periods of time. Hiking boots or shoes required. No flat soled shoes permitted. Suitable for those with moderate outdoor experiences. **Must have prior camping experience.**

Join us as we empower ourselves to become leaders for a shared planet. Learn how water usage impacts the flora, fauna & ecology of our region as we journey to the Northeast corner of our great state of Arizona! Visit Fool Hollow, Petrified Forest, Homolovi and Canyon de Chelley!

Investigate archaeological sites to unravel the history and water usage of the Hopi and Navajo tribes. Wander through lands that have been eroded and sculpted into intriguing landforms in the Petrified Forest. Hike into Canyon de Chelley to the famous White House Ruins as we explore this magical and historic area of the canyon. All food and equipment provided. A detailed trip equipment list will be provided prior to departure.

Instructors: Mary Grodman & Polly Tanner

Grades: 8 - 12

Week 10: Depart Monday, July 30, 2018 at 8:00am – Return, Friday, August 3, 2018 at 4:00pm

Early Bird Fee: \$490.50 Regular Fee: \$545

Community Schools Outdoors Junior Guide in Training

Do you enjoy hiking, camping and exploring? Want to share your love of the outdoors with others? Under the supervision and direction of Mary Grodman (*Backpacking & Canyoneering Guide, Wilderness First Aid, Leave No Trace, Basic Water Rescue Certified*), we want to invite you to participate in the Junior Guide in Training program! All students finishing 9-12th grade are welcome to apply.

All Junior Guides, once selected, will have at least one week this summer where they will work side by side with our Outdoor Guides to provide exceptional adventure trips with unique outdoor education opportunities to program participants.

Junior Guides will help lead program participants to find their passion for the outdoors through daily lessons, team building games and mentoring opportunities. They will be involved in all aspects of our trips from itinerary planning to cooking food to managing a group. Junior Guides will attend a pre-trip meeting to discuss duties, expectations and to receive beginning guide training that will help them excel during their week volunteering. Required pre-trip research, guidebook reading, lesson planning will be expected from volunteers.

Our goal is to give teens the skills and experiences they need to be the next generation of leaders, teachers and conservationists. Junior Guides will have the opportunity to strengthen their leadership skills, personal responsibility, time management, public speaking, teamwork and more!

How to Apply:

Write an application letter telling us why you are interested in Guiding and why you consider yourself a qualified candidate! Make sure you include your email address, telephone number and weeks you are available in your letter.

Volunteer Weeks:

Week 2 – June 4 – June 8, 2018

Exploration Arizona - 10-12th Grade only with backpacking experience

Week 3 – June 11 - June 15, 2018

Mt. Lemmon Bound – 9-12th Grade

Week 4 - June 18 – June 22, 2018

Mt. Lemmon Bound Geocaching – 9-12th Grade

Week 5 – June 26 - June 30, 2017

Four Corner Explorers – 10-12th Grade only

Week 9 – July 23 – July 27, 2018

Destination Utah – 10-12th Grade only

Volunteer hours will vary depending on the trip.

Send 2 letters of recommendation from teachers, youth leaders or other adults who know you well.

Submit your letters to:

Mary Grodman at Community Schools
4300 E. Sunrise Drive Tucson, AZ 85718
mgrodman@cfsd16.org

You will be notified by email if you are accepted.

Deadline to apply: April 27, 2018.