



Hiking

Santa Barbara's diverse landscapes, from coastal bluffs to mountain ridges, provide the perfect classroom for Hiking, a hands-on elective designed to teach students the science and skills of the outdoors. This course uses experiential learning to give students an appreciation for navigation, ecology, hydrology, and safe hiking practices.

Students will learn the fundamentals of hiking, including map reading, compass navigation, trail safety, proper trip planning, and Leave No Trace principles. Along the way, we will

explore local trails, learning to identify native plants and animals, geological formations, and watershed systems. Students may also have the opportunity to engage with local naturalists and outdoor professionals, gaining insights into conservation, environmental stewardship, and careers in outdoor recreation. The course will culminate in a student-planned hike, where students will apply all their skills to navigate and explore a scenic Santa Barbara trail.

Hiking Locations:

Students will be introduced to a variety of landscapes within our region, from the beach, coastal mesas, foothills, creeks, and mountains. Some of the hiking locations include but are not limited to the following:

- Rattlesnake Canyon
- Parma Park
- Jesusita Trail
- Douglas Preserve
- Local beaches: Thousand Steps, Mesa Lane, etc.
- Elings Park
- San Marcos Foothills Preserve

Class Expectations

Students are expected to actively participate in all sessions.

Key expectations include:

- **Engagement in Class Discussions & Field Experiences** – Contribute to discussions on navigation, ecology, and outdoor ethics.
- **Skill Development & Demonstration** – Practice and apply navigation techniques, trail safety, and proper hiking preparation.

- **Appropriate Hiking Attire** – Students must bring and wear sturdy shoes, sun protection, and bring water and any required gear for outdoor excursions.
- **Participation in Hiking Challenges** – Demonstrate planning and teamwork in organizing and executing group hikes.
- **Final Reflection & Student-Planned Hike** – Reflect on personal growth and experiences throughout the course.