

# Adirondack Backpacking - Adult

## Course Description

Join a group of motivated peers in learning and refining your outdoor and leadership skills in the stunning Adirondack Mountains. If you're seeking a perfect getaway from the stresses of the city that's more than just a vacation, then this is the course for you.

### Features

- Duration: 9 days
- Route length: 30-45 miles
- Average group size: 6-8 students / 2 instructors
- Average age: 33 / minimum age: 23
- Average pack weight: 40-50 pounds
- Elevation range: 1,200-5,300 feet
- Hike in the heart of the Adirondacks' rugged High Peaks area
- On- and off-trail hiking
- Forest and mountain travel in black bear habitat
- Opportunities to summit several Adirondack "46ers" (peaks over 4,000 feet)

### Overview

Lace up your boots and step into the rugged beauty of America's oldest wilderness. On this course, you'll learn the foundational camping and travel skills to live comfortably in the mountains.

This course has been designed specifically for busy adults. We've focused our curriculum and set an age limit so you can enjoy a wilderness adventure that fits your schedule and needs. You'll find yourself traveling through the Adirondacks with a group of peers from a wide variety of backgrounds: teachers, architects, executives, doctors, and full-time parents.

Initially, your instructors will focus on basic camping and travel skills: cooking and stove use, map reading, Leave No Trace practices, and techniques for living in black bear habitat. Later, when you're ready, the group will move into more advanced topics, including compass use, group dynamics, and leadership. As you travel, you'll climb high, rocky peaks and camp in ancient hardwood forests. You may even have the

opportunity to work with a land manager on a small, backcountry, service project. By the end of this course, you'll have reconnected with the wild world and formed lifelong relationships with other like-minded adventurers.

## Weather and Other Challenges

### Weather

Mountain weather is unpredictable. On any given day, temperatures may range from below freezing to sweltering. Thunderstorms are common and can be dramatic. Courses may experience snow and rain, or long stretches of sun and blue skies.

### Terrain

Travel in the mountains can be tough. Often you'll be hiking on muddy, steep trails or off-trail bushwhacking through thick forests. Routes may have wooden ladders in place to assist you through a steep section of trail. Rivers are sometimes challenging to cross. Wilderness travel is tough, but it's worth it when you see just how much you can accomplish.

### Remoteness

For the duration of your course, you'll be miles from the amenities of civilization. Telephones, ambulances, and hospitals may be days away. All NOLS instructors maintain wilderness medicine certifications and are equipped with well-stocked first aid kits to provide care in the event of an emergency.

### Wildlife

The area your course will travel through is home to black bears. NOLS, in collaboration with bear biologists, has developed specific practices to minimize the risk of a bear encounter. Your instructors will teach these practices to you and you will have to follow them every day. Bear avoidance practices may include carrying bear deterrent pepper spray, meticulously maintaining cleanliness at the cooking sites, not having food in tents, and practicing proper food storage.

## Learning Goals at NOLS

NOLS courses teach wilderness and leadership skills on expeditions and in classrooms. You will apply these skills to challenges in a supportive learning culture with high expectations. Your course will provide you with the opportunity for a positive, transformative experience intended to inspire you and empower you to act.

## NOLS

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We craft NOLS courses so graduates will be able to assume leadership roles; live and travel in the outdoors; act with confidence and competence; respect and collaborate with others on expeditions, on teams and in communities; care for themselves and others; understand their strengths, habits, and areas for growth; function under difficult circumstances; make informed and thoughtful decisions; communicate effectively; connect with natural places; and appreciate living simply.

*We believe positive, ethical leaders change the world. Join NOLS and become one of these leaders.*