

## Guided Backpacking Trip

Ready to get back into nature? Miss seeing the Milky Way? Want to re-connect with yourself at a deeper level and explore some rugged backcountry with new-found friends? Come join us for an epic, rejuvenating 4-day trek in the coastal redwood forests along Wild and Scenic South Fork of the Eel River in Mendocino County. We will hike part of Elkhorn Ridge Wilderness Area, which has very limited public access. The Elkhorn Ridge Wilderness contains rugged Coast Range ridges covered with thick forests of redwood, Douglas-fir, and tan-oak. There are two major forest types encompassing the area: mixed evergreen forest and redwood forest. Our journey will take us through a section of the seven-mile-long segment of the South Fork Eel River, designated as a Wild and Scenic River, which flows through and bisects the wilderness.

Our hike will lead us about four miles as the crow flies to our first sleeping spot along the beautiful Eel River. The group will work together to set up camp, cook meals, and break down camp. Days will be filled with hiking, rock hopping slight rapids, and swimming in the clean, clear waters of the beautiful Eel River. We will sleep under the stars to the sounds of the river discovering constellations and spotting shooting stars.

Each day there will be time set aside for a guided morning and evening reflection and prayer. This will include some solo time to engage in self-reflection and time for partner/group sharing. The opportunity to be removed from all technology allows us to focus on ourselves in a way that many of us don't experience with regularity. The focus will be on self-awareness and spiritual growth.

### Details

- Meeting Place – Redwood Adventure Camp, Central Camp
- Arrival Time – 2:00pm (first day of trip)
- End Time – 6:00pm (last day of trip)
- Accommodations – back country camping
- Activities – backpacking, swimming
- Solitude Level – 5 – it is highly unlikely to see any other people while on this trip
- Age limit - Minimum age requirement - 18
- Guests – minimum 4 – maximum 15

### Physical Requirements

- Participants will need to be able to hike with a backpack between 30-45 pounds
- Participants will need the ability to hike on established trails with noticeable elevation change over uneven natural surfaces for up to 4-5 miles per day. There will be natural obstacles at times, which the participants will need to maneuver around. The group will move at a 2 to 3 mph pace with breaks while hiking on the trail.
- Participants will hike along the riverbank and occasionally need to cross the river in a challenging river hike. Participants will work together to support and help each other over rocks and challenging river crossings.
- Participants should be physically active and have experience hiking.

Trip Price - \$455per person

- ✓ Land use permit
- ✓ All meals
- ✓ Snacks on the trail
- ✓ Backpacking kitchen gear (stoves, fuel, cooking pots, cooking utensils)
- ✓ Individual mess kits
- ✓ Backpack if needed
- ✓ Certified American Red Cross Lifeguard/First Aid/CPR staff
- ✓ Emergency equipment including fully stocked backcountry first aid kit
- ✓ Experienced guide

Not Included:

- ✓ Pre or post trip lodging
- ✓ Sleeping bag & sleeping pad
- ✓ Hiking poles
- ✓ tents

What to bring:

Backpacking Sleeping bag

Sleeping pad

Flashlight

Jacket

Long pants

Swim suit

Breathable, light weight hiking clothes (shorts, shirts...)

Hiking socks

Hiking boots or very sturdy shoes

Sturdy water shoes (Keen/Teva style – flip-flops will not be effective crossing the river)

Sun protection (hat, glasses, sunscreen)

Mosquito repellent

2 1-liter water bottles (Nalgene style)

Beanie hat

Shower supplies including a towel and a change of clothes for the drive home.

Instruments that you can carry are welcome

## Sample Itinerary:

### Day One: (Thursday)

- Arrive at Camp
- Get to know the group
- Basics of backpacking
- Hike to first night destination
- Dinner & Campfire
- Evening Reflection

### Day Two: (Friday)

- Breakfast
- Morning Reflection
- Head out on the trail
  - Hike along old logging roads
  - Hike through a young Redwood grove
  - Lunch on the trail
  - Swim in the river
  - Evening Reflection
- Sleep at Lower Bear Campsite on the river

### Day three: (Saturday)

- Breakfast
- Morning Reflection
- River hike/mountain hike to Starvation Campsite
  - Lunch on the trail
  - Swim in the River
  - Evening Reflection
- Sleep at Starvation Flats

### Day four: (Sunday)

- Breakfast
- Morning Reflection
- Swim at Drippy
- Hike to Central Camp
- Clean up
- Late Lunch
- Final Reflection
- Goodbyes

## Trip Policies & Payment

- A \$100 deposit is due at the time of registration
- Trips require a minimum of 4 participants. If the minimum is not reached 15 days prior to the start date of the trip, the trip will be cancelled, and participants will receive a full refund.
- Bring a **spouse/guest** and they will receive a **50% discount** - discount code: **2020Adult+1**
- Participants can make payments on the balance any time after registration until 30 days prior to the start of the trip, when the balance is due in full
- Any balance due must be received one month prior to the start date of the trip
- There is no financial aid available for adult camp participants

## Cancellations

- Cancellations received prior to 60 days before the trip will receive a full refund minus the deposit
- Cancellations received between 30-59 days prior to the start date of the trip will receive a 50% refund
- Cancellations received between 0-29 days prior to the start date will **not** receive a refund

## FAQ

- I have a specific dietary need (gluten free, vegan...) will you be able to accommodate me?
  - We try our best to accommodate various dietary needs. We need to know about your restrictions at least 30 days prior to the trip (ideally at time of registration). We will contact you in advance of the trip if we feel that you may need to supplement with some of your own food options.
- Do you provide airport pick-up?
  - Travel to and from Redwood Adventure Camp will need to be arranged by individual participants.
- If I drive to Camp, where will I leave my car?
  - We have a designated spot for parking. Due to our remote location, we rarely see strangers. Redwood Adventure Camp cannot accept responsibility for any loss or damage to vehicles or their contents.
- Will I encounter wild animals?
  - Maybe. We will be in a federally protected wilderness area. Because the area has very little human traffic, the animals are not accustomed to us and generally stay away from us. Animals seen in the past few years: deer, skunk, rattlesnakes, king snakes, river otters, and river snakes.
  - Animals we have seen evidence of but have not actually laid eyes on: CA black bear, fox, raccoon, and fox.
- Are there ticks and mosquitoes in the area?
  - Yep. We recommend you bring a can of bug spray with DEET to help repel both ticks and mosquitoes.
- What happens if it rains?
  - If you've spent any time in Northern California, you know that summer rain is pretty unusual. However, it happens. If we suspect rain, our team will set up rain tarps to protect from the rain at night.