



**Friends of the North Fork of the Shenandoah River**  
**June 18<sup>th</sup> – 21<sup>st</sup>, 2017**

<b>Arrival around 12:30pm</b>	
<b>Monday</b>	Welcome & opening circle, (lunch provided) Gear Up - Load packs Hike to campsite - Intro to land navigation Skill building session - camp craft Divide into chore groups (dinner/fire/clean-up)
<b>Evening</b>	Campfire games and tone-setting discussion
<b>Tuesday</b>	Shuttle to cave
<b>AM</b>	Cave ecology and exploration Shuttle to stream
<b>PM</b>	Stream ecology (biological, chemical, physical analysis) Hike back to camp Divide into chore groups (dinner/fire/clean-up)
<b>Evening</b>	Sensory awareness activities or astronomy
<b>Wednesday</b>	Orienteer to the Spruce Knob summit using a map and compass
<b>AM</b>	Mountain geology and watersheds
<b>PM</b>	Hike back to yurts Clean and de-issue gear Move into dorms & shower
<b>Evening</b>	Celebratory dinner at the yurts Reflective campfire & s'mores
<b>Thursday</b>	Breakfast at the yurts Survival Skills: One match fires & debris hut construction Departure for all at 11:00am

**Activities:**

Orienteering is the ultimate team initiative. A group will need more than map and compass skills to reach the summit of Spruce Knob. Orienteering teaches students how to find their way – in terms of negotiating the terrain, but also in terms of the direction they will take as a team. It is a time where cooperation, patience, encouragement and decision making are equally as important as hard skills.

Caving

Caves are dark and foreboding places. Most people have some amount of trepidation

associated with the dark and with small spaces. Yet the cave we explore is welcoming; the spaces are bigger than they appear, and nearly anyone can have success in this adventure. In this way, our caving program can be a tool for successfully facing personal challenges and fears.

### Stream Ecology

Water is life. By studying fresh water and sampling headwater streams, we learn about the interconnectedness of watersheds and the importance of stream health to the entire river network and downstream communities.

### Supplemental Activities:

Teambuilding Games & Initiatives: Structured activities and debriefs around themes of collaboration, trust, support, & leadership. These activities can influence tone-setting, encourage unlikely leaders to step up, and will help to establish lasting group bonds that participants will carry with them.

Survival Skills: one match fires, debris hut construction (if time).

Sensory Awareness: games and activities structured around movement & observation, leading to a blind drum walk.

Large Group Reflective Campfire: S'mores, structured all group reflection activities and games around a campfire.

### **Experience Learning Inc.**

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