



## Itinerary Overview

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### *Joshua Tree Pathfinder - 30 days*

**Fantastically jumbled rock formations** and plants reminiscent of Doctor Seuss' creations rise out of this magical topography comprising Joshua Tree, one of California's most surreal desert landscapes. Much of the 800,000 acres of park is designated as wilderness.

Two distinctly different deserts, the Sonoran and the Mojave, merge at a transition zone where one can see different species indicative of each desert ecosystem. The park is home to an impressive array of species including the namesake Joshua Trees (which aren't trees at all but giant Yucca plants!), jumping cholla, cat-claw acacia, fifty-year-old desert tortoises, red-tailed hawks, jackrabbits, and coyotes. Canyons, small mountains, and broad valleys are the canvas that nature has used to create this intricate and subtle landscape.

#### **Pathfinder Courses**

Pathfinder courses are geared towards students looking for direction and purpose in life. Outward Bound facilitates this by developing strong leadership skills within those who are willing to take on the challenges they face. Instructors focus on the development of your personal leadership style, strengths, and life purpose. Leadership and service are the two key elements of your Pathfinder experience that will ultimately leave you walking away with a newfound appreciation for the next phase in your life. There is also a strong emphasis on the transference of life skills and goals from the Outward Bound course to your life back home. To help facilitate this transference, there will be an opportunity to have a phone conference with your instructors and parents/guardians to help build a support network as you transition back home to follow through with the goals you set on course.

#### **Desert Backpacking and Course Terrain**

You will travel both on and off-trail. The trails, when present, are usually of high quality. The off-trail routes can be especially challenging as these routes travel through boulder choked canyon sand across vast Desert plains. You will resupply food and water along the way at many different water cache sites that Outward Bound California uses. Though the landscape can be demanding, there are few places in the world that compare to the beauty and uniqueness of where this backpacking leads.

#### **Rock Climbing**

The rock climbing section will flow seamlessly out of the backpacking section and will start off by establishing a backcountry "basecamp" for introductory rock climbing skills: how to climb, belay and rappel. During this time you may explore boulder choked canyons, wander through unique rock formations looking for your next backcountry climbing area, and rappel off one of the many granite formations in the National Park. With practice and focus, you can become an informed, skilled rock climber. You will experience a wide variety of climbing styles, like crack-climbing, face climbing and bouldering. This section offers a unique experience to climb on some of the highest quality granite out there in one of the most popular destinations for rock climbers in the world.

#### **Miles Traveled Daily**

As a general guideline, expect to travel approximately 3-15 miles a day as terrain and fitness allow.



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## **Physical Fitness**

Participants must come prepared for a physically, mentally and emotionally-demanding yet equally rewarding experience. Alumni often report that the more time they spent preparing for course, the more successful their course experience was.

## **Pack Weight**

Packed backpacks typically weigh between 35-45% of your body weight, expect to carry between 40 – 50 pounds. This varies person to person based on size, stature and physical ability.

## **Instruction and Skills**

Previous backpacking experience is not necessary. We will teach you the skills for wilderness travel both interpersonal and technical skills. Technical skills include: how to pack appropriately, camp craft including tarps and stoves, on and off trail navigation, rock climbing, rappel and belay. Interpersonal skills include group travel dynamics, risk management, weather and hazard assessment, communication skills and learning how to work as a team.

## **Training, Main & Final**

Fundamental in Outward Bound's educational outcomes is the concept of "Training," "Main," and "Final." Our hope is to transfer leadership and decision-making skills over to students through an intentional progression. As the course advances, instructors will take on more of a 'coaching' role. This provides a safety net for students to work through their decision-making and risk management development. Read about the culminating Final Expedition below.

## **Overview**

### **Course Start**

There is a 1 to 2-hour drive from the airport to the course start location. You will spend the first day gearing up for the field and meeting the other members of your team. Group gear like food, tarps, kitchen equipment and first aid supplies will be divided up among group members. Depending on your specific itinerary, you may hike a few miles on Day 1. As this is not a guided trip, all group members will pitch in to do camp chores, including cooking, washing pots and setting up tarps.

### **Peak Attempt**

Most groups will attempt to summit at least one peak. These peak attempts often requiring pre-dawn starts, waking as early as 4am. You will typically launch from a basecamp so you that you can leave some of your gear at camp. During your peak attempt(s) you will gain an understanding of terrain management, hazard assessment and weather consideration to make a successful peak attempt. For all the effort they require, successful peak attempts are often the most rewarding experiences of an Outward Bound course.

### **Solo**

The solo experience provides an important break from the rigors of the expedition. With sufficient food and equipment you'll spend time alone at an assigned campsite to rest, reflect, and practice the camp craft skills you have been learning throughout the course. We choose your solo site to offer as much solitude as possible, but within earshot of instructors for management considerations. You will not travel during this time and your instructors will check on you periodically. Many students are initially nervous about solo but most are ready for a break from the group when the time for solo arrives. This activity may be abbreviated or eliminated as instructors assess the weather, terrain, or other factors that could affect the outcomes of solo. For this program, a solo progression is structured into course. For example, you may start with a solo lasting only a few hours and culminate with a full 3-day solo towards the end of your course. Many of our past students express this was one of the most powerful elements to their course.



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## Final Expedition

Outward Bound believes that an appropriate amount of independence is a powerful educational tool. In order to deliver that benefit, our instructors gradually transfer leadership responsibilities to the students culminating with a “Final Expedition.” Near the end of course, if you and your group have demonstrated the necessary leadership, team problem-solving and wilderness living skills, you may be given the opportunity to travel without your instructors immediately present. This is your opportunity to demonstrate the skills you have acquired in the previous weeks. Final Expeditions can last for one to five days, depending on staff assessment of students’ abilities and terrain. Outcomes are to work together, problem solve, and accomplish a goal independently, while utilizing all the skills they have acquired.

## Service

Service is an integral part of the Outward Bound Pathfinder curriculum. We encourage service to the environment in the form of leaving campsites cleaner than we find them and practicing Leave No Trace ethics throughout the course. We coordinate service projects with land managers (US Forest Service, Bureau of Land Management, National Park Service, local land trusts, etc.) as well as with select social service agencies (nursing homes, hospitals, organic farms, etc.). Expect at least one full day set aside to work directly with one of these organizations.

## Personal Challenge Event

Outward Bound courses typically end with a Personal Challenge Event—a final, individual, physical effort. This might take the form of a run or a triathlon-style challenge. Expect to participate in a 6 – 12 mile run.

## Final Days

In preparation for your travel back home, the second-to-last afternoon of your course will be spent de-issuing and cleaning all Outward Bound gear followed by a special graduation ceremony. Simple backcountry showers will be offered. Departure from the trailhead will be between 6 - 8am.

## Sample Itinerary

The following is an example of what your itinerary may look like. Your actual course plan will vary according to permitting, weather, student skills and abilities, and instructor planning/assessment.

Day 1	Course start
Days 2-11	Backpacking expedition: introductory lessons to backpacking, camp craft, and navigation
Day 12	Service project, transition to rock section
Days 13 -19	Rock climbing section (belaying, rappelling, anchor building, mock leading)
Days 20-23	Service Project, Backpacking, Service
Day 24-27	Final Expedition
Day 28	Personal Challenge Event
Day 29	De-issue gear, graduation ceremony, parent conferences
Day 30	Course end and transportation to airport