GREETINGS
SAINT MICHAEL’S COLLEGE COMMUNITY

As always, the Adventure Sports Center is ready to provide students and employees with access to high quality adventure sports programming and state-of-the-sport equipment. The Guide to Adventure is filled with information about our hiking, mountain biking, rock climbing, kayaking, snowshoeing, ice climbing, mountaineering, and backcountry ski and ride trips. Our trained and certified student instructors will guide you on trips all throughout New England and beyond. All are welcome to join our trips, from new outdoor adventurers, to more seasoned outdoor enthusiasts. To make programming even more accessible, this year we have included a number of “Woods Walks” and “Never Have I Ever” hikes, along with “taster sessions” and “first year/transfer students only” trips, designed to get students into adventure sports by exposing them to a few mild Vermont hikes, bikes, and climbs. One of our fundamental goals at the Adventure Sports Center is to make our programming available to all students and employees, no matter their experience level.

New this year, the Adventure Sports Center is offering the Sugarbush Ski Pass! More information can be found in our Guide to Adventure in the Ski and Ride section. The Center is also offering a new Certificate in Adventure Sports Coaching, which is outlined in the Long Term Development section.

Feel free to stop by our office, we are located on the ground floor of Alumni North. When you walk into the Center, you will be greeted by a friendly and knowledgeable student instructor, or student employee who can answer questions, register you for weekend programming, or activate your Petra Cliffs Climbing Pass. Please don’t hesitate to stop by the Adventure Sports Center to peruse a guidebook, have a conversation, or find your next adventure.

We look forward to seeing you soon!

Cheers,
Saint Michael’s College Adventure Sports Center Staff

Essential Eligibility Criteria
All participants in Adventure Sport programs at Saint Michael’s College are required to meet the Essential Eligibility Criteria (EEC) outlined below. In addition, expedition programming and some technical skills instruction may require additional program specific criteria.

General EEC
- Each participant must complete a Adventure Sports Center Participant Agreement and Health Information Release.
- Each participant must be able to manage all personal care independently for the duration of the program.
- Each participant must be able to perform sport specific mobility independently for the duration of the program.
- Each participant must be able to move effectively in rugged, uneven and/or unstable terrain found in backcountry environments.
- Each participant must be able to put on all sport specific personal protective equipment independently and effectively wear the equipment for the duration of the program.
- Each participant must be able to respond to visual and verbal commands.
- Each participant must be able to communicate effectively up to 150 feet with potential background noise such as wind or rapids.
- Each participant must possess the agility, balance, coordination and fitness to accomplish discipline specific tasks.

Discipline Specific EECs can be found at smcvt.edu/adventure
How to become an Instructor

1. Participate in the Mountain Leader Course. See the long-term development section for more details.

2. At the conclusion of the Mountain Leader Course, you may submit an Instructor Training Program (ITP) Application. Successful applicants will be invited to enter the ITP during the Spring Semester.

Instructor Benefits

Upon successful completion of the Instructor Training Program, you will have opportunities to gain additional discipline-specific training, subsidized through the Adventure Sports Center. In addition, instructors have access to state-of-the-sport equipment, and our professional staff are available to facilitate individual development. Many of the skills learned as an instructor translate to future employment in the adventure sports industry, and leadership careers. For example, our instructors gain experience in risk assessment, problem-solving, decision-making, and coaching, while also developing and utilizing leadership, group management, and communication skills.

“When I came to school here at St. Mike’s, I was blown away by everything that the Adventure Sports Center offers. Whether it be climbing, paddling, skiing, or another sport, the Center excels at exposing students to the outdoors and to everything their environment has to offer.” – Kalli Opsal ’19
Do you want to learn more about adventure sports coaching, outdoor living skills, or specific technical disciplines in adventure sport? The Long Term Development Programs are designed to help you progress in a given discipline and improve your skills over the course of a semester. These trainings are scaffolded, giving you opportunities to learn, practice, and develop your skills over an extended period of time. So whether it be outdoor living skills, rock climbing, paddling, or mountain biking, long term development programs can help take your skills to the next level. Participants should have at least one day of experience in the given discipline prior to participation. See specific disciplines for more information on these long term development opportunities.

**Mountain Leader Course**
Are you interested in developing or refining your ability to plan and execute safer and more enjoyable backcountry experiences? For the fall of 2018, the Adventure Sports Center is excited to introduce the Mountain Leader Course. This course is required for all students participating in the Certificate in Adventure Sports Coaching and is a pre-requisite for students interested in applying to the Adventure Sports Center Instructor Training Program.

**INFORMATIONAL MEETINGS:**
Thursday, August 30 (International Commons) at 6:00pm or Wednesday, September 5 (Farrell Room) at 6:00pm

**FIELD DAYS:** September 30, October 7, and October 20-21
Saturday, November 10 – Sunday, November 11: Wilderness First Aid

**CLASSROOM SESSIONS:**
Weekly, Mid-September – Mid-November, exact dates and times TBA
$50/person, or $150/person if attending Wilderness First Aid

**TOPICS FOR THE COURSE INCLUDE:**
- Clothing and equipment selection and utilization
- Water disinfection
- Backcountry shelter
- Backcountry cooking
- Navigation
- Trip and contingency planning
- Weather forecasting

This training will include evening and field sessions as well as practice time outside of the formal class schedule. Participation in all sessions is mandatory as the sessions will build on prior knowledge and students will be encouraged to participate in additional Adventure Sports Programming to practice skills and reinforce knowledge.

For students wishing to become instructors, this course will serve as the initial training and selection process; however, this training is open to all.
The Certificate in Adventure Sports Coaching

Is adventure sports and outdoor pursuits something that interests you as a potential career, or is a background in adventure sport and coaching something that might complement another profession? Many of our graduates have found themselves working in the adventure/outdoor industry because they happened to graduate with the credentials and experience to be successful in the field. The Certificate in Adventure Sports Coaching (CASC) formalizes this development process and supports practical teaching, instructing, guiding, and coaching skills with theory, and state of the sport technical training.

The CASC is accessible to all Saint Michael’s College students (undergraduate and graduate). The certificate program is also open to community members who hold an undergraduate degree and are interested in expanding, or consolidating their professional credentials. The program is portfolio based and combines nationally recognized certification, academic course work, and practice with a focus on professional competency.

Students who enter the program will be expected to complete a semester long Mountain Leadership Course, obtain a Wilderness First Responder Certification, obtain two National Body Awards/Certifications, complete The Coach as Educator course, and develop a professional portfolio.

For additional information on the CASC program please stop by the Adventure Sports Center or email twright@smcvt.edu.

“The Adventure Sports Center opens up a world of opportunities and gives you a chance to do things in your college career that you wouldn’t have otherwise done.”

– Nicole Conner ’20
First Year and Transfer Student Only Hike ◆
Sunday, September 2, 12:00pm
$5/person
On the first weekend of classes this fall, the Adventure Sports Center is offering a first year and transfer student only hike. This is a great way to meet new people and experience the beauty of Vermont!

Introducing: Woods Walks ◆
This year the Adventure Sports Center is offering a new way to get outside: Woods Walks! On these trips, you will experience gentle terrain while walking around a scenic Vermont pond. With little to no elevation change, but still all the beauty of Vermont, these Woods Walks are a great way to simply get outside and enjoy the forest this fall.

Woods Walk: Colchester Pond ◆
Saturday, September 8, 12:00pm
$5/person
If you’ve been wanting a gentle introduction to the environment of Vermont, this Woods Walk is for you. Leading you around the scenic Colchester Pond, this trip allows you to take a leisurely stroll through the woods.

Woods Walk: Preston Pond ◆
Saturday, October 27, 12:00pm
$5/person
This Woods Walk takes you around Preston Pond in Bolton, Vermont. On this trip, you will meander through the woods and experience the simple beauty of Vermont.

Never Have I Ever Hikes! ◆
Never Have I Ever Hikes provide opportunities for those who have little to no hiking experience, or are not yet comfortable hiking, to get outside and on the trail. On these hikes, you will gain confidence and experience on the trails, while learning about trail safety and more.

Cantilever Rock Never Have I Ever Hike ◆
Sunday, September 23, 9:00am
$5/person
For those students, faculty, and staff who are new to hiking, this trail is for you. This Never Have I Ever Hike takes you from the base of Mt. Mansfield, up and over small streams to Cantilever Rock, giving you amazing views of the Champlain Valley.

Mt. Ellen Hike ◆◆◆
Saturday, September 1, 9:00am
$5/person
A 4,000-footer, this hike takes you up the trail to a summit that is tied with Camel’s Hump as the third highest in Vermont. Enjoy awesome views along the way and at the summit.

Camel's Hump Hike ◆◆◆◆
Sunday, September 9, 9:00am
$5/person
Hike the Burrow's Trail up to the summit of Camel’s Hump, one of Vermont’s few 4,000-footers. At the summit of this distinctive mountain, you will be rewarded with views of New York, New Hampshire, and the beautiful Green Mountain State in between.
Mt. Mansfield Sunset Hike –
Sunset Ridge Trail to Cantilever Rock ♦
Saturday, September 15, 4:30pm
$5/person
This sunset hike has it all: hiking amongst the trees and scrambling up and over rocks, until you reach Cantilever Rock, a great place to enjoy a Vermont sunset. With sunset views of the Champlain Valley, the Adirondacks, and more, this hike is hard to beat.

Stowe Pinnacle Hike ♦ ♦
Sunday, September 16, 9:00am
$5/person
Hike to the top of Stowe Pinnacle, which rewards you with incredible views of Stowe Mountain Resort, the Green Mountains, and surrounding rolling hills.

Mt. Abraham Hike ♦ ♦ ♦
Saturday, September 29, 9:00am
$5/person
This 4,000-footer rewards you with incredible panoramic views of the Adirondack Mountains, with the vast Champlain Valley in the foreground.

Mt. Mansfield Hike ♦ ♦ ♦ ♦
Saturday, October 6, 9:00am
$5/person
Take a hike up one of the beautiful trails on Mt. Mansfield, Vermont’s tallest mountain. All your hard work on the way up pays off, as you get to enjoy amazing views of the surrounding mountains from the summit.

Devil’s Gulch Hike ♦ ♦
Tuesday, October 16, 9:00am
$5/person
Take a jaunt along the Long Trail and into a mysterious chasm, winding through a gorge filled with large boulders. This short hike allows you to discover new areas and features of the Green Mountain State.

Mt. Philo Sunset Hike ♦
Saturday, October 20, 4:00pm
$5/person
Join us for a short hike up Mt. Philo to enjoy a breathtaking sunset over the Champlain Valley. A classic Vermont hike, providing you with great views of the fall foliage.

Butler Lodge Hike ♦
Sunday, October 28, 9:00am
$5/person
This hike leads you up the Southwest side of Mt. Mansfield to the cozy Butler Lodge. The lodge offers views for miles of Vermont’s Champlain Valley, with the Adirondack Mountains in the background.

Nebraska Notch Hike ♦
Saturday, November 3, 9:00am
$5/person
Leading you to Taylor Lodge on Mt. Mansfield, this trail offers a gentle ascent to a lodge, with beautiful views of the Green Mountain State.

Abbey Pond Hike ♦
Sunday, November 4, 9:00am
$5/person
Ending at a beautiful, small pond nestled in the Green Mountains, this gentle hike allows you to get outside and enjoy the fresh air and environment around you.

Adirondack Backpacking ♦ ♦ ♦
Saturday, October 13 – Monday, October 15
$50/person
Join us for a three day backpacking adventure, where you will hike through the beautiful Adirondack Mountains, winding through trees and over streams. You will learn about backcountry cooking, trail etiquette, camping, and self-management in the outdoors. Participation in one previous day hike is required in order to be a part of this trip.

White Mountain Day Hiking ♦ ♦
Saturday, October 13 – Monday, October 15
$50/person
Have you been wanting to experience the White Mountains but never had the chance to do so? On this three day trip, you will spend your nights camping and your days exploring different trails in the beautiful White Mountains. Participation in one previous day hike is required.
Prerequisite for all mountain biking trips: must be able to ride a bike. Participants are provided state-of-the-sport bikes and helmets.

**Taster Session**
Friday, October 12, 3:30pm  
Friday, October 19, 3:30pm  
$15/person  
If you have been looking to explore the Vermont woods in a new way, the mountain biking taster sessions are for you. During these sessions, you will ride a bike from campus to local trails, where you will practice basic bike movements and get introduced to the sport of mountain biking.

**First Year and Transfer Student Only Mountain Biking**  
Sunday, September 2, 12:00pm  
$15/person  
This first year and transfer student only mountain bike trip is a great way to meet new students and get acquainted with the Vermont trails! You will ride from campus to a gentle, local trail, where you will practice bike movements, trail etiquette, and more.

**Fundamentals of Mountain Biking**  
Saturday, September 1, 12:00pm  
Sunday, September 9, 12:00pm  
Sunday, September 16, 12:00pm  
Sunday, October 21, 12:00pm  
Saturday, November 3, 12:00pm  
$15/person  
Join us for a fun introduction to the sport of mountain biking! On these trips, you will spend the afternoon winding through the woods, learning and practicing the basics of bike maintenance and movement. These trips help you gain familiarity and comfort riding a bike on some of the best trails that Vermont has to offer.

**Mountain Biking Long Term Development**  
Friday, September 21, 3:30pm  
Sunday, October 7, 9:00am  
Saturday, October 27, 8:00am  
Sunday, November 4, 8:00am  
$50/person  
Interested in developing your skills as a mountain biker over the course of a semester? With this Long Term Development Program, you will not only develop your bike handling skills and techniques, but you’ll also learn about bike maintenance and repairs. You will begin with the basics and progress to practicing your skills on more challenging trails.

**Local Rides from Campus**  
Looking for a more casual, weekly ride on great trails near campus? On these outings, you will bike with a friendly group of riders from campus to local trails in St. Mike’s backyard. Subscribe to our email list, “AdSports,” for more information.
Sea Kayaking

First Year and Transfer Student Only Sea Kayak
Sunday, September 2, 9:00am
$15/person
Offered on the first weekend of the semester, this trip is a great way to get acquainted with the waters of Vermont and fellow new students! On this trip, you’ll explore the sport of sea kayaking, by learning the basics of kayak safety and maneuvers. No experience is necessary.

Fundamentals of Sea Kayaking and Lake Champlain Tour
Saturday, September 8, 9:00am
Sunday, September 16, 9:00am
Saturday, October 6, 9:00am
Sunday, October 14, 9:00am
$15/person
Our fundamentals of sea kayaking trips offer you a day of paddling on the waters of Lake Champlain, with great views of both the Adirondack and Green Mountains. You will learn the basics of kayaking safety and maneuvers, practicing a variety of strokes and basic rescue skills. No previous paddling experience is necessary and each trip is a separate paddling session.

Whitewater Kayaking

Fundamentals of Whitewater Kayaking
Saturday, September 1, 11:30am
Sunday, September 9, 11:30am
Saturday, September 22, 11:30am
Saturday, October 20, 11:30am
Sunday, November 4, 11:30am
$15/person
Spend a day paddling on a beautiful Vermont river. Our instructors will help you get comfortable in a kayak and teach you to navigate the dynamic river waters using a variety of strokes and maneuvers. No previous paddling experience is necessary and each trip is a separate session.

Whitewater Rafting on the Hudson River
Saturday, September 29, 6:00am
$65/person
Led by Wild Waters Outdoor Center guiding professionals, this trip will take you down the exciting Hudson River Gorge. You’ll navigate the rapids and experience the river like never before. Breakfast, lunch, and dinner are provided, along with phenomenal guide services. You can’t beat a day spent rafting down this beautiful New York gorge.

Kayaking Skills Long Term Development
Saturday, September 15, 9:00am
Sunday, September 23, 9:00am
Friday, October 12, 3:30pm
Sunday, October 21, 8:00am
Saturday, October 27, 8:00am
$50/person
Work on developing your paddling skills in both sea kayaks and whitewater boats over the course of the semester with this Long Term Development Program. Start with basic kayak maneuvers and strokes, working your way towards learning rescues and paddling in more dynamic waters.
First Year and Transfer Student Only
Petra Cliffs Indoor Climbing
Sunday, September 2, 6:00pm
Free
This trip will take you to Petra Cliffs, an indoor climbing gym, where you can learn and practice both indoor climbing and bouldering. This is a great way to get introduced to the sport of climbing and to get to know your fellow students!

“LIKE” the Adventure Sports Center on Facebook and follow us on Instagram @smcadventure
Fundamentals of Rock Climbing
Saturday, September 8, 9:00am
Saturday, September 15, 9:00am
Sunday, September 30, 9:00am
Sunday, October 7, 9:00am (Women’s Only)
Monday, October 15, 9:00am
Sunday, October 28, 9:00am
$15/person
Join us on a fundamentals of rock climbing trip and start scaling the cliffs and crags of New England. Our trained rock instructors will help you learn and practice basic climbing skills and techniques, all while showing you around the local climbing areas. No experience is necessary.

Intermediate Rock Climbing
Saturday, October 27, 7:00am
Prerequisites: Fundamentals of Rock Climbing and/or Director Approval
$15/person
Do you feel ready to climb more challenging routes and to experience new climbing areas? On this intermediate rock climbing trip, you will have an opportunity to improve your skills and techniques at some of New England’s most popular crags.

Rappelling Day
Sunday, October 28, 9:00am
$15/person
Spend a day at the crag learning all about rappelling! You will start with the basics of rappelling and shorter rappels, then progress to longer rappels on various rock faces. No experience is necessary.

Rock Climbing Long Term Development
Friday, September 28, 3:30pm
Saturday, September 29, 9:00am
Friday, October 5, 3:30pm
Saturday, October 6, 9:00am
Saturday, October 20, 7:00 am
Saturday, November 3, 7:00am
$50/person
If you would like to learn more about the sport of rock climbing and improve your rock climbing technique over the course of the semester, this Long Term Development Program is for you! You will start with the basics, such as learning basic climbing technique, then progress to learning how to build top rope anchors, how to rappel, and more.

Petra Cliffs Climbing Pass
With a Petra Pass activation fee of only $50, you can enjoy unlimited access to Petra’s 8,500 square feet of indoor climbing and bouldering areas for the 2018-2019 school year. Petra Cliffs is located in South Burlington and is a great place to develop climbing techniques that you can apply on our outdoor climbing trips. Come find out more about how to get a Petra Pass in the Adventure Sports Center!

Petra Cliffs Shuttle
Do you have a Petra Pass but need a way to get to there? The Adventure Sports Center can help you out. Every Tuesday night starting on September 4th, there will be a van to take climbers to the gym from 6 pm – 8 pm. Prior registration for this FREE shuttle will be required, and spaces will fill on a first-come, first-served basis. No equipment rentals, climbing pass or instruction are included—just a free ride to and from the gym.

Introduction to Gym Climbing
Do you want to get more out of your Petra Pass? This 4 clinic series will introduce you to indoor climbing, route reading, and patterns of movement that will aid you in improving. Transportation, shoes, a harness, and chalk are included if needed. Clinics are cumulative so attendance at each is required. Come visit the Adventure Sports Center for more details.

Gagnon Climbing Wall in Tarrant
Join us at our own indoor rock wall in the Tarrant Recreation Center. Learn the basics, advance your climbing technique, or get involved before going on a trip. Hours of operation will be posted at the climbing wall in Tarrant and in the Adventure Sports Center, located in the ground floor of Alumni Hall North.
## FALL 2018 ADVENTURE PROGRAMS

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<td>Fundamentals of Mountain Biking</td>
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<td>SATURDAY JAN 19</td>
<td>Butler Lodge Snowshoe</td>
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<tr>
<td>SUNDAY JAN 20</td>
<td>Nebraska Notch Snowshoe, Fundamentals of Ice Climbing</td>
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<td>SATURDAY JAN 26</td>
<td>Mt. Abe Snowshoe, Fundamentals of Mountaineering</td>
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<tr>
<td>SUNDAY JAN 27</td>
<td>Stowe Pinnacle Snowshoe, Sugarbush Learn to Ski / Snowboard Session 1</td>
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<td>SATURDAY FEB 2</td>
<td>Camels Hump Snowshoe, Fundamentals of Ice Climbing</td>
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<tr>
<td>SUNDAY FEB 3</td>
<td>Sugarbush Learn to Ski / Snowboard Session 2</td>
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<tr>
<td>THURS-SAT FEB 7-9</td>
<td>Extended Ice Climbing and Mountaineering</td>
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<td>SUNDAY FEB 10</td>
<td>Abbey Pond Snowshoe</td>
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<tr>
<td>SATURDAY FEB 16</td>
<td>Snake Mountain Snowshoe, Fundamentals of Ice Climbing (Women’s Only)</td>
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<tr>
<td>SUNDAY FEB 17</td>
<td>Fundamentals of Mountaineering</td>
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<td>SATURDAY FEB 23</td>
<td>Cantilever Rock Snowshoe</td>
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<td>SUNDAY FEB 24</td>
<td>Fundamentals of Ice Climbing, Sugarbush Learn to Ski / Snowboard Session 3</td>
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**Backcountry Ski / Ride**

Are you interested in exploring beyond the bounds of the ski area? Our instructors will teach you how to efficiently skin uphill on alpine touring skis or split-boards, and how to navigate your way back down through the woods. These programs will be scheduled weekly based on available conditions. Subscribe to the Adventure Sports email list (AdSports) to keep up to date about available programs. Participants must be able to ski or ride intermediate / expert WOODED terrain in a variety of snow conditions and possess their own boots. Split-boards and/or alpine touring skis/skins will be provided.

**Sugarbush Ski Pass**

The Adventure Sports Center is excited to announce a new collaboration with Sugarbush Ski Resort! Starting this year, students will have a selection of passes and programs unlike anything before. Just one hour from campus, Sugarbush is a world-class resort that boasts 111 trails, 28 wooded areas, 3 terrain parks and 2,600 feet of vertical! With two mountains to choose from - Lincoln Peak and Mt. Ellen - there are plenty of options for both experienced and new skiers and riders.

There are a few options for those interested in the Ski and Ride program:

**Value Pass**

The Value Pass is $85.00 and gives students unlimited access to Mt. Ellen and access to Lincoln Peak mid-week for less than the cost of a one-day lift ticket. Value pass holders can also ski Lincoln Peak in the early and late season, before and after Mt. Ellen is open.

**Premium Pass**

The Premium Pass is $150.00 and offers pass holders unlimited access to all the skiing and riding Mt. Ellen and Lincoln Peak have to offer! Plus, Premium pass holders get 50% off lift tickets to all 2018/19 Mountain Collective Resorts.*

* On top of all that, St. Mike’s students can ‘Add Mad’ to the premium pass – for an extra $50.00 they get midweek access to Mad River Glen. So many mountains, so little time!
Butler Lodge Snowshoe ��
Saturday, January 19, 9:00am
$5/person
Enjoy a scenic trek up to a cozy lodge on Mt. Mansfield. Here you will enjoy beautiful, winter views of the valley below.

Nebraska Notch Snowshoe ��
Sunday, January 20, 9:00am
$5/person
This gentle snowshoe leads you up to Taylor Lodge, a lodge nestled within the trees on Mt. Mansfield. You will enjoy great views of the surrounding mountains on this trip.

Mt. Abe Snowshoe ���
Saturday, January 26, 9:00am
$5/person
Come on this snowshoe to experience one of Vermont’s 4,000 footers this winter! This trip takes you up the peak to gorgeous snow-covered views of the Champlain Valley and the Adirondacks beyond.

Stowe Pinnacle Snowshoe ��
Sunday, January 27, 9:00am
$5/person
On this snowshoe you will trek to the summit, where you will enjoy great views of the Stowe Mountain Resort and the surrounding snow-capped mountains and hills.

Camel’s Hump Snowshoe ���
Saturday, February 2, 8:00am
Sunday, March 3, 8:00am
$5/person
Experience this classic Vermont mountain in the winter season! This challenging snowshoe brings you up to the summit of Camel’s Hump, where you will enjoy panoramic, winter views of not only the Green Mountains, but the White Mountains and Adirondacks beyond.

Abbey Pond Snowshoe ��
Sunday, February 10, 9:00am
$5/person
Enjoy the fresh air this winter season by going on this gentle snowshoe. Leading you to a beautiful frozen pond, this snowshoe gives you a taste of Vermont’s beauty in the wintertime.

Snake Mountain Snowshoe ��
Saturday, February 16, 9:00am
$5/person
Follow along a horse carriage road to the summit of this mountain, which includes the remnants of a 19th century hotel, where you will enjoy sweeping views of the Adirondacks and Lake Champlain.

Cantilever Rock Snowshoe ��
Saturday, February 23, 9:00am
$5/person
Snowshoeing part way up Mt. Mansfield to Cantilever Rock, you will enjoy views of the Valley and the mountains along the way. Join us on this trip to get a taste of Mt. Mansfield this winter season.

Mt. Mansfield Snowshoe ���
Saturday, March 2, 8:00am
$5/person
Interested in a challenging snowshoe with some of the best views in Vermont? This snowshoe begins at Underhill State Park and brings you to the summit of Vermont’s tallest mountain, where you will experience incredible views of snow-capped mountains all around.
ICE CLIMBING & MOUNTAINEERING

Fundamentals of Ice Climbing
Sunday, January 20, 7:30am
Saturday, February 2, 7:30am
Saturday, February 16, 7:30am (Women’s Only)
Sunday, February 24, 7:30am
Saturday, March 2, 7:30am
Sunday, March 10, 7:30am
$15/person
Interested in trying a new sport this winter season? These trips provide you with an introduction to the sport of ice climbing and allow you to experience the beautiful Smuggler’s Notch in the wintertime! Our trained instructors will teach you the basics of the sport, such as how to use ice tools and crampons, so that you can ascend the ice walls and enjoy the views.

Fundamentals of Mountaineering
Saturday, January 26, 7:30am
Sunday, February 17, 7:30am
Saturday, March 9, 7:30am
$15/person
Enjoy Smuggler’s Notch from a new perspective! On these mountaineering trips, you will learn how to navigate difficult mountain terrain, whether it’s moving on a fixed line or tying into a rope team. These trips are an exciting winter excursion for all levels of experience.

Extended Ice Climbing and Mountaineering
3 Day Program
Thursday, February 7 – Saturday, February 9
$45/person
This program will explore Smuggler’s Notch beyond the bounds of a Fundamentals program. Returning to campus each night, these three days will be spent ice climbing and mountaineering in Vermont’s winter wonderland. No prior climbing experience is necessary, as the program will be tailored to the abilities and desires of the participant.
EXTENDED PROGRAMS

Spring Break

Rock Climbing and Day Hiking in Utah
Dates: March 16-24, 2019
Cost: TBA
Escape the New England winter for a week in the desert. We will base-camp in Southwest Utah and take day trips to local climbing destinations as well as a day off from climbing to explore the incredible grandeur of Zion National Park. Climbing will be available for all levels of experience and while no climbing experience is necessary, there will be mandatory pre-trip training to help you get the most out of the experience.

Mountain Biking in Southwest Utah
Dates: March 16-24, 2019
Cost: TBA
St. George, Utah is surrounded by mountain biking terrain of all difficulties and thus provides an excellent destination for spring break desert riding. Basing out of a state park, the group will travel to different venues to ride varied terrain each day and return to camp each night. Students interested in participating will be required to demonstrate intermediate mountain riding ability in the fall as part of the selection process.

Sea Kayaking in Charleston, South Carolina
Dates: March 16-24, 2019
Cost: TBA
Charleston, South Carolina is an amazing cultural and historical destination, as well as a premier winter/spring sea kayaking location. It offers moderate temperatures, sandy beaches, excellent surf, and dynamic conditions. All of this makes it a great spring break venue for novice sea paddlers, interested in developing their skills and challenging themselves in open water. We will be basing out of elevated cabins on James Island, giving us access to a variety of venues for surf, tidal play, navigation, and tours. Students interested in participating must demonstrate basic proficiency in touring or sea kayaks, through one or more of the many programs offered by the Adventure Sports Center during the fall semester.

WILDERNESS MEDICINE

Wilderness First Aid
Saturday - Sunday, November 10-11, 2018
Cost: $100 for Students, $140 for Faculty/Staff, $175 for General Public
This course introduces participants to the basics of patient care in a wilderness environment. Successful completion of this course will result in a SOLO WFA (Wilderness First Aid) certification.

Wilderness First Responder Recertification
Saturday - Sunday, April 6-7, 2019
Prerequisite: Current SOLO WFR or W-EMT Certification
Cost: $110 for Students, $150 for Faculty/Staff, $180 for General Public
Anyone who has previously taken a WFR course (or is a W-EMT) can participate in this course to refresh their skills and to keep their certification up to date. After a fast-paced, two day program, all participants are recertified under the SOLO Wilderness Medicine guidelines.

Wilderness First Responder
Tuesday - Tuesday May 14-21, 2019
8:30 am - 5:00 pm, everyday
Cost: TBA
This course takes a more in-depth approach to wilderness medicine and includes patient assessment, treatment, and prevention. After a mix of both classroom sessions and active scenarios, participants will leave this course with a professional certification (SOLO Wilderness First Responder) that is widely respected in the outdoor leadership field.

“LIKE” the Adventure Sports Center on Facebook and follow us on Instagram @smcadventure
THE ADVENTURE SPORTS CENTER OUTFITTER

Technical equipment and clothing for our trips can be obtained through the Adventure Sports Center Outfitter for all participants free of charge. For details, see our list of program specific packing lists on the Adventure Sports Center’s website, www.smcvt.edu/experience/adventure-sports-center/packing-lists.

For those wishing to partake in their own adventures, our outfitter also offers a comprehensive rental program with reasonable prices. The Outfitter is located in the Adventure Sports Center Office in the ground floor of Alumni North and is where our friendly and knowledgeable staff will help you check out gear. Don’t let a lack of gear stop you from enjoying your own outdoor pursuits!

Equipment Rentals and Pricing

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<tr>
<th>Camping Gear</th>
<th>Hiking Gear</th>
<th>Cooking Gear</th>
<th>Winter Gear</th>
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<tr>
<td>Sleeping Bag</td>
<td>Day Pack (2,500 cu. in.)</td>
<td>Stove*</td>
<td>Snowshoes</td>
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<td>Sleeping Pad</td>
<td>Large Pack (4,000 cu. in.)</td>
<td>Water Filter*</td>
<td>Gaiters</td>
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<td>Tents*</td>
<td>Trekking Poles</td>
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*Individual must prove proficiency before rental.
Note: No kayaking, mountain biking, skiing, riding or climbing equipment will be rented.
For these activities, we suggest joining us on a guided Adventure Sports Center trip.

Course Fees
Course fees can be paid in cash, by check made out to SMC Adventure Sports Center, or with a Knight Card. The course fees help cover the cost of transportation, food, equipment purchase and maintenance, guide fees and land-use permits. The Adventure Sports Center is a not-for-profit organization; all the money that we receive directly helps to pay for your wilderness experience.

Program Registration & Cancellation Policy
Register for trips and courses in the Adventure Sports Center, located in the ground floor of Alumni North. We limit program size in order to provide the best possible experience for participants and to minimize our impact on the environment. Programs are filled on a first-come, first-serve basis, and your spot is reserved only when you have paid in full. If for any reason you need to withdraw from a program, we can only guarantee a full refund if your space on the trip can be filled.

Contact Us
If you need any additional information, please call the Adventure Sports Center at 802.654.2614 or check our website at: www.smcvt.edu/experience/adventure-sports-center.

E-Mail List
You can get additional updates and notifications by subscribing to our e-mail list. To do this, you must log into your mySMC Portal, click on “Mailing Lists” on the left-hand side, scroll down and click on “Subscribe” next to “Adventure Sports Center.” There is a different list for the “Sugarbush Student Pass,” which you can also subscribe to on the portal. These email lists are the only way you will receive emails from our office about important changes, events, or the Sugarbush Student Pass.

Social Media!
You can also “like” the Saint Michael’s College Adventure Sports Center on Facebook and follow us on Instagram (@smcadventure) to get updates about upcoming trips and trainings.