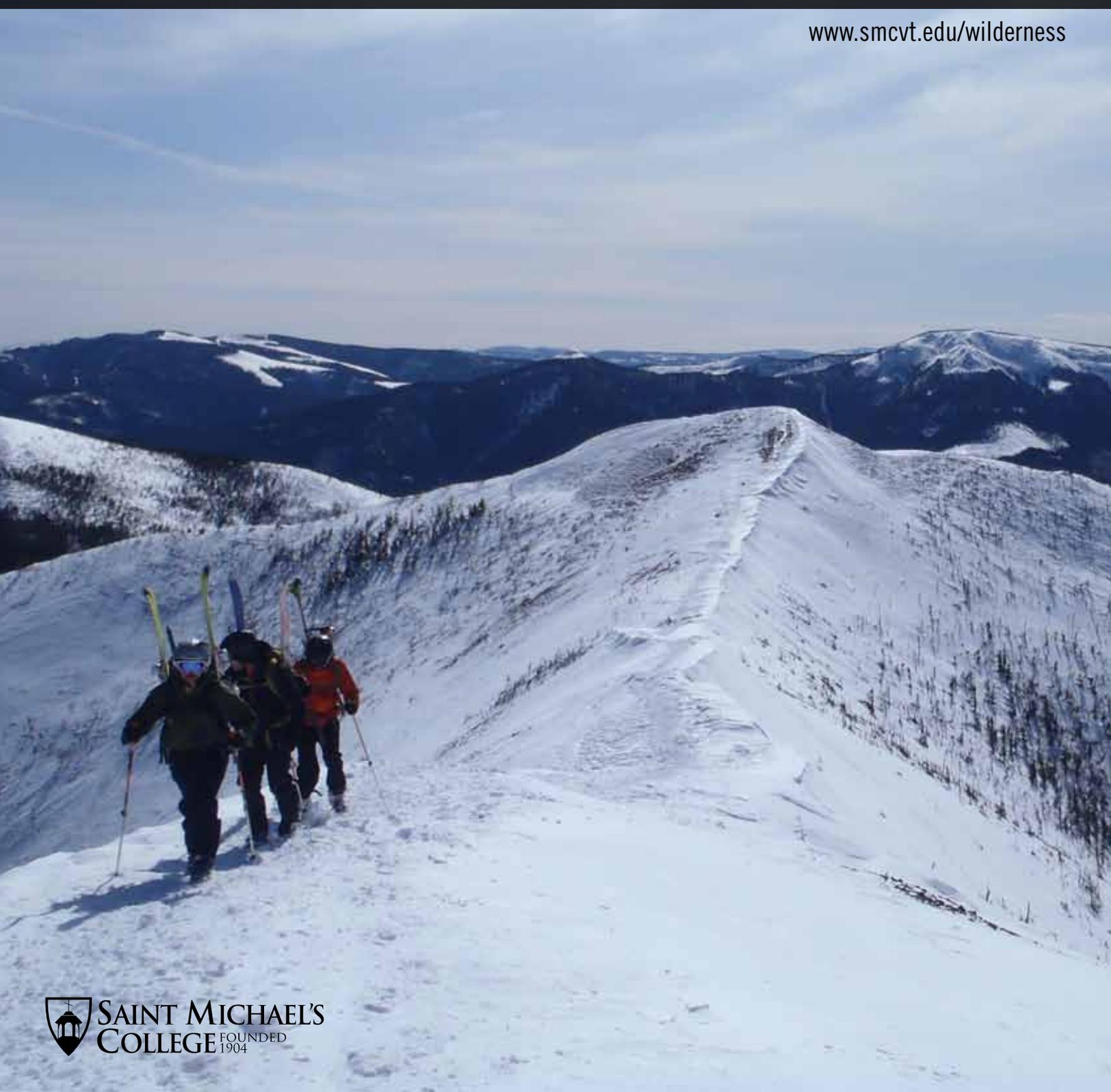




Guide to Adventure | 2012-2013

www.smcvt.edu/wilderness





GREETINGS,

The Wilderness Program welcomes back the returning members of our Saint Michael's College community and looks forward to welcoming new members into our community this year. Our student instructors are excited to share their knowledge of the mountains and waterways with you.

The 2012-2013 season is filled with hiking, rock climbing, sea kayaking, whitewater kayaking, snowshoeing, ice climbing, snowboarding, telemark, and backcountry skiing programs. You can choose a program close by in Vermont or participate in an extended trip as far away as Scotland.

Our programs are set up to challenge both new and seasoned adventurers. Stop by the Wilderness office in Alliot Hall 204 to get more information, register for trips, or just to swap stories.

We look forward to seeing you!

Cheers,

Saint Michael's College Wilderness Program Instructors

Don't miss our informational meeting on Wednesday, September 5 at 3:30 p.m. on the library lawn. It is a great chance to find out more about the Wilderness Program and get FREE PIZZA!



A full calendar of our programming can be found on the web at www.smcvt.edu/wilderness
Look for the calendar tab on the left side!

Additional Information:

The Wilderness Program office is a friendly place where everyone is welcome! Come by with questions, comments, or to browse our extensive wilderness library. If you need any additional information, please call the office at 802.654.2614 or check out our website at: www.smcvt.edu/wilderness

We're on Facebook! Become a fan of the Saint Michael's College Wilderness Program on Facebook and get updates on your News Feed about upcoming trips and trainings. Also check out photos from past WOWs and extended trips, as well as photos we add throughout the academic year. We also welcome comments and stories about our trips throughout the year!

The Wilderness Program Outfitter Equipment Rentals and Pricing

Technical equipment for all courses, including some clothing, can be obtained through the Wilderness Program Outfitter free of charge. For details, see our list of program specific packing lists. For those wishing to partake in their own adventures, our outfitter also offers a comprehensive rental program. The Outfitter staff is friendly and knowledgeable and student rates are very reasonable. The Outfitter is located on the first floor of Cashman Hall. The Outfitter is open throughout the academic year, check your email for updated times. Don't let a lack of gear stop you from enjoying your own outdoor pursuits!

Instructors

All student and staff Wilderness Program Instructors are driven by their great enthusiasm and appreciation for the outdoors. Wilderness Program Instructors excel in leadership and teaching skills, maturity and decision-making skills, as well as having training, experience and knowledge in specific outdoor disciplines. On each trip instructors help guide you in an appropriate learning environment so that you can succeed and kindle your own enthusiasm for the outdoors.

All instructors are required to complete the Wilderness Instructor Training Program and become certified in both CPR and either in Wilderness First Aid or as a Wilderness First Responder. In addition to these credentials, our instructors have achieved certification from organizations such as: the American Canoe Association, British Canoe Association, American Mountain Guides Association, SOLO Wilderness Medicine, Leave-No-Trace, North American Telemark Organization, and the National Registry of Emergency Medical Technicians.

Are you interested in becoming an instructor for the Wilderness Program? Keep an eye on your email for notices about informational meetings during the first two weeks of the academic year. Come visit us in Alliot Hall 204 to get more information.

Four steps to becoming a Wilderness Program Instructor:

1. Complete the Instructor Training Program (ITP) (Check email for details)
2. SOLO Wilderness First Aid Course (Nov. 10-11, 2012)
3. Complete two probationary semesters and participate in weekend training hikes
4. SOLO Wilderness First Responder (One week, Friday-Friday, May 17-24, 2013)

Course Fees:

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

Program Registration & Cancellation Policy:

Registration for trips and courses can be done in the Wilderness Program Office on the second floor of Alliot Hall, Room 204. We limit program size in order to provide the best possible experience for participants, and also minimize our impact on the environment. Because of this, programs often fill fast; remember that programs are filled on a first-come, first-serve basis, and your spot is reserved only when you have paid in full. Unfortunately, if for some reason you need to withdraw from a program, we can only guarantee a full refund if your space on the trip can be filled.



CAMPING EQUIPMENT

Sleeping Bag	\$4
Stuff Sack	free
Sleeping Pad	\$1
2-Person Tents	\$5

HIKING GEAR

Day Pack (2,500 cubic inches)	\$3
Large Pack (4,000 cubic inches)	\$5
Trekking Poles	\$1

COOKING GEAR

MSR Dragonfly/XGK Stove*	\$5
Water Filter*	\$3
Cook Set (pots, pans, etc.)	\$2

WINTER GEAR

Instep Crampons	\$1
Snowshoes	\$5
Gaiters	\$1
NEOS Overboots	\$2
Bottle Parka	free

SKIING EQUIPMENT

Telemark Skis	\$5
Telemark Boots	\$5
Telemark Poles	\$2
Full Telemark Setup	\$10

MISCELLANEOUS

Rock Climbing Shoes	\$3
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*Individual needs to prove proficiency before rental.
Note: No kayaking equipment or any life safety equipment (ropes, harness, etc.) will be rented. For these activities we recommend signing up for a guided Wilderness Program trip.



LAND PROGRAMS

Snake Mountain Full Moon Hike *

Friday, August 31, 6:30 pm

\$5/person

Start the first weekend of the new school year off right. Let the moon guide your way as you swap summer stories hiking up this classic Vermont trail.

Mt. Hunger Hike **

Saturday, September 1, 8:00 am

Sunday, September 30, 8:00 am

\$5/person

Explore this open summit, weaving through thick forest, switchbacks, and across rocky scrambles. Mt. Hunger's exposed summit offers magnificent views of the surrounding Green Mountains and New Hampshire's White Mountains.

Jay Peak Hike **

Sunday, September 2, 8:00 am

\$5/person

Have you ever skied Jay in the wintertime? Well, this is your chance to get to the top without a chairlift and gain a whole new perspective of this classic ski mountain by hiking the Long Trail to the beautiful bare summit!

Nebraska Notch Dinner Hike *

Friday, September 7, 4:30 pm

\$5/person

Food always tastes better with a view. Take a break from Alliot and enjoy a delicious meal cooked by the Wilderness Program's greatest chefs served after a short hike.

Camel's Hump Hike ***

Saturday, September 8, 8:00 am

Saturday, September 29, 8:00 am

\$5/person

This is one of the most prominent mountains in Vermont! The summit is visible to the southeast from the SMC overlook. This advanced hike rewards hikers with panoramic views from New York to New Hampshire.

Mount Abe Hike ***

Sunday, September 9, 8:00 am

\$5/person

The strenuous yet peaceful hike to the bare summit of Mount Abe yields a gorgeous view which is sure to leave a lasting impression.

Spruce Mtn. Late-afternoon Hike **

Saturday, September 15, 1:00 pm

\$5/person

Take your time to sleep in and sip your morning cup of coffee; this is an afternoon hike to a Vermont fire tower surrounded by beautiful Vermont foliage with views of the Northeastern side of Mt. Mansfield.

Mt. Washington Overnight ****

Saturday-Sunday, September 22-23, 2:00 pm

\$15/person

If you are ambitious and love hiking then this is the trip for you. The trip will camp the first night and then tackle the challenging five mile trek up to the summit at 6,288 feet the next morning. It is a day full of hiking, but well worth the unique terrain and breathtaking views.

Wilderness Key

Easy *

Difficult ***

Moderate **

Most Difficult ****



Mt. Mansfield Hike ***

Sunday, September 23, 8:00 am

\$5/person

Don't leave SMC without hiking up Vermont's tallest peak at 4,393 feet! With a spectacular view of Lake Champlain and Burlington, this hike is an absolute must!

Stowe Pinnacle Hike **

Saturday, October 6, 8:00 am

\$5/person

Enjoy this quick morning hike that provides an alternative view of Mt. Mansfield and is a great way to start the day.

Hell Brook Trail Hike ****

Sunday, October 7, 8:00 am

\$5/person

This is one of the most continuously steep hikes in Vermont. Aptly named for the rough and sometimes difficult terrain, the Hell Brook Trail rewards your hard work with a scenic vista at the summit.

Stargazer Hike *

Wednesday, October 10, 6:30 pm

\$5/person

Under the new moon, take the chance to look at the vibrant stars free from light pollution while sitting atop the summit of a nearby peak with headlamps to light up the trail during the hike.

Long Trail Overnight *

Saturday-Sunday, October 20-21, 12:30 pm

\$15/person

Come camp under the stars on the Long Trail and experience all the beauty and relaxation that nature has to offer. All meals included.

Sterling Pond Late-afternoon Hike **

Sunday, October 21, 12:30 pm

\$5/person

Have you ever skied the backcountry of Smuggs and passed this pond? Well, here's your chance to explore this mountain top pond with the spectacular autumn foliage all around.

Mt. Elmore Hike *

Saturday, October 27, 8:00 am

\$5/person

Take advantage of this short, enjoyable hike to observe the White Mountains, Green Mountains and Lake Champlain from the summit.

Laraway Peak Hike **

Sunday, October 28, 8:00 am

\$5/person

Hike along a historic logging road that runs along a remarkable cliff face which gives a sweeping view of Mount Mansfield from a truly unique perspective.

Stowe Pinnacle Full Moon Night **

Monday, October 29, 6:30 pm

\$5/person

Enjoy this quick hike under the glow of a full moon! Hike through a beautiful hardwood forest to an open-faced summit, experiencing a different perspective of the outdoors during the night.

Abbey Pond Hike *

Saturday, November 3, 8:00 am

\$5/person

Come take advantage of the last trip of the year! This relaxing hike will bring you up to a calm lake where you can take the time to enjoy being outside with friends.



SEA KAYAKING

Fundamentals of Sea Kayaking and Lake Champlain Tour *

Saturday, September 1, 8:00 am

Sunday, September 9, 8:00 am

Saturday, September 22, 8:00 am

Saturday, September 29, 8:00 am

\$15/person

Come with us for a journey along Lake Champlain. This is a great opportunity to spend a relaxing day out on the water while taking in the surrounding sights of the Green and Adirondack Mountains. During the day you will learn how to maneuver your kayak with a variety of strokes and learn some basic rescue skills. This trip is perfect for the never-ever paddler or the recreational paddler interested in improving their technique and learning safety skills. These trips are all separate paddling sessions.

WHITewater KAYAKING

Fundamentals of Whitewater Kayaking ***

Sunday, September 2, 7:30 am

Saturday, September 8, 7:30 am

Sunday, September 23, 7:30 am

\$15/person

Take a paddle on the wild side! Our highly trained instructors will help you feel comfortable while you get a taste of whitewater kayaking. Starting with flat water skills, you will progress through eddy turns, ferries, and river-running. No experience necessary. These trips are all separate sessions.

Whitewater Rafting on the Hudson River *

Sunday, September 23, 6:00 am

\$60/person

Get ready for an adventure! Make your way down the exciting Hudson River Gorge led by experienced Wild Waters Outdoor Center guiding professionals. You'll spend a day rafting in this beautiful New York gorge with breakfast, lunch, dinner, and guide services all provided on these premier Northeast rapids.

Whitewater River Running Program ***

Prerequisite: Fundamentals of Whitewater Kayaking

Sunday, September 30, 7:00 am

Cost: \$15/person

Come test your kayaking skills on our river running program. You will start the day warming up on the river, and then show off your skills running down Class II-III waterways.

Fundamentals of Rock Climbing *

Saturday, September 1, 7:30 am

Saturday, September 8, 7:30 am

Saturday, September 22, 7:30 am (Women Only)

Saturday, October 6, 7:30 am

Sunday, October 21, 7:30 am

\$10/person

Have you ever wanted to go climbing but don't know where to begin? Here is your chance! Our trained rock instructors will take you to beautiful Bolton climbing areas to gain basic climbing skills and techniques. No experience is needed!

Rock Climbing II **

Sunday, September 16, 7:00 am

Sunday, October 7, 7:00 am

\$10/person

Prerequisite: Fundamentals of Rock Climbing or by Director Approval

Can't wait for the next chance to test your climbing skills? This is it! You'll work on your technique and climb some more challenging routes at New England's most popular crags with our trained instructors.

Anchor Building Clinic *

Friday-Saturday, September 28-29

\$15/person

Prerequisite: Fundamentals of Rock Climbing or by Director Approval

This course offers an introduction to the principles and techniques used in building top rope anchors. Participants will practice skills Friday night at the Gagnon climbing wall in Tarrant and then put those skills into practice outdoors on Saturday.

Intro to Sport Climbing **

Friday-Saturday, October 5-6

\$15/person

Prerequisite: Anchor Building Clinic

Take your climbing to the next level and come learn the basics of sport climbing. A review of principles and techniques will occur on Friday night at the Gagnon climbing wall in Tarrant. On Saturday participants will be introduced to lead climbing at one of the Northeast's most popular sport climbing areas.

Intro to Trad Climbing **

Friday-Saturday, October 19-20

\$15/person

Prerequisite: Intro to Sport Climbing

Participants will be introduced to the basics of traditional climbing. Friday night, participants will learn the principles and techniques of proper gear placements. The following day, participants will have the opportunity to practice gear placements and follow instructors using traditional protection.

Bouldering Trips **

Friday, September 7, 3:30 pm

Friday, September 21, 3:30 pm

Friday, October 19, 3:30 pm

\$5/person

The popular sport of bouldering consists of short rock climbing routes located on boulders close enough to the ground to eliminate the need for a rope. Smugglers' Notch is home to dozens of large boulders, each with numerous fun and challenging climbing routes. This trip is an afternoon of bouldering at the Notch with safe and experienced boulderers who will also serve as a safety net by spotting climbers.



Gagnon Climbing Wall in Tarrant

Come join us at our own indoor rock wall in the Tarrant Recreation Center! Come learn the basics, it's a great way to get involved before going out on a trip. Hours of operation will be posted at the climbing wall in Tarrant, on our website www.smcvt.edu/wilderness, or available in the Wilderness Office located in the Alliot Hall 204. Climbing at the wall is completely free of charge.

Petra Cliffs Climbing Pass

With a Petra Pass activation fee of only \$40, you can enjoy unlimited access to Petra's 8,500 square feet of indoor climbing and bouldering areas. Petra Cliffs is located in South Burlington and is a great place to develop climbing techniques that you can apply to our outdoor climbing programs. Come find out more about how to get a Petra Pass in the Wilderness Program Office!



WINTER PROGRAMS

SKIING / RIDING / TELEMARCK

Fundamentals of Telemark Skiing *

Sunday, January 20, 8:00 am

Sunday, February 10, 8:00 am

\$15/person with Smuggs pass

\$25/person without Smuggs pass

Unlike alpine skiing, telemark bindings only connect at the toe which leaves the heel free. Come see what all the free heel excitement is about and join us for a day at Smuggers' Notch and learn to drop a knee as you carve your way down the mountain. Free the heel, free the soul!

Fundamentals of Back-Country Skiing ***

Saturday, January 26, 7:30 am

Sunday, February 10, 7:30 am

Saturday, February 23, 7:30 am

\$15/person with Smuggs pass

\$25/person without Smuggs pass

For those who want to try alpine touring or take telemark skiing to a whole new level, this back-country adventure is for you! Take a break from the crowded lift lines of ski resorts and leave the groomed trails behind. Skin your way up the mountain and carve your way back down!

Learn to Ski and Snowboard *

Sunday, January 20, 8:00 am

Saturday, January 26, 8:00 am

Saturday, February 2, 8:00 am

Sunday, February 10, 8:00 am

Sunday, March 3, 8:00 am

\$15/person with Smuggs pass

\$30/person without Smuggs pass

There is no better deal than this: a free ride to the mountain, reduced rentals and ski/snowboard instruction from a Smuggs instructor! Don't miss out on this incredible opportunity and take advantage of wintertime in Vermont!

Smuggers' Notch Ski and Ride Pass

With a Smuggs Pass activation fee of only \$30, you can enjoy unlimited skiing and riding at one of the East Coast's premier resorts, 50% off equipment rentals and group lessons, unlimited use of the cross-country and snowshoe trails, plus many other benefits! Come find out more about how to get a Smuggs Pass in the Wilderness Office!

Smuggs Bus

Almost every Saturday and Sunday during the spring ski season, SMC students can ride the Smuggs Bus to the mountain and back for free! Sign up lists are located in the Wilderness Program Office based on a first-come first-serve basis. Starting second semester, the bus will depart from the Ryan Hall bus stop at 8:00 am and depart from Smuggs Lot #1 at 4:00 pm.

ICE CLIMBING / MOUNTAINEERING

Fundamentals of Ice Climbing *

Saturday, January 19, 7:30 am

Sunday, January 20, 7:30 am

Saturday, February 2, 7:30 am

Saturday, February 9, 7:30 am

Saturday, February 16, 7:30 am (Women Only)

Saturday, March 2, 7:30 am

\$15/person

Let's go ice climbing! When was the last time you got an invitation for an adventure like this? Here's your chance to come learn how to properly handle ice tools and crampons to work your way up some frozen waterfalls!

Ice Climbing II **

Prerequisite: Fundamentals of Ice Climbing

Saturday, February 23, 7:30 am

\$15/person

Smuggers' Notch provides some of the best ice climbing on the East Coast! Expand your skills and push your limits in a breathtaking environment! You'll come away as a more fluid, confident, and efficient climber.

Fundamentals of Mountaineering **

Sunday, February 24, 7:30 am

\$15/person

This course will teach you how to navigate steep snowfields, self-arrest, and help you develop an eye for detecting avalanche potential. No experience required!

Wilderness Key

Easy * Moderate ** Difficult *** Most Difficult ****



SNOWSHOEING

Nebraska Notch Snowshoe **

Saturday, January 19, 8:00 am
\$5/person

The Nebraska Notch hike is an easy-going, beautiful snowshoe up to Taylor Lodge on Mt. Mansfield. The snowshoe will be a beautiful half-day adventure, which means a chance to take in the sights of Vermont, and be back by the afternoon!

Mt. Hunger Snowshoe **

Sunday, January 20, 8:00 am
Saturday, February 2, 8:00 am
\$5/person

Make your way to a beautiful bald summit with a technically moderate ascent. At the top you'll be rewarded with a view ranging from the Green to the White Mountains in a winter setting.

Camel's Hump Snowshoe ***

Sunday, January 27, 8:00 am
Saturday, March 2, 8:00 am
\$5/person

If you've hiked Camel's Hump in the summer or fall, now is your chance to see the mountain from an entirely different perspective – winter! Whether you've explored this mountain or not, come join us for a snowshoe to one of the most spectacular summits in Vermont!

Full Moon Snowshoe *

Monday, January 28, 6:30 pm
Monday, February 25, 6:30 pm
\$5/person

Add some adventure into your week! Let the full moon light the trail and guide you through a frosty winter wonderland. A location will be chosen based upon weather and snow conditions.

Molly Stark Snowshoe **

Saturday, February 9, 8:00 am
\$5/person

Snowshoe south on the Long Trail to the peak of Molly Stark Mountain. This moderate snowshoe offers outdoor enthusiasts and weekend adventurers an unforgettable day out on the winter trail!

Abbey Pond Snowshoe *

Sunday, February 10, 8:00 am
\$5/person

Take a relaxing snowshoe up to a frozen pond where you can take time to enjoy the beautiful Vermont winter scenery.

Stargazer Snowshoe **

Monday, February 11, 6:30 pm
\$5/person

Held on the night of a new moon, this snowshoe will give you a chance to enjoy a sky sprinkled with stars! A location will be chosen based on current weather and snow conditions.

Mt. Abe Snowshoe ****

Saturday, February 16, 8:00 am
\$5/person

This is the perfect trek for the mountain lovers. Mt. Abraham not only provides a challenge, but a reward with views of multiple mountain ranges from atop a bald summit.

Snake Mountain Snowshoe *

Sunday, February 17, 8:00 am
\$5/person

This trek offers an easy romp through the mountains offering great views of Addison County and the Adirondacks.

Belvidere Mountain Snowshoe **

Saturday, February 23, 8:00 am
\$5/person

This trek takes you through a spruce forest along the Belvidere Saddle up to a renovated fire tower. Come enjoy the sprawling views of the Green Mountains blanketed with snow!

Mt. Mansfield Snowshoe ****

Sunday, February 24, 8:00 am
\$5/person

Snowshoe up the tallest mountain in Vermont! A more difficult snowshoe, this trip is entirely worthwhile! Take in the wintertime scenery from this mountain's incredible views!

Grey Knob Overnight ****

Saturday-Sunday, March 2-3, 8:00 am
\$25/person

Do you love snowshoeing? Take your skills to the next level in the Northern Presidential Range in New Hampshire! Enjoy the beauty of the White Mountains in the winter and spend a night at the Grey Knob shelter, a winterized cabin nestled on the side of Mt. Adams. Make a bid for the summit in the morning before heading back to campus.

Devil's Gulch Snowshoe **

Sunday, March 3, 8:00 am
\$5/person

Journey up a short trail through an ominous chasm in the northern Green Mountains. Come find out how this trail got its name, as you wind through a gorge lined with boulders.

ACA Level 4 Swiftwater Rescue Course

Saturday-Sunday, October 20-21, 8:00 am

Cost: TBA

Prerequisites: Director Approval

Learn how to safely operate on the river in this interactive course. Students will learn how to effectively perform rescues using different resources.

Rescue knots and Haul systems

Friday, October 19, 5:00-8:00pm

An optional training for students to review necessary skills needed for the Swiftwater Rescue Course.

Ice Instructor Training

Prerequisites: Director Approval

Thursday-Saturday, January 10-12

Cost: TBA

Designed for those with previous ice climbing experience, this course will begin the transition from recreational climbing to instructing. Learn to use natural as well as ice anchors and work in an environment of ice and snow safely.

AIARE Avalanche Training Level 1

Friday-Sunday, January 11-13

Cost: TBA

This course offers an introduction to the natural phenomenon of the avalanche. Participants will explore what causes an avalanche, how to identify dangerous terrain, and how to mitigate risk when traveling in avalanche terrain. Participants will also learn how to perform a basic rescue if caught in an avalanche.

Top Rope Facilitators Training

Prerequisite: Intro to Anchor Building or Director Approval (Intro to Sport Climbing and Intro to Trad Climbing are recommended but not required)

Monday- Thursday, May 13-16

COST: TBA

This course is a fast-paced introduction to anchors and rescue skills for those who are interested in working as rock climbing instructors or for climbers who want to be able to set up their own climbs safely and effectively.

ACA L3/4 Whitewater Instructor Development Workshop

May, 2013

Cost: TBA

The IDW is designed for competent class II/III whitewater kayakers who are interested in learning to teach others the art of whitewater paddling.

ACA L3/4 Coastal Instructor Development Workshop

May, 2013

Cost: TBA

The IDW is designed for competent sea paddlers who are interested in learning to teach others the art of sea paddling.

Ocean School

May, 2013

Cost: TBA

Ocean school is an opportunity for students to learn sea paddling on the Maine Coast. Students will be exposed to state of the sport coaching and learn a variety of trip leading skills such as navigation, rescue, incident management, and trip planning all in the context of on-water journeys.



WILDERNESS MEDICINE

Wilderness First Aid

Saturday-Sunday, November 10-11

Cost: \$100 For Students, \$140 for Faculty/Staff, \$165 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

Prerequisite: Current SOLO WFR or W-EMT Certification

Saturday-Sunday, April 13-14

Cost: \$100 For Students, \$140 for Faculty/Staff, \$165 For General Public

Anyone who has taken a WFR course (or is a W-EMT) can use this course to refresh their skills and 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

Friday-Friday, May 17-24

8:30 am – 5:00 pm, everyday

Cost: TBA

This course takes a more in-depth approach to wilderness medicine, including patient assessment, treatment, and prevention. Through a mix of classroom time and active scenarios, graduates will leave with a professional certification that is widely respected in the outdoor leadership field.

All technical skills courses are designed to give participants "state of the sport" training in a particular discipline. Used as training for our own Wilderness Program Instructors, all courses are also open to the public. Come by the Wilderness Program Office (Alliot 204) if you are interested.



EXTENDED PROGRAMS

OCTOBER BREAK

Rock Climbing Acadia

Friday-Tuesday, October 12-16

Cost: TBA

Come climb in one of America's most beautiful Nationals Parks. The park offers unique climbing and spectacular views of the ocean from the top of Otter Cliff. No climbing experience is necessary, but participants should be in good physical condition.

Sea Kayaking Maine

Friday-Tuesday, October 12-16

Prerequisites: Fundamentals of Sea Kayaking or Whitewater Kayaking

Cost: TBA

Come enjoy three days of paddling and camping on the picturesque coast of Maine. Take in the beautiful scenery as you develop your skills in the boat. Learn valuable strokes and rescues in a new environment on this fun trip.

JANUARY BREAK

New England Ice Climbing Program

Monday-Wednesday, January 7-9

Cost: TBA

Come back to Vermont a few days early and try one of the most exciting sports you'll ever find. Beginning with an introduction to the sport, we will progress onto more difficult and longer routes in the New England area. You'll be awestruck by the winter scenery as you scale to the top of some of the many frozen water falls you will encounter.

Intro to Backcountry Ski and Ride

Tuesday-Thursday, January 8-10

Cost: TBA

For those who want to come back to school a little early and try alpine touring or take telemark skiing to a whole new level, this back-country adventure is for you! Take a break from the crowded lift lines of ski resorts and leave the groomed trails behind. Skin your way up the mountain and carve your way back down!

SPRING BREAK

Rock Climbing and Day Hiking in Utah

Saturday-Sunday, March 9-17

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. We'll take a rest day from climbing to explore the incredible grandeur of Zion National Park. Climbing will be available for all levels of experience. While no climbing experience is necessary, there will be pre-trip training to help you get the most of the experience.

Backcountry Ski and Mountaineering Trip

Saturday-Sunday, March 9-17

Cost: TBA

Conditions permitting, we will spend our days skinning up, and then cranking turns down bowls, glades, and couloirs, before returning to our heated cabin to cook hot meals and rest our tired legs. Backcountry skiing is a physically demanding activity: expect full days of strenuous exercise in a cold environment. Due to the nature of the program, there will be required pre-trip training and participants must show alpine or telemark proficiency in a variety of off-piste environments. Stay tuned for more information regarding this backcountry adventure.

Sea Kayak Scotland

Saturday-Sunday, March 9-17

Cost: TBA

This trip requires significant sea and/or whitewater kayaking experience. The sea paddling spring break trip will take us to the Isle of Skye on the West Coast of the Scottish Highlands. Skye is one of the most diverse sea paddling destinations in the world with tidal races, sea caves and a breathtaking shoreline and unique highlands culture. In addition to sea paddling we'll also take in a few sights and visit a castle or two.



SAINT MICHAEL'S
COLLEGE FOUNDED
1904

Wilderness Program
One Winooski Park, Box 324, Colchester, Vermont 05439
802.654.2614 • www.smcvt.edu/wilderness