

Dear Teen Adventurer and Parents,

Our goal at Nature Camps and in Teen Adventure (TA) is to promote growth in young people through outdoor adventure. We deeply believe in the power of outdoor experiences to enrich and guide young lives. It is our task to make that experience happen in well planned, safe, constructive, and meaningful ways. We provide the knowledge and the supervision – but the outdoors is the big teacher.

Teen Adventure Trips are about self-confidence, teamwork, and attaining goals. We emphasize both individual responsibility and positive group interaction. In addition, the TA program has been known for its capacity to affirm individual strengths, engender compassionate and responsible behavior, and bring forth environmental stewardship. Teens feel the power of tradition and community.

Teen Adventure I (June 19 - July 30) Spoutwood Farms and Day Camp

Week One: Choosing outside activities of interest, assisting in Counselor-led activities being that key older brother or sister helping children; participating in camp service projects; TA Overnight with Counselors on Monday; Bunker Hill backpacking overnight Wed/Thur.

Week Two: Bicycling north (approximately twenty five miles) on NCR Trail (North Country Railroad) and back roads to Spoutwood Farm, CSA. in Glen Rock PA. Teens will garden and harvest; cook harvested food; work on farm projects; use the astronomy observatory (weather permitting); nature journal and reading. Teens and staff tent camp.

Teen Adventure II (July 3 - July 14) Appalachian Trail and Day Camp

Week One: Choosing outside activities of interest, assisting in Counselor-led activities being that key older brother or sister helping children; participating in camp service projects; TA Overnight with Counselors on Monday; Bunker Hill backpacking overnight Wed/Thur.

Week Two: Hiking the Appalachian Trail & White Water Rafting. Teens hike approximately 30 miles southwest of Frederick to Harper's Ferry.

Teen Adventure III (July 17 - July 28) C & O Canal (Chesapeake & Ohio Canal) and Day Camp

Week One: Choosing outside activities of interest, assisting in Counselor-led activities being that key older brother or sister helping children; participating in camp service projects; TA Overnight with Counselors on Monday; Bunker Hill backpacking overnight Wed/Thur.

Week Two: Bicycling south on the C & O Canal Towpath 85 miles from Williamsport MD to Great Falls, VA. Potential short side trails to Antietam National Battlefield, Harper's Ferry, Great Falls and more.

Teen Adventure IV (July 31 - August 11) **Spoutwood Farm and Day Camp**

Week One: Bicycling north (approximately twenty five miles) on NCR Trail (North Country Railroad) and back roads to Spoutwood Farm, CSA. in Glen Rock PA. Teens will garden and harvest; cook harvested food; work on farm projects; use the astronomy observatory (weather permitting); nature journal and reading. Teens and staff tent camp.

Week Two: Choosing outside activities of interest, assisting in Counselor-led activities being that key older brother or sister helping children; participating in camp service projects; TA Overnight with Counselors on Monday; and assisting with the family overnight on Wednesday.

For complete gear lists, please refer to our web site. We suggest you do your best to purchase these items, as often borrowed items do not always fit correctly and make for an uncomfortable backpacking trip. One local store which carries these items are REI. Please mark all items with your name.

TELEPHONES, iPods, MP3, cassette, and CD players, radios, fireworks, butane lighters, and pocket knives, should not be brought.

TA Trip Sessions I, II, III, IV: There are pre-trip gear check-ins the weekend before each TA trip week. Please see the Nature Camp calendar for dates and times.

Teens and TA Leaders will be checking in their gear, unpacking and re-packing their bags with the TA staff -- which cannot be accomplished the morning of the trip.

On all away TA trips, and keeping with NC's safety and health policies, TA staff is in daily communication with our base camp in Monkton. This allows us to monitor the group's safety & health, and usually permits urgent messages to be forwarded to and from the TA group.

TA Staff carries cell phones, and call (if within range or text otherwise) the NC office each afternoon to report on their status, and to receive any messages. Cell reception is not always available between points of the Appalachian Trail and NC. Cell service is usually available at the local Ranger stations.

TA trip leaders begin each day with a circle time to set group and personal goals for the day. Each day concludes with a similar meeting, allowing time for reflection of the day's learnings.

Waiver forms are required for White Water Rafting and Spoutwood Farm, CSA. All three necessary forms (TA Contract and two waivers) may be downloaded from the TA page on our web site. Please email, mail or fax them with the NC Registration Form and Health Form to the NC office.

Email: naturecampsinc@gmail.com

Fax: 410-343-0236

Mail: Box 418 Manheim, PA 17545

Enrollment will be complete, and your teen's space will be held, when all completed forms are in the NC office.

For additional information go to www.naturecamps.com and click on Programs, then Teen Adventure or call 410-935-1545.