



Introducing Your Family to the Wilderness



July 14 - 19, 1996

OA is pleased to offer our first *Introducing Your Family to the Wilderness* program in cooperation with the Nantahala Outdoor Center (NOC). Nestled in the stunning Nantahala Gorge in the Smoky Mountains of western North Carolina, NOC is the perfect site for this unique vacation. Each day offers a range of new outdoor activities to try and skills to learn. This program offers options for all Princeton alumni—singles, couples, and, for the first time, families with children—to explore a whole range of wilderness sports at one time. NOC's world-renowned staff and southern hospitality set the stage for a relaxing and fun-filled week. Evening workshops complement the exciting day trips and activities for a combo vacation you won't find anywhere else. Here's the program:

Monday

- Whitewater Rafting on the Nantahala River - a fun-filled day of paddling and river instruction on Class II-III whitewater
 - Evening: Introduction to Hiking & Backpacking, Kids Activities

Tuesday - Options Day

- Rock Climbing at the Dolbeare Climbing Wall and Rappelling at Stockholders Rock Face
- Mountain Biking in the Nantahala National Forest
- Introduction to Sea Kayaking on Fontana Lake
 - Evening: Mountain Music, Story-telling and Square Dancing

Wednesday

- Hiking day trip in the Joyce Kilmer National Forest - map reading, flora and fauna identification

Thursday - Options Day

- Introduction to Whitewater Tandem Canoeing
- NOC Adventure Challenge Complex - Team Building Course and High Ropes Course
- Introduction to Whitewater Kayaking Day 1

Friday - Options Day

- Introduction to Sea Kayaking on Fontana Lake
- Mountain Biking in the Nantahala National Forest
- Introduction to Whitewater Kayaking Day 2

Participants will stay in NOC's Basecamp accommodations, hostel-type lodging with 2-8 people per room. NOC's superb Relia's Garden restaurant will be the location for home-cooked breakfast and dinner. Packed lunches will be provided each day. Check-in is Sunday afternoon July 14 with dinner at 6:30 PM. Check-out is Friday, July 19 after the day's activities or Saturday, July 20 after breakfast. Cost for the program will be \$675 per person or \$725 if you choose the optional additional nights lodging on Friday, July 19 (which includes dinner and breakfast). The fee for children under 12 is \$450 which includes lodging, meals, and day care. Space for this program will be limited, so register soon by returning the registration tear-off along with a \$100.00 deposit per person.



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Please register me for _____ spaces on *Introducing Your Family to the Wilderness*. Enclosed is a \$75 deposit per person. Total deposit \$_____. Make your check payable to Princeton University Outdoor Action. A detailed information packet will be mailed to you. (Children 12 and older can participate in the regular program; day care is available for children under 12)

_____ Please send me more information on *Introducing Your Family to the Wilderness*.

You can also get more information on the program from the OA Web Site at (<http://www.princeton.edu/~rcurtis/family.html>).

Please return to: Outdoor Action Program, 6 New South, Princeton University, Princeton, NJ 08544



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Instruction at NOC

NOC's Instruction Department is a unique gathering of individual's with one thing in common—their love of the outdoors. NOC is fortunate to have one of the most experienced and accomplished teams in the business. Widely recognized as the premiere national whitewater school and outdoor education leader, NOC is committed to providing you with not only first-class instruction but the opportunity to benefit from the experience of the best the industry has to offer. Among NOC instructor's are Olympic competitors, World and National Champions as well as those who have "pushed the envelope" in whitewater, flatwater, climbing, biking and sea kayaking.

Participating with your Children

Introducing Your Family to the Wilderness is an excellent way to introduce your family to outdoor activities. Children must be accompanied by a parent or legal guardian. There are age restrictions for a number of NOC activities. These limits are based on NOC's many years of experience in teaching wilderness skills and are designed to maintain a safe instructional environment for all participants. Children 12 and over can participate fully in all of the activities. On your application form, please indicate what programs your children wish to participate in and if you wish to participate together.

- Hiking - minimum age 12
- Low & High Ropes Course - minimum age 12
- Mountain Biking - minimum age 12
- Rafting - minimum weight 60 pounds
- Rock Climbing & Rappelling - minimum age 12
- Sea Kayaking - minimum age 12
- Whitewater Kayaking & Whitewater Canoeing - minimum age 12

For children under twelve, NOC offers the NOC Learning Center, a licensed Day Care Center. Day Care is available on Monday and Friday from 8:00 AM to 7:00 PM and Tuesday and Thursday from 8:00 AM - 6:00 PM. There is no day care available on Wednesday. This is the day for the hiking trip which will offer shorter options for families to bring their children or you can spend the day on your own. If your child will be in Day Care, please indicate any needs the child may have on their application. NOC *may not be able* to accommodate children with special needs. Day care spaces are limited to a specified number of children in each age group and spaces will be filled on a first-come, first-served basis. Also, NOC may have other guests using the Day Care Center. Maximum spaces: 6 weeks - 23 months = 5, 2 - 4 years = 10, 5 years and up = 15.

Whitewater Rafting



The Nantahala River is the perfect spot for a beginners whitewater rafting trip. The eight-mile trip through Class adventurous paddler, there is an option of guide-assisted inflatable kayaks (duckies) for the trip.

Hiking

A relaxing guided hiking trip in the Joyce Kilmer National Forest is a great opportunity to learn about the flora, fauna, and geology of the Smoky Mountain region. Hiking distances will be variable to allow children of different ages to participate.

Whitewater Kayaking

This two-day introduction to whitewater kayaking is specifically designed to teach the fundamentals of kayaking. The course will start with flatwater training on Fontana Lake during the first day. This introductory period gives beginners the opportunity to learn basic strokes for boat control in controlled conditions. Later that day you will move to the river and practice skills on moving water. On the second day the focus will be perfecting skills like eddy turns and peel outs in easy whitewater (Class I-II). You'll spend time learning to read water, practicing river-running strategies, and learning personal and group paddling safety.



Whitewater Canoeing



This one-day introduction to tandem whitewater canoeing is specifically designed to teach the fundamentals of canoeing. The course will start with flatwater training on Fontana Lake during the first day. This introductory period gives beginners the opportunity to learn basic strokes for boat control in controlled conditions. Later that day you will move to the river and practice skills like eddy turns and peel outs in easy whitewater (Class I-II). You'll spend time learning to read water, practicing river-running strategies, and learning personal and group paddling safety.

Mountain Biking

Nantahala National Forest land completely surrounds the part of western North Carolina where NOC is located including over a half million acres containing miles and miles of single-track trails and gated forest roads ideal for mountain biking. Your day long mountain biking trip will start with outfitting you with a top quality mountain bike (If you bring your own bike, it must past NOC's equipment criteria). NOC's experienced guides will then lead you off on a fun filled morning ride that will teach you basic mountain bike handling skills on the NOC mountain bike skills course. After a relaxing lunch, you'll spend the remainder of the day exploring local trails.



The Adventure Challenge Complex - Team Building Course and the High Ropes Course

Located in a beautiful wooded setting above the Nantahala River, the low ropes course presents a series of tasks, that at first glance seem impossible. Individual effort alone won't solve the problems, but cooperative planning and good teamwork can make your group successful. You will discover that the dynamics of your group's interaction on the ropes course are the same back at work or home. By becoming aware of these interaction in a non-threatening, fun environment, you can reinforce your strengths and experiment with using new approaches to old problems. Watching and learning from the dynamics of interacting as a group either with new friends or family members is a wonderful learning experience.

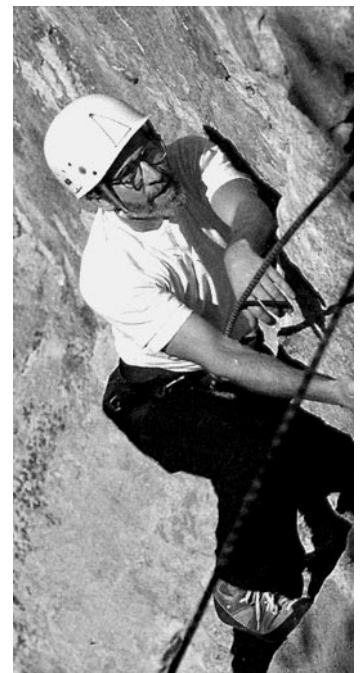


The high ropes course is an opportunity for pursuing individual challenges through a series of exciting elements. The physical effort is not overwhelming but the course is a tremendous challenge otherwise. Walking a beam in the air, crossing a rope bridge or zipping down a cable takes courage, trust in the system and belief in yourself. This is an excellent opportunity to explore how you handle challenges in an atmosphere of group support. Special belay stations at each element in the high ropes course provide personal safety. In all ropes course events, NOC follows that Challenge by Choice philosophy. Each group member is free to accept or pass on any of the team problems or initiative elements.

Rock Climbing & Rappelling

Your morning will be spent rock climbing at the Dolbearre Climbing Wall right on the NOC property. This man-made wall uses artificial and natural rock holds for climbing. Group instruction begins with safety and basic technique. The 25 foot Climbing Wall offers climbing routes suitable for the novice up to experts. The first thing you will learn is use and care of climbing equipment. Then basic instruction on how to move on rock followed with a practice session low to the ground. Then you will learn how to belay another climber with a rope, an essential safety technique. The rest of your session will be spent climbing and belaying.

After lunch you will move to a natural rock face for an afternoon of rappelling. Rappelling is a technique for vertical descent after climbing a rock face. This is done through a friction device attached to your climbing harness which allows you to lower yourself down the rope at a controlled rate of descent. At the cliff rappel site, you will learn basic safety, rappelling technique, and practice lowered yourself down a sheer cliff face.



Sea Kayaking



Sea kayaking is the fastest growing paddling sport. Sea kayaks allow you the freedom to explore quiet lakes, sheltered coves, rocky coastlines or even open ocean. The boats are fast, stable and easy to learn to maneuver. This day long training on Fontana Lake will introduce you to the basics of sea kayaking including equipment, basic paddle strokes, maneuvering and paddling safety.

Activity Selection

If you are bringing family members, an application form should be filled out and signed by each participant. If you specify that you wish to participate in a particular activity with your spouse/children/friend, we will keep you together even if it means moving you from your first choice. Please indicate the ages of your spouse/children/friend below and how you wish to participate:

Lodging

You'll be staying in NOC's Base Camp facility. It is a comfortable 66-bed facility consisting of 5 buildings with bunk rooms housing 2-8. This is hostel-style coed lodging so rooms may be shared with other Princetonians and their families or other NOC guests. A community building houses men's and women's bathroom and shower facilities, spacious kitchen and washer and dryer. Quiet hours are 10:30 PM until 8:00 AM.

Meals

Breakfast and dinner will be served at Relia's Garden Restaurant. Situated on a hillside, the restaurant looks toward beautiful mountain vistas. Below is a terraced garden where vegetables, herbs and flowers grow. Relia's is renowned for its fresh home cooked meals and friendly, professional service. Relia's offers a tempting variety of chicken, fish, and beef dishes as well as vegetarian entrees. Fresh salads, home-made bread, and scrumptious desserts top off your dining experience. We will eat family style, sharing stories of the day with other participants. A hearty packed lunch will travel with you on each of your day's adventures.



Equipment

All of the specialized equipment you will need for the activities in the *Introducing Your Family to the Wilderness* will be provided by NOC. NOC uses only the best equipment as an important part of providing a safe and enjoyable learning experience. You will need to provide personal clothing items. An equipment list will be mailed to you after receipt of your application. NOC also has a full service Outfitters Store and you will receive a 10% discount on gear in stock during the program.

Trip Registration & Payment

An advance deposit of \$100.00 is required to hold each space. Please make your check payable to Princeton University Outdoor Action. Reservations are taken on a first-come, first-served basis. Upon receipt of your deposit, a space(s) will be held for you. If there is no space available, we will place you on the waiting list and return your deposit.

In order to participate, you are required to complete the enclosed application form which includes basic medical and health history information. There will also be an application form from the Nantahala Outdoor Center which will be mailed to you later. Both application forms are due by May 1. Participation is dependent on approval by Outdoor Action and the Nantahala Outdoor Center. If it is determined that you have a medical condition that would prevent your safe participation in the program, your deposit will be refunded.

Final payment for the program is due 60 days prior to the program (May 15). OA is contracting with NOC for a specific number of spaces and by June 30 we are obligated to pay in full for all reserved spaces. Any cancellations made after May 15 will result in the loss of your deposit. Cancellations between May 15 and June 30 will be 50% of the balance of the program fee. There will be no refunds after June 30.

In rare cases, or if a program doesn't fill. Outdoor Action finds it necessary to cancel a program. In this case, refunds will be made as described above. Outdoor Action is not responsible for any non-refundable airline or other tickets or payments or any other similar penalties that may be incurred as a result of any trip cancellation. You may wish to contact your travel agent for information about Trip Insurance.

Transportation

You are responsible for your own transportation to and from the Nantahala Outdoor Center. Outdoor Action will provide a Van Shuttle from the Asheville, North Carolina airport to NOC on Sunday, July 14 with return trips to the airport on Friday, July 19 and Saturday, July 20. If you need airport shuttle service, please indicate the date and time of your flight both for arrival and departure. Due to the variability of flight times, there will not be a shuttle that meets every flight so you need to be prepared to wait for later arrivals before departing for NOC at the start of the trip, or travel to the airport early at the end of the trip. *Please indicate on your application if you will need shuttle service.* All local transportation during ***Introducing Your Family to the Wilderness*** will be provided by NOC.

Directions to NOC

NOC is located 13 miles southwest of Bryson City, North Carolina on US 19/74 near the heart of the Great Smoky Mountains. NOC is 1½ hours by car from Asheville, NC; 2½ hours from Knoxville, TN; 2½ hours from Chattanooga, TN; and 3½ hours from Atlanta, GA. Air travelers can fly into Asheville (see shuttle information above).

From Asheville, NC: Take I-40 west towards Knoxville, TN. Get off at Exit 27 near Canton, NC onto US 74 West towards Waynesville. Continuing on US 74 for 40 miles you will pass Bryson City, NC. NOC is located in Wesser, another 13 miles past Bryson City on US 74. A helpful landmark: 3 miles after the Nantahala Village Resort on the right, look for the river on your right and NOC immediately after.

From Downtown Atlanta: From I-75 North, take the I-575/Canton Exit. Stay on I-575; eventually it becomes State Hwy 5. Stay on Hwy 5 to Blue Ridge. At Blue Ridge, Hwy 5 becomes Hwy 76 East. Go 4 miles on Hwy 76 East to Hwy 60. Turn left on Hwy 60 and go to Mineral Bluff where you will turn right onto Hwy 60 Spur. In

approximately 12 miles turn right onto Hwy 74, going East toward Murphy and Andrews, NC. Take US 74 approximately 20 miles beyond Andrews. You will follow the Nantahala River for the last 8 miles. NOC signs are on both sides of the road.

From Chattanooga, TN: Take I-75 North towards Cleveland, TN. Take the first Cleveland Exit, which is US 64 **Bypass** East. Go 6 miles to the Ocoee Exit onto US 64 East toward Murphy, NC. At Murphy the road number changes and you are now on US 74. Stay on US 74 going East towards Andrews. Take US 74 approximately 20 miles beyond Andrews. You will follow the Nantahala River for the last 8 miles. NOC signs are on both sides of the road.

