



GUIDED CAMPING & BACKPACKING IN THE COLORADO HIGH COUNTRY

Trip 1: Rocky Mountain Waldorf Summer Youth Reunion

For Current 6th, 7th and 8th grade students from
Colorado & New Mexico Waldorf Schools

July 25 - July 31 \$650/person

Here's an opportunity to reconnect with fellow Waldorf students you met at the Pentathlon, Medieval Games or Rendezvous, while exploring the rich and beautiful world of the high mountains in summertime! Surrounded by brilliant alpine wildflowers, towering granite walls and frosty mountain lakes, we'll have fun learning how to safely traverse mountain terrain and live together as an expeditionary group.

- We will backpack into the high mountains of Southwest Colorado. Our days will be a mixture of expansive and challenging hiking in high mountain terrain, as well as quiet reflective time, including journal writing and drawing the beauty about us. Amidst it all, we will weave a social fabric that will highlight our time together.
- With safe weather conditions, we will seek to summit a high peak. Students will also have the opportunity to do an overnight solo, guided and held by experienced leaders.
- Our emphasis will be on deepening our relationship with the natural environment while practicing minimum-impact camping techniques. Sensory awareness exercises and practical skills training will assist in our growing confidence and intimacy with our surroundings.



Trip 2: Waldorf Family Mountain Adventure
For Waldorf families and friends ages 11 and up
August 2 - August 7 \$500/person

Step forth into a world of simplicity where, surrounded by the natural world, your family's time together transcends daily routines. We will explore our surrounding mountain environment and meet challenges where the consequences are natural and the rewards are monumental. Sharing the wild outdoors with your family helps foster lifelong connections and intimate experiences that will last a lifetime.



- Let your spirit soar amongst mountain flowers and streams, majestic rock formations and crystal clear air! Our goals will be traveling safely and having lots of fun while learning backcountry camping skills.
- We will journey into the majestic high country of the San Juan Mountains in Southwest Colorado. After a short backpack into a high mountain basin, we will establish base camp and practice minimum-impact camping techniques appropriate to our environment. We will explore the surrounding mountains on day hikes and make delicious meals over a backpacking stove.
- While sharing camp responsibilities, we learn minimum-impact skills that preserve the natural environment. From our fire to our campsite, we learn skills that leave little trace of our passing.
- With safe weather conditions, you will also have the option of summiting a 13,000' peak.

Details about Both Trips:

Each trip is appropriate for those new to camping and backpacking, as well as the seasoned outdoors enthusiast. The only necessary prerequisites are good physical condition and a willingness to cooperate with the group in a positive environment.

- From procuring appropriate gear to determining route selection, we will guide you in making wise decisions grounded in both individual and group safety. After this trip, you will have the knowledge necessary to safely and competently create your own backcountry excursions in the future.
- Each trip requires a minimum of 7 participants and a maximum of 10. Customized trips are also available.

Skills taught:

Backcountry safety
Equipment choices
Packing and carrying a backpack
Site selection
Flower and tree identification
Map and compass use

Minimum Impact Camping
Basic mountaineering skills
Star constellation identification
Backcountry cooking and stove use
Council work and communication
Sanitation procedures

Guides:

Craig Rubens has taught in Waldorf schools for over 20 years, during which he has guided youth and adults year-round into the backcountry throughout the west. He has a background in botany and environmental education, and uses both sensory-awareness and native survival skills as teaching tools for deepening one's relationship to the natural environment. Craig is a Wilderness First Responder and is currently in his 12th year teaching at Shining Mountain Waldorf School in Boulder, Colorado.

Julianna Lichatz has taught in public schools as well as Waldorf schools. A New England native, she was an environmental educator and sea kayak guide for several years before reconnecting with Waldorf education. She is passionate about children's (and adult's) right to play in nature and how that feeds the soul, awakens intellectual curiosity, and inspires thoughtful and compassionate global citizenry. She was grateful to relocate to the Waldorf School on the Roaring Fork in Carbondale, CO 8 years ago, allowing her the chance to connect with another type of landscape. Last year she honeymooned hiking the Colorado Trail, impressing her husband by never having the same meal twice!

For further details, travel arrangements and any questions you may have, please contact Craig or Julianna:

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