

# Wild Bear Center for Nature Discovery Mountain Youth Explorers



Program Name: "Mountain Expeditions"

Dates: July 29 and 31, 2008

Instructor(s): Freya "Fern" and Dave "Bigfoot"

<b>DAY 1: Tuesday, July 29</b> <i>~Bring Good Hiking Shoes!~</i>	<b>DAY 2: Thursday, July 31</b> <i>~Bring Good Hiking Shoes!</i> <i>We will leave promptly at 9:00am~</i>
<p><u>Morning Activities:</u></p> <ul style="list-style-type: none"> <li>• 9am: Opening Circle</li> <li>• 9:30: Group Game/Guidelines</li> <li>• 10am: Field trip to Arapaho Glacier Trail</li> <li>• 10:30: Snack / What are Life Zones?</li> <li>• 11am: Life Zones Checklist as we hike</li> </ul>	<p><u>Morning Activities:</u></p> <ul style="list-style-type: none"> <li>• 9am: Field Trip to Mount Audubon Trail</li> <li>• 9:30: Start at Mitchell Lake trailhead</li> <li>• 10am: Snack / Summit Safety</li> <li>• 11am: Life Zones Checklist as we hike—how is it different from Arapaho Glacier?</li> </ul>
<p><u>Afternoon Activities:</u></p> <ul style="list-style-type: none"> <li>• 12pm: Lunch</li> <li>• 12:30: What About the Watershed? / Story: <i>My Water Comes from the Mountains</i></li> <li>• 1pm: Hike back to trailhead</li> <li>• 2pm: Return to Wild Bear</li> <li>• 2:30: Choose Nature Names</li> <li>• 2:45: Closing Circle</li> </ul>	<p><u>Afternoon Activities:</u></p> <ul style="list-style-type: none"> <li>• 12pm: Lunch / Tundra Observation</li> <li>• 1pm: Hike back to trailhead</li> <li>• 2pm: Return to Wild Bear</li> <li>• 2:30: Group Closing</li> <li>• 2:45: Closing Circle</li> </ul>

## Come Prepared Every Day! Please don't forget to:

- ✓ bring a backpack
- ✓ bring a nutritious lunch and morning snack
- ✓ bring a filled water bottle
- ✓ wear sunscreen
- ✓ wear sturdy shoes that cover your toes
- ✓ come dressed for the weather: rain gear, sun hat/glasses, extra layers, etc.
- ✓ **Other equipment: Don't forget good hiking shoes!! You may also bring a camera and field guides to identify plants and animals on the trail.**

