All Trekker Programs involve an application and selection process that requires initiative and

**dedication from the camper.** Following registration there are supplemental questions that your camper will need to complete on their own. They can be found in "forms" once an application has been submitted.

## **Trekker Tetons**

## EXPERIENCE. EXPLORE. LEARN. GROW.

Welcome to Trekker Teton at CCO! We are excited to offer this program to campers between 15-17 years of age. This 11-day multi-state excursion has traveled through National Parks and recreation areas in Colorado, Utah, Idaho, and Wyoming and in summer 2022 CCO was granted a permit for backpacking in Yellowstone National Park. Each summer the goal is to backpack and or camp for multiple days in Yellowstone, Grand Teton National Park or Teton National Forest in Wyoming. Backpacking locations are determined by permit availability (March each year). **Participants will only participate in day hikes in Grand Teton National Park.** YMCA of the Rockies - Camp Chief Ouray is an authorized permittee of Grand Teton National Park and Yellowstone National Park.

## SKILLS & LEADERSHIP

Along the way of travel, campers in Trekker Teton will learn map reading and compass skills, group hiking etiquette, and Leave No Trace principles each day on the trail. Hiking in locations like Dinosaur National Monument, Antelope Island State Park, and Craters of the Moon National Monument to name a few options.

## **OUTDOOR LIVING & COOOKING**

All Trekker groups will either be base camping or backcountry camping during the duration of their program. Base camping allows the group to set up tents and kitchen in one area that they can then use as a "home base" for majority of their gear. Each day the group will only carry with them what is needed for that specific day and return to that campsite. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day. They will be cooking on backcountry stoves and filtering their water.

#### **TENTATIVE ITINERARY**

Sunday: Campers arrive, icebreakers, ROWDIE campfire, campout

**Monday:** Teambuilding, high ropes course (weather dependent), trip preparation, <u>Leave No Trace</u>, campout

Tuesday- Thursday: Begin driving, stop along the way, base camping

Friday-Saturday: Backpacking in West Yellowstone National Park, Montana

Sunday: Travel day, resupply

Monday-Tuesday: Day hiking and camping in Grand Teton National Park

Wednesday-Thursday: Drive back to Colorado, base camping along the way

Friday: Drive back to CCO, debrief trip, clean gear, and shower. Camp dance, campout

Saturday: Campers leave. See you next year!

# **Trekker Hike to Climb**

## BACKPACKING. CLIMBING. GROWING CONFIDENCE.

Welcome to Trekker Hike to Climb at CCO! We are excited to offer this program to campers between 15-17 years of age. Campers will participate in outdoor rock climbing, canyoneering, hiking and backpacking. The 5-day backpacking trip led by CCO staff will take place in the Flattops Wilderness of the White River National Forest of Colorado. The four days of outdoor rock climbing and canyoneering (two half days and two full days) led by Desert Highlights, a professional guiding company, will take place in Moab, Utah. There is no level of experience required to participate.

Canyoneering is the exploration of a canyon from point A to point B using a range of techniques that include hiking, scrambling, sliding, rappelling, wading, and more. Desert Highlights will provide all technical gear such as harnesses, helmets, rappel devices, gloves and so forth.

## **SKILLS & LEADERSHIP**

Campers will learn basic outdoor rock climbing techniques and vocabulary, along with rappelling, safety and emergency procedures. The group will explore areas like Pool Arch Canyon and Entrajo Canyon with Desert Highlights. There is no level of experience needed to participate. Participants will learn how Leave No Trace related to desert ecosystems can look different from ecosystems in Colorado.

## **OUTDOOR LIVING & COOOKING**

During the 5-day backpacking portion of this trip the group will be carrying everything they need on their backs and backcountry camping. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day. They will be cooking on backcountry stoves and filtering their water.

During the four days of outdoor rock climbing and canyoneering the group will be base camping in Moab, UT with access to established campsites near facilities and water refill stations. They will restock on fresh vegetables and cook on a two-burner camp stove.

Camp Chief Ouray is an equal opportunity service provider and employer and operates under special use permit from the USDA Forest Service, White River National Forest.

## **TENTATIVE ITINERARY:**

Sunday: Campers arrive at CCO, icebreakers, ROWDIE campfire, campout

Monday: Teambuilding, high ropes course (weather dependent), Leave No Trace, pack for trip, campout

Tuesday: Drive to Flattops Wilderness, begin backpacking trip, backcountry camping

Wednesday-Friday: Backpacking in the Flattops Wilderness, backcountry camping

Saturday: Hike out of Flattops Wilderness, drive to Moab, Utah, base camping

Sunday: Sightseeing around Moab (Arches National park or Canyonlands National Park), base camping

Monday-Thursday: Climbing and Canyoneering in Moab, Utah with Desert Highlights, base camping

Friday: Drive back to CCO, debrief trip, camp dance, campout

Saturday: Campers leave. See you next year!

## **Trekker Camp Marrowbone**

## DISCOVERY. SERVICE.

Welcome to Trekker Camp Marrowbone at CCO! We are excited to bring this program back after a hiatus and offer enrollment to campers between 14-16 years of age. Participants will hike around and camp in National Parks in Wyoming and South Dakota like Wind Cave NP on their way to YMCA Camp Marrowbone. Formally known as the Sioux YMCA, the YMCA of the Seven Council Fires houses Camp Marrowbone. Here, campers will spend four days fully immersed in the camp culture and taking part in overnight camp activities with opportunities to explore nearby areas.

Campers will need to complete supplemental questions for consideration of being enrolled in this program. Deposit would be required once accepted into the trip.

## SKILLS & LEADERSHIP

This program is best suited for campers who have an interest in service work and building community relationships. Campers will learn about the organization's mission, vision, history, and impact across the Cheyenne River Reservation. During this cultural exchange experience the group will spend between 8-10 total hours assisting with hands-on work projects. Summer 2023 participants helped put finishing touches on new buildings that will be used for future summers!

## **OUTDOOR LIVING & COOOKING**

During the drive to and from YMCA Camp Marrowbone the group will be base camping at established campsites and preparing all their meals on a two-burner camp stove. Upon arrival at Camp Marrowbone some meals will be provided and others will be prepared by the group. At Camp Marrowbone the group will experience rustic camp living. CCO will communicate any camper dietary restrictions and food allergies to the Camp Marrowbone team prior to their arrival in South Dakota. This Trekker group will be traveling with tents for sleeping.

#### **TENTATIVE ITINERARY:**

Sunday: Campers arrive, ice breakers, ROWIDE campfire, campout

Monday: Low ropes, team building, Leave No Trace, prepare for trip, campout

Tuesday: Depart CCO, drive to Devils Tower WY, campout

Wednesday: Attend presentation at Eagle Butte Cultural Center, night in Dupree, SD

**Thursday-Saturday:** Camp Marrowbone, work projects, camp activities (swimming, archery, canoeing, etc.), explore

Sunday: Leave Camp Marrowbone, Visit Badlands NP, campout

Monday-Wednesday: In Black Hills National Forest area, Mount Rushmore, basecamp

Thursday: Drive back to CO, basecamp

Friday: Back at CCO, debrief trip, clean gear, and shower. Camp dance, campout

#### Saturday: Campers leave

\*While at YMCA Camp Marrowbone, campers will help with service projects, enjoy Native American cultural exchange, and interact with campers from Marrowbone. Statement of service hours can be provided from CCO following trip completion, upon request only.

## Wind River Trekker

## BACKPACKING. GROUP SKILLS.

Wind River Trekker is a program targeted at teens 15-17 who have previous backpacking experience and are up for a challenge. The focus of the trip is a 7-day backpacking trip in the Wind River Mountains of Wyoming. Teens will learn backcountry camping skills, Leave No Trace techniques, and group dynamics in a wilderness setting. The group can be expected to hike anywhere between 3-6 miles each day.

## SKILLS & LEADERSHIP

This Trekker group will increase map reading and compass skills, teambuilding, group communication, and Leave No Trace principles each day on the trail. Participants will have the opportunity to develop and grow their personal backcountry hiking and camping experience while learning about the history of the Wind River range.

## **OUTDOOR LIVING & COOKING**

During this backpacking trip the group will be carrying everything they need on their backs and backcountry camping. Backcountry camping allows the group to bring on their backs everything that they will need - from clothes, gear, food, tents and sleeping bags. This means that the group can move further into the wilderness to new campsites each day. They will be cooking on backcountry stoves and filtering their water.

#### **TENTATIVE ITINERARY:**

Sunday: Arrive at CCO; icebreakers; ROWDIE campfire, campout

Monday: Team building activities and high ropes course (weather dependent), campout

Tuesday: Examine the route for the trip, pack food and gear, campout

Wednesday: Leave CCO for Wind River Mountains; camp at Trailhead

**Thursday-Wednesday:** Backpacking in the Popo Agie Wilderness (groups average 5-8 miles per day, with one or two rest days at some point)

Thursday: Hike out to trailhead and drive back to CCO

Friday: Debrief trip, shower, clean gear, camp dance, campout

Saturday: Leave CCO. See you next year!

# **Trekker Surf and Turf**

#### NATIONAL PARKS. ADVENTURE IN CALIFORNIA.

Welcome to Trekker Surf and Turf at CCO! We are excited to offer this program to campers between 14-16 years of age. Campers will get the opportunity to explore natural areas in the Southwest United States and spend the weekend at YMCA Camp Surf in California. **This is a CCO camper family favorite and usually fills up quickly.** There is no level of experience required to participate. However, your camper should be able to hold their breath underwater, swim basic strokes, able to tread water and float, and be comfortable in the ocean. YMCA Camp Surf staff will guide water-based activities with CCO staff present. USLA certified Ocean Lifeguards will be on site in towers during times when campers are in the water.

## SKILLS & LEADERSHIP

Campers will learn about new places and environments through activities and exploration. Surfing and bodyboarding are offered by Camp Surf. They should push themselves out of their comfort zones by trying new things, becoming friends with others that might not have happened outside of camp, and have a positive experience. Topics like Leave No Trace related to desert ecosystems, group travel and camping etiquette will be covered as well.

## **OUTDOOR LIVING & COOOKING**

During the drive to and from YMCA Camp Surf the group will be base camping at established campsites and preparing all their meals on a two-burner camp stove. While at YMCA Camp Surf meals will be provided. CCO will communicate any camper dietary restrictions and food allergies to the Camp Surf team prior to their arrival in CA. This trekker group will bring tents and camp directly on the beach at Camp Surf.

#### **TENTATIVE ITINERARY:**

Sunday: Campers arrive, ice breakers, team building, campout

Monday: Low Ropes (depending on weather), Leave No Trace, pack for trip, campout

Tuesday: Leave for first campsite, base camp

Wednesday- Thursday: Camping and driving through CO, UT, AZ, CA

Friday: Arrive at Camp Surf by lunchtime, base camp on the beach

Saturday: At Camp Surf, base camp on the beach

Sunday: Leave Camp Surf by lunchtime; drive to campsite for evening, base camp

Monday - Thursday: Camping and driving through CA, AZ, UT, CO

Friday: Return to CCO, debrief, clean gear, camp dance, campout

Saturday: Campers Leave. See you next year!

# \*There may be changes in the specific parks visited depending on campsite availability, daily driving distance, and other factors.