

Ridge and Valley Charter School
Summer Programs 2010

Summer Wilderness Expeditions
Backpacking the Appalachian Trail

A Five-Day Hike For Children Grades 4 through 8



Experience the thrill of backpacking on the A.T. On a hiking trip with the world outdoors...experience the backcountry on foot where the sounds of a rippling stream in an otherwise silent forest, the rustle of leaves with the approach of a deer, or the sweet taste of just-ripened berries highlight the moment. With small groups and two guides, we allow for an intimate and unhurried way to experience nature's wonders. If you are interested in a wilderness adventure, backpacking along the Appalachian Trail, this is the course for you!

These trips are for students completing grades 4 through 8 that are interested in a spending 5 days outdoors, backpacking on the Kittatinny Mountain Range. Participants will carry their own gear and camp along the trail. We will learn skills – backpacking, camping, cooking, and navigation with a map – and find opportunities for personal growth in leadership, relationships, and group problem solving.

Let us show you the places we've discovered that you can only get to on foot. Come travel with us...one step at a time...on one of our hiking adventures!



Program Director: Cathy Barbier - Cathy is a founding teacher at the Ridge and Valley Charter School. She holds a BS in Elementary and Special Education and a Masters in Education. Cathy has experience leading backpacking, canoeing, and biking expeditions, and is a graduate of the National Outdoor Leadership School Educator Course. Cathy has been leading expeditions for the last 8 years in the Northwest region of New Jersey and holds certifications in Wilderness First Aid and American Red Cross Lifeguarding.

These summer programs provide children the chance to explore nature together, meet other eco-conscious families, and create memories for a lifetime. Register early. The registration fee is \$50 per person (for both children and chaperones) and is non-refundable. For information contact Cathy at 908-452-3324 or cathy.barbier@ridgeandvalley.org. Please complete the registration form (reverse) and submit it with payment to "Ridge and Valley Charter School."

Trip #1:

Dates: July 26-30, 2010
Ages: 4th thru 8th grade
Genders: Boys and girls
Cost: \$500 total, \$50 to register
Register by: July 5, 2010
Balance due: July 12, 2010
Parent-chaperoned?: No, just kids

Trip #2:

Dates: Aug 16-20, 2010
Ages: 4th thru 8th grade
Genders: Girls only!
Cost: \$500 total, \$50 to register
Register by: July 26, 2010
Balance due: Aug 2, 2010
Parent-chaperoned?: Optional, but female only

Total cost: \$500 (see due dates above)
Registration fee: \$50 (non-refundable)
Make checks payable to: *Ridge and Valley Charter School*

Send registration form and fee to:
Ridge and Valley Charter School
1234 Route 94, Blairstown, NJ 07825
(908) 362-1114

