



**OUTWARD
BOUND**

CHALLENGE yourself. **CHANGE** your world.

OUTWARD BOUND.



2012

SEEK YOUR SUMMIT

Discovery. Adventure + Challenge. Community.

OUTWARD BOUND COURSES are adventures that take you to places you can't get to alone.

PLACES OF AMAZING BEAUTY in some of America's most magnificent parks and wildernesses.

PLACES INSIDE YOURSELF that only the challenge and teamwork of Outward Bound can reveal.

Outward Bound students return home with new insights about themselves and their potential, about each other, about teamwork and compassion, and about how to make a difference in the world. 🌍

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EXPLORE BEAUTIFUL PLACES

Discover new strength.

Our courses are not guided trips. They are real expeditions that cross rugged, beautiful terrain with challenges designed to reveal your strength. 🌐

TRAVEL - TRAV•EL [TRAVV'L] - to go on a journey to a particular place, usually using a form of transportation.

WITH OUTWARD BOUND the form of transportation is your feet, the wind or a paddle.

THE PLACES are mountains and forests, rivers, lakes and oceans.

YOU CAN TRAVEL ON FOOT through the Rockies, the Cascades, the Sierras, or the Appalachians. Explore the mosaic of canyons, mountains and deserts of southeastern Utah. You can backpack the trails and hills in lower elevations, explore the peaks and passes on an alpine backpacking course, or ascend summits and learn technical travel on a mountaineering course.

YOU CAN HOIST A SAIL and explore the cruising ground off the coast of Maine, or sail the turquoise waters of the Florida Keys.

YOU CAN RAFT OR CANOE in some of America's most famous whitewater rivers — like the Deschutes in Oregon or the Green in Utah — or one of the many whitewater rivers in North Carolina. You can paddle the remote waterways of northern Maine, Minnesota or the Florida Everglades by canoe, or explore the San Juan Islands by sea kayak.

Yes, you will sleep on the ground.

Yes, you will travel most every day, rain or shine.

Yes, you will be challenged again and again.

Yes, you will go further than you thought you could.

Yes, you will be proud of your accomplishments.

Yes, you will know more about yourself. 🌐

DISCOVER WHAT'S POSSIBLE

Challenge yourself. Change your world.

ONCE OUTWARD BOUND, ALWAYS OUTWARD BOUND. To be “outward bound” means, literally, to leave the shelter of the harbor for the open sea. On an Outward Bound course, it means leaving comfort zones, putting fears aside, and discovering what is possible.

AND ULTIMATELY, being “outward bound” means continuing the Outward Bound journey — armed with leadership and teamwork skills and a commitment to service and striving to make a positive impact on the world.

Our Alumni, along with our course instructors, staff, partners and donors, form a community that is more than 1,000,000 strong. 🌍

When you graduate, you become a member of that community and have access to ongoing opportunities to lead, contribute and tap into the insight and inspiration you found on course.



THE OUTWARD BOUND MODEL

EVERY OUTWARD BOUND COURSE follows the same basic model. Our instructors deliver a progression starting with skill building and culminating with real leadership — and plenty of fun, celebration and camaraderie as we go. We add challenge, reflection, teamwork and service to create an experience with lasting impact.



Photo: Mitsui Washiki

TYPICAL COURSE PROGRESSION >

SKILL BUILDING

The first third of your course will focus on teaching you wilderness travel skills, self-care and campcraft.

TEAMWORK

Once your instructors have presented the basic skills, they will expect you and your group to step up and work as a team. Around mid-course, they will start asking you to take on more responsibility — to navigate for part of a day, to cook dinner on your own, or to select your route to that night's camp. Instructors supervise, of course, but offer less input as the course progresses. This is the core of Outward Bound learning and what ensures that the skills we teach become tools for success.

FINAL EXPEDITION

Depending on age, skill, course length and other factors, instructors may determine that your group is capable of an independent Final Expedition, in which they travel apart from the group, using pre-arranged check-ins to monitor group progress. The leadership is real and the feeling of success is yours to keep.

CLASSIC COURSE ELEMENTS >

CHALLENGE

All courses include at least one challenge element like rock climbing, a ropes course, a peak ascent or a big whitewater day. These challenges push you as an individual to find strength you didn't know you have — something you will need to rel on throughout your course.

REFLECTION

Solo is part of what makes Outward Bound “Outward Bound.” All courses include some time to sit alone and reflect. Depending on the length of your course, you will spend from several hours to up to three days at your own campsite with shelter, food and water, and regular check-ins from your instructors.

SERVICE

Taking time to haul, sweat, hammer or dig for people whom you may never see enriches the world and yourself. Most courses include a service project like trail building or other volunteer work for local parks, the forest service, or community initiatives like aiding in soup kitchens or going on nursing home visits.

OUTWARD BOUND WORKS

Wilderness skills build life skills.

OUTWARD BOUND IS MORE than just a summer camp. It is more than wilderness adventure. Since 1962, Outward Bound has taken over 1,000,000 people of all ages on adventures that build character, teach leadership skills, and inspire a service ethic.

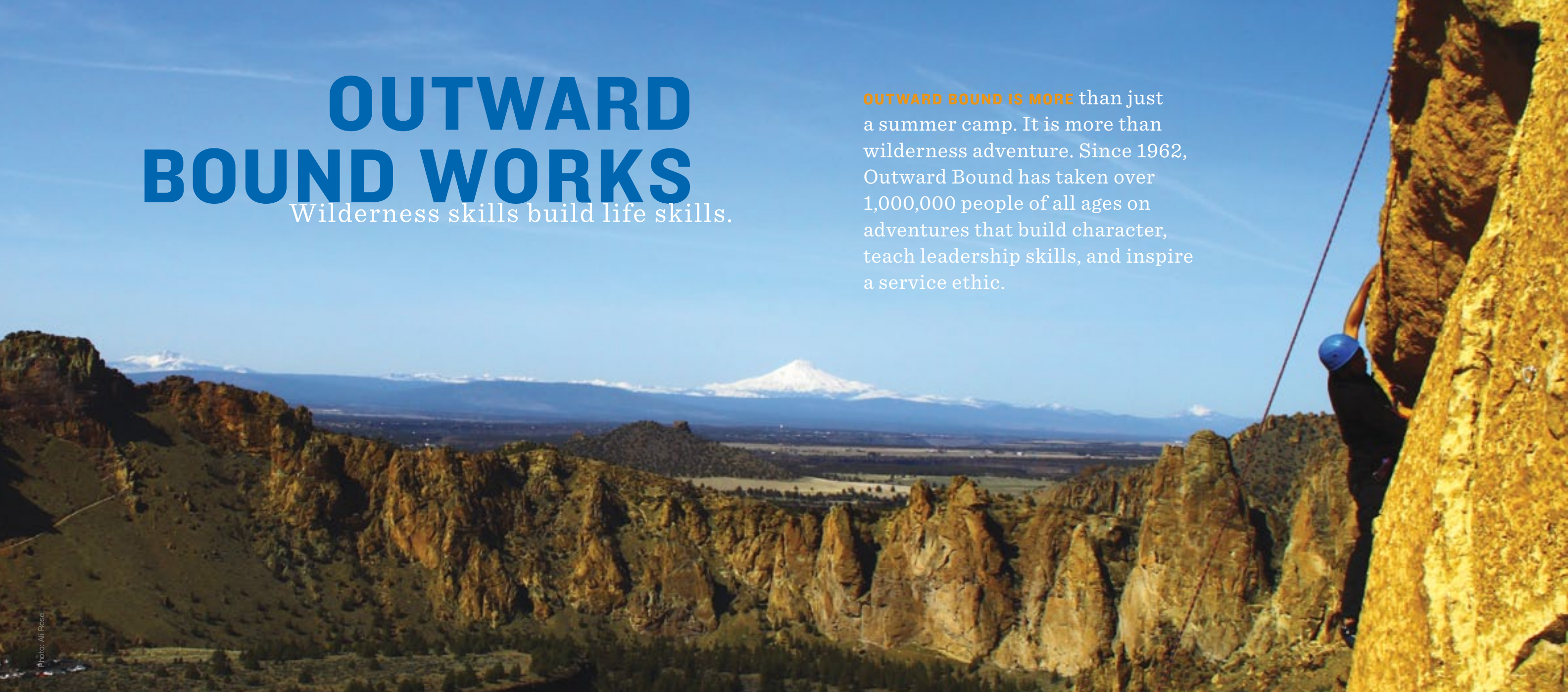


Photo: Ali Rose

BUILDING CHARACTER

Outward Bound courses are wilderness expeditions designed to impel students into character-building experiences that require participants to dig deep and discover hidden strength. After course, three times as many students report high levels of confidence, self-esteem, and teamwork skills as before-course surveys indicated.

TEACHING LEADERSHIP

Challenge, adventure and teamwork combine to create an ideal platform for teaching leadership. Whether it is making good decisions, being a role model for peers, or participating in a service project, Outward Bound is aimed at exploring and enhancing leadership skills both on course and back home.

INSPIRING SERVICE

Most courses will include an opportunity to participate directly in community service, and all graduates will be encouraged to participate in service work after course. Upon completing course, twice as many students report high levels of self-respect and interest in community service as prior to course.

Years of studies, post-course surveys, and our latest academically rigorous research confirm: Outward Bound delivers significant improvements in character development and life skills, like leadership and a commitment to serve. 🌍



SEMESTER

THERE IS NOTHING LIKE living under the sun and stars long enough to see a season change.

Outward Bound semesters are unique opportunities to gain real wilderness skills and develop life skills in decision making, problem solving, leadership and teamwork. No other Outward Bound experience is as in-depth and comprehensive as a wilderness semester. You'll gain a clearer sense of yourself and your abilities, build strong bonds with your group, and walk away with a greater understanding of the wilderness, our world and how you want your life to be. This is the ideal alternative semester.

CHECK OUT "THE OUTWARD BOUND MODEL" ON PAGES 6-7 TO SEE THE BASIC ELEMENTS OF OUTWARD BOUND.

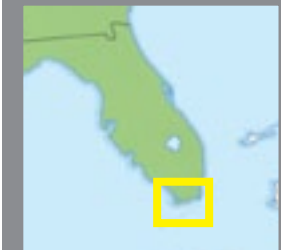
ACADEMIC CREDIT AVAILABLE. FOR MORE INFORMATION, VISIT WWW.OUTWARDBOUND.ORG OR CALL 866-846-7745.



COSTA RICA + FLORIDA

winter | 85 days

SEMESTER



IN THIS EXCITING and demanding three-month (85-day) semester course, you will explore and master the art of water-based wilderness expeditions and adventure, developing the skills and leadership abilities to teach and travel widely on our blue planet.

Courses begin in Key Largo, FL and end in San Jose, Costa Rica. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

FLORIDA KEYS TO COSTA RICA LEADERSHIP SEMESTER

Learn the art of sailing and marine navigation in the sub-tropical waters of the Florida Keys, and complete a 9-day Wilderness First Responder certification. Then head to Costa Rica and paddle some of the western hemisphere's most exciting whitewater in both rafts and kayaks. You will explore the power of surfing on Costa Rica's Pacific coast and work towards becoming a certified ocean lifeguard. The final push brings you to Panama where you will earn certification in SCUBA diving. Then top off the 85-day semester course with an unforgettable sea kayaking expedition in the turquoise waters of the famed Bocas del Toro archipelago on the Caribbean coast.

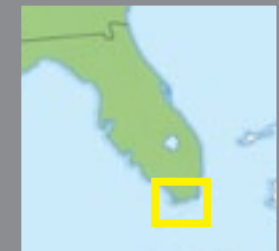
WINTER • 18-30, 85 days, \$11,995 *starts Jan 2012



MINNESOTA + FLORIDA

spring | 60 days

SEMESTER



THIS 60-DAY SEMESTER is a study in extremes. From dogsledding across a frozen snow-covered lake in the far north, to sailing on the clear blue waters over coral reefs in the Florida Keys, this semester has it all. Travel with sled dogs, ski and sail. Learn winter camping, land and sea navigation, outdoor living skills and teamwork.

Courses begin in Duluth, MN, and end in Miami, FL. Students are responsible for mid-course travel between locations. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

MINNESOTA TO FLORIDA SEMESTER

Travel to Minnesota's basecamp near Ely, Minnesota, and the Boundary Waters Canoe Area Wilderness and begin to acclimate to snow and winter. Head out for a few days to get winter-living skills down and then return to base for dogsledding training (including building your own dogsled!) and get to know the team of Canadian or Alaskan Huskies you will travel with. You'll be surprised how warm you can stay with activity and some skills. After about 4 weeks in Minnesota, you make like a bird and fly south. In Florida, you will set sail on a 30-foot open sailing vessel and start translating winter-camping and group-living skills into the intensive team environment of a sailing expedition. Facing challenges like rowing on windless days in shallow coral reef-filled waters, you and your team will build to an independent final expedition where all your skills may be put to the test.

SPRING • 18-30, 60 days, \$7,295



Photo: Jeff Bowles

APPALACHIANS + FLORIDA + PATAGONIA

spring + fall | 72 days



Photo: Kate Borgelt

COLORADO + UTAH + ECUADOR

fall | 81 days

SEMESTER

SEMESTER

IN 72 DAYS, you'll cover more ground and sea than you ever thought! Choose to go in either the spring or the fall and experience the challenge of backcountry travel, teamwork, leadership development and physical fitness in three different course areas.

For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

APPALACHIANS TO ANDES INTERNATIONAL LEADERSHIP SEMESTER

Explore Patagonia where travel through remote temperate rainforests and over glacial fields develops the foundations of teamwork for the rest of the course. You'll acquire alpine and mountaineering skills and put them to the test for a summit attempt of a snow-capped volcano. Journey through Florida's Ten Thousand Islands and Everglades, where networks of mangrove islands provide the perfect opportunities for developing paddling techniques, refining navigational skills, and fostering personal development. And in North Carolina, you'll backpack and rock climb in the Appalachian Mountains. Finally, independently of your instructors, you'll plan and execute a multi-day final expedition that pulls on all the wilderness and leadership skills you've developed.

SPRING • 18-30, 72 days, \$9,725

FALL • 18-30, 72 days, \$9,725



WITH EXPERIENCES IN FOUR distinct course areas, this 81-day Semester course is anything but ordinary. The Rockies semester includes: 19-day mountain expedition, 15-day rock camp, 12-day canyon expedition, 6 days acclimatizing and ice climbing, and 22-day high altitude expedition.

For details on the course below, check out www.outwardbound.org or call 866-846-7745.

ROCKIES TO ECUADOR LEADERSHIP SEMESTER

On this expedition, explore three different environments - the mountains of Colorado, canyons of Utah, and the high-altitude volcanoes in the Andes - and acquire the technical outdoor skills, the teamwork strategies, and the leadership skills to succeed on challenging adventures and in life. Beginning high in the Colorado Rockies, your first three weeks take you on expedition through the rugged Gore Range. You learn to thrive in the backcountry as you gain the skills critical to mountain travel, camping, peak-climbing and group-living. Then spend two weeks at "Rock Camp" in Joshua Tree National Park in California, learning climbing techniques, developing top-rope set up and management skills, and building a foundation of technical proficiency necessary for successful canyoneering and mountaineering. Next, travel to southern Utah for a two week backpacking and canyoneering expedition through stunning slick rock and slot canyons, cementing your backcountry and technical skills. Finally, you spend three weeks on a cultural and mountaineering expedition in Ecuador. Here, you bring all your backcountry, technical, teamwork and leadership skills together as you journey across icy glaciers and attempt to summit the breathless high-altitude volcanoes of the Andes.

FALL • 18-30, 81 days, \$9,995



Photo: Alex Corosh

UTAH

spring + fall | 50 days

SEMESTER



THE SOUTHWEST SEMESTER is a 7-week adventure in the mountains, canyons, deserts and rivers of one of the most beautiful and geologically stunning landscapes in the world. The course is designed to offer young adults a chance to explore new terrain in nature and within themselves. Students should be fit, motivated and ready to learn.

Courses begin in Grand Junction, CO. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

SOUTHWEST LEADERSHIP SEMESTER

Increase your knowledge of the environment while you learn wilderness travel techniques in a variety of environments in Utah. The ultimate focus of the semester is character development and effective leadership. The Southwest Leadership Semester uses wilderness adventure to help you develop leadership, self-confidence, compassion, service, fitness, and educational skills. You'll travel down one of Utah's dramatic whitewater rivers, hike the La Sal Mountains, and explore some of Utah's most beautiful canyons. Whether you are learning how to tie-in on belay, or making a navigation decision as a team, you will rely upon the wilderness and leadership skills that this course delivers.

SPRING & FALL • 18-30, 50 days, \$6,595

A Farewell to CAN'T

This goodbye does not make me sad. I will not miss you. I have discovered what it feels like to do the unthinkable. The hard. The long. The challenging. You have no business here anymore. From now on, difficult will seem doable. I will see the impossible as simply not-yet-conquered. Farewell, Can't. You will haunt me never again. Hello, Can. Welcome to my world.



OUTWARD BOUND

1 (877) 695-7805 | outwardbound.org



TEEN + COLLEGE

A young man with short brown hair, wearing a bright yellow rain jacket, is shown from the chest up. He is holding a black kayak paddle high above his head with both hands. The background is a cloudy, overcast sky. The text 'TEEN + COLLEGE' is overlaid in large, bold, blue letters across the top of the image.

AN UNFORGETTABLE EXPERIENCE, a real accomplishment, something to be proud of for the rest of your life. An Outward Bound course can be all that and more.

These courses are designed specifically for older teens and college-age adults to deliver leadership skills and achievement, to bring out the best, and to provide each student with an opportunity for success. Choices made in your late teens and early twenties may set a direction for years to come. An Outward Bound course is a great way for older teens and college-age adults to gain practical, relevant life experience and to develop leadership skills.

CHECK OUT “THE OUTWARD BOUND MODEL” ON PAGES 6-7 TO SEE THE BASIC ELEMENTS OF OUTWARD BOUND.



TRAVEL ON FOOT in the North Cascades, nicknamed “America’s Alps,” sea kayak among the 400 islands of the Puget Sound, or do both! The Puget Sound is nestled between two prominent mountain ranges in the Northwest – Olympic Coast Range and the Cascade Range – and is an ultimate cruising ground with large expanses of sparkling water and mountain scenery. The North Cascades is the perfect setting for multi-day expeditions. This area is full of high mountain meadows peppered with wild flowers, open cliff faces and deep glacially carved valleys. Choose backpacking and explore the peaks and passes as you build your team and soak in the beauty of the North Cascades. Or choose mountaineering and focus on ascending a technical peak.

For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

WASHINGTON

north cascades



TEEN + COLLEGE

TEEN + COLLEGE



HIGH CASCADES MOUNTAINEERING

SUMMER • 16-18, 14 days, \$2,725 • 16-18, 22 days, \$3,895 • 18-22, 14 days, \$2,725 • 18-22, 22 days, \$3,895



REVIEW

Josey P.

“★★★★★” My two Outward Bound trips were amazing. They help you appreciate nature, other people, and most importantly, your own physical and mental strength. What more can you ask for? Do I want to do it a third time? Of course!



PADDLE THE DESCHUTES RIVER, explore the Central Cascades and, for the climbing and 30-day courses, spend extended time climbing. The Central Cascades is home to the Three Sisters, Mt. Washington, and Mt. Jefferson Wilderness areas. The area is also home to four 10,000-plus-foot glaciated volcanoes. Courses will attempt to climb at least one major peak in the area. Climbing sections include individual instruction and test your will against vertical cracks, faces and boulders. The mountainous terrain of Oregon also gives life to many rivers ideal for rafting. Paddle the wild and scenic Deschutes River that flows from the Oregon Cascades to the Columbia River and then to the Pacific or the world-famous Salmon River in Idaho. Courses with rafting travel 50-100 miles over rapids up to Class IV.

Courses begin in Redmond, OR or Lewiston, ID. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

OREGON

central cascades



Kim Budd



Alex Gorosh



Alex Gorosh

TEEN + COLLEGE

TEEN + COLLEGE



Photo: Ali Rose

SALMON RIVER RAFTING

SUMMER • 16-18, 10 days, \$1,895

OREGON RAFTING + MOUNTAIN EXPEDITION

SUMMER • 16-18, 15 days, \$2,995 • 16-18, 22 days, \$3,925



REVIEW

Jonathan P.

"★★★★★" I think the average person would be surprised at the amount of personal strength and mental fortitude developed after wiping with a pine cone. Plus, I came home physically built like a lumber jack, but as sensitive as a Paul Simon cover band.



CALIFORNIA

sierra nevada



THE SIERRA NEVADA is among the most revered mountain ranges in North America and the birthplace of America's National Parks. With the likes of naturalist John Muir and photographer Ansel Adams finding deep and lifelong inspiration there, it is a perfect place to explore with Outward Bound. Choose backpacking and explore the peaks and passes as you build your team and soak in the beauty of the Sierras, or choose mountaineering and focus on ascending a technical peak. The backpacking and climbing course is like a mobile rock camp. There is a good bit of travel between climbing sites, but you stay in one place for a few nights and focus on building climbing skills.

Courses begin in Fresno, CA. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.



Mitsu Iwasaki



Mitsu Iwasaki



John Melten

TEEN + COLLEGE

TEEN + COLLEGE



Photo: Jessica Mines

SIERRA NEVADA ALPINE BACKPACKING
SUMMER • 16-18, 14 days, \$2,695 • 16-18, 22 days, \$3,725 • 18-22, 14 days, \$2,695 • 18-22, 22 days, \$3,725

SIERRA NEVADA MOUNTAINEERING
SUMMER • 16-18, 14 days, \$2,695 • 16-18, 22 days, \$3,725

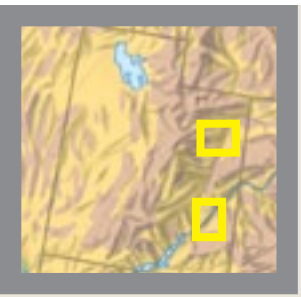
SIERRA NEVADA ALPINE BACKPACKING + ROCK CLIMBING
SUMMER • 16-18, 10 days, \$1,895



REVIEW

Alison J.

"★★★★★" My Outward Bound experience, in 1986, proved to be some of the most amazing, exhilarating and memorable few days of my life! The unique challenges build confidence, and the bonds with new friends last a lifetime.



EXPLORE THE AMAZING rivers, canyons or mountains of southeastern Utah. Start on the Green River via the 2000-foot sandstone escarpments of the Gates of Lodore, or visit the Yampa River's sandstone landforms and ancient Native American pictographs. Travel through the La Sal Mountains — known for their groves of aspen, scrub oak and incredible views — into Canyonlands National Park. Or wind through the canyons in the Dark Canyon Wilderness Area, an area of massive buttes, slot-like canyons and soaring pinnacles. And for the true adventurer, join the 24-day John Wesley Powell River Expedition, and follow in the footsteps of the pioneer who first explored this amazing region.

Courses begin in Grand Junction, CO. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

UTAH

canyonlands



TEEN + COLLEGE



SOUTHWEST CANYONEERING + RAFTING
 SUMMER & FALL • 16-18, 16 days, \$3,195 •
 18-22, 16 days, \$3,195

SOUTHWEST RAFTING
 SUMMER • 16-18, 8 days, \$1,525

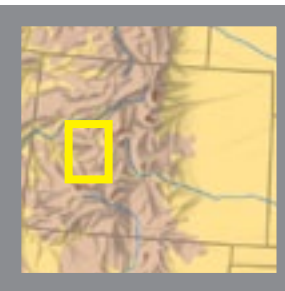
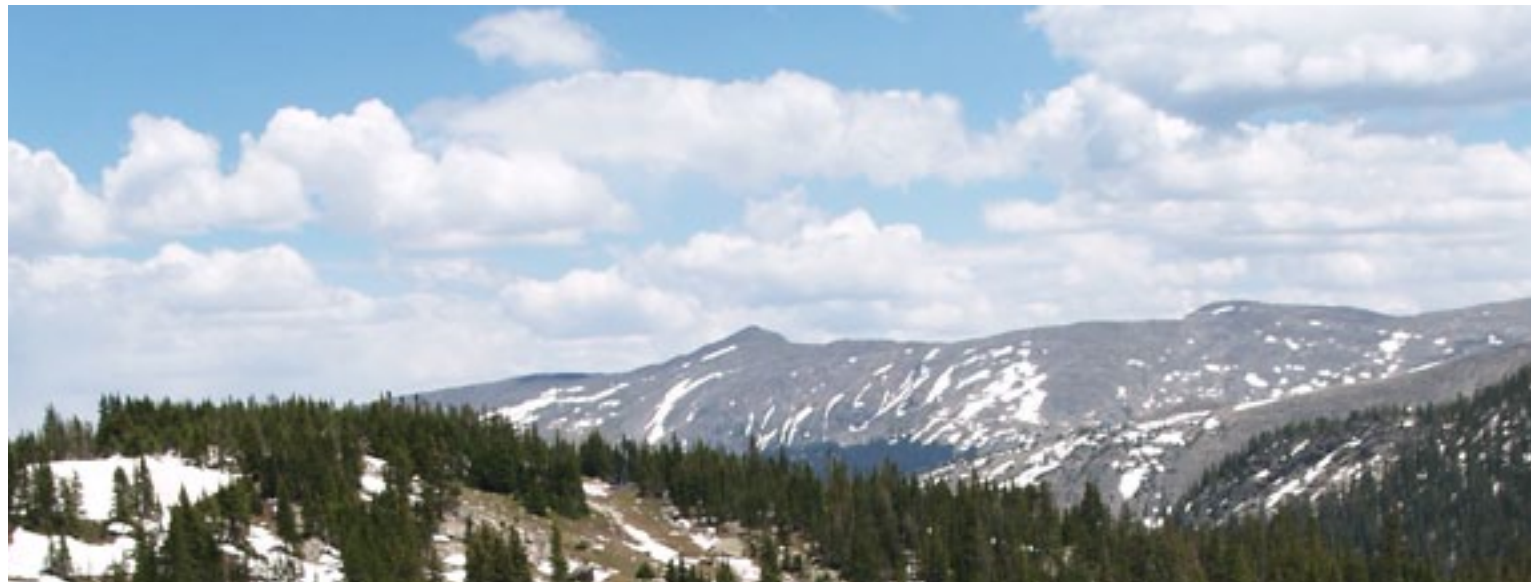
SOUTHWEST MOUNTAIN, CANYON + RIVER EXPEDITION
 SUMMER & FALL • 16-18, 23 days, \$4,295

SOUTHWEST RAFTING + KAYAKING
 SUMMER • 16-18, 16 days, \$3,195 • 18-22, 16 days, \$3,195

SOUTHWEST "JOHN WESLEY POWELL" RIVER EXPEDITION
 SUMMER • 16-18, 24 days, \$4,295



Anna D.
 "★★★★★" Outward Bound gives you a chance to get out of your comfort zone while having tons of fun!



THE ROCKY MOUNTAINS, one of the most famous mountain ranges in the world, stretch 3,000 miles from Alaska to New Mexico. It is in and around these majestic mountains that your Outward Bound course will take place. Travel in this environment is both on and off trail, through wooded and rocky, rugged terrain as you build your team and soak in the beauty of the Rockies. Choose backpacking and hike and scramble up non-technical peaks and passes. Or choose mountaineering and also ascend technical peaks using ropes, rock climbing, or ice axes. The mountaineering and climbing course takes the technical skills a step further by first spending 5 days at a renowned climbing mecca, learning and perfecting the climbing skills and the technical skills required to successfully summit challenging technical peaks.

Courses begin in Denver, CO. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

COLORADO

rocky mountains



TEEN + COLLEGE

TEEN + COLLEGE



COLORADO ROCKIES ALPINE BACKPACKING

SUMMER & FALL • 16-18, 15 days, \$2,825
• 16-18, 22 days, \$3,725 • 18-22, 15 days, \$2,825 • 18-22, 22 days, \$3,725

COLORADO ROCKIES MOUNTAINEERING—30 DAY

SUMMER • 16-18, 30 days, \$4,695 • 18-22, 30 days, \$4,695

TRUE PATH LEADERSHIP EXPEDITION—ROCKY MOUNTAIN

SPRING & FALL • 18-22, 30 days, \$4,695

COLORADO ROCKIES MOUNTAINEERING

SUMMER & FALL • 16-18, 15 days, \$2,825
• 16-18, 22 days, \$3,725 • 18-22, 15 days, \$2,825 • 18-22, 22 days, \$3,725

COLORADO ROCKIES MOUNTAINEERING + ROCK CLIMBING

SUMMER • 16-18, 22 days, \$3,795 • 18-22, 22 days, \$3,795



EXPLORE THE WATERFALLS, sheer rock cliffs, and deep, crystal-clear lakes of the Boundary Waters Canoe Area Wilderness — over 1 million acres containing thousands of portage-linked lakes and streams, interspersed with islands, forests and crags. On the canoeing and backpacking courses, wind your way among birch, cedar and maple groves and cross over dozens of coursing waterfalls. The glow of a campfire at designated campsites is the perfect way to start your trip, build teamwork and prepare for the canoe expedition.

Courses begin in Duluth, MN. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

MINNESOTA

boundary waters



TEEN + COLLEGE

TEEN + COLLEGE



MINNESOTA CANOEING + BACKPACKING
SUMMER • 16-18, 22 days, \$3,795

MINNESOTA WILDERNESS CANOEING
SUMMER & FALL • 16-18, 15 days, \$2,825
• 16-18, 22 days, \$3,795 • 18-22, 15 days, \$2,825 • 18-22, 22 days, \$3,795

TRUE PATH LEADERSHIP EXPEDITION—MINNESOTA
SUMMER • 16-18, 30 days, \$4,695



Ryan E.
“★★★★★” As a 5 time Outward Bound alum, I can guarantee a few things. You will learn, laugh, and push yourself beyond all of your self-limitations. I learned a lot of leadership skills on course that were transferable in day-to-day life. The best 5 summers of my life were spent in the world’s most beautiful classrooms. Step out of your comfort zone and become Outward Bound.

Photo: Ty Sassaman

Ty Sassaman

Luke O'Neil

Ty Sassaman



Photo: Luke O'Neil



TRAVEL THE MOUNTAINS AND WATERWAYS of Maine's beautiful northwoods. Paddle the lakes, rivers and streams within the Kennebec, Penobscot, Allagash, or Androscoggin watersheds. Courses that include backpacking will take you to sections of the Appalachian Trail in the 100-Mile Wilderness area, the Mahoosuc Range, the Bigelow Range, or the Caribou-Speckled Mountain Wilderness Area. Many spectacular northwoods summits do not have trails leading up them, so you may find yourself "bushwacking" — using a map and compass to travel cross-country — as your adventure unfolds.

Courses begin in Portland, ME. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

MAINE WOODS

appalachians + northwoods



Brian Peters



Ben Hodgman



Ben Hodgman

TEEN + COLLEGE

TEEN + COLLEGE



Photo: Ben Hodgman

MAINE BACKPACKING + CANOEING

SUMMER • 16-18, 14 days, \$2,695 • 16-18, 22 days, \$3,795 • 18-22, 14 days, \$2,695

MAINE BACKPACKING + ROCK CLIMBING

SUMMER • 16-18, 14 days, \$2,695

MAINE COAST SAILING

SUMMER • 16-18, 14 days, \$2,795 • 16-18, 22 days, \$3,795 • 18-22, 14 days, \$2,795

MAINE NORTHWOODS CANOEING & SERVICE

FALL • 16-18, 22 days, \$3,795

MAINE SAILING + BACKPACKING

SUMMER • 16-18, 22 days, \$3,795

MAINE SAILING + SERVICE EXPEDITION

FALL • 16-18, 22 days, \$3,795

MAINE WHITEWATER CANOEING

FALL • 18-22, 7 days, \$1,395

MAINE WHITEWATER CANOEING + ROCK CLIMBING

SUMMER • 16-18, 14 days, \$2,795 • 16-18, 22 days, \$3,795



THE INTRICATE AND CRAGGY SHORELINE of the coast of Maine is unique along the North Atlantic seaboard. Your course will sail from our basecamp on Wheeler's Bay in St. George, Maine. Courses with backpacking elements travel inland and hike the mountain trails of the 100-Mile Wilderness area, the Mahosuc Mountains, the Bigelow Range, or the Caribou-Speckled Mountain Wilderness Area. On our premier 28-day Downeast sailing course, you explore the more remote and rugged area of coastline extending from Acadia/Bar Harbor east to the Canadian border known as "downeast."

Courses begin in Portland, ME. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

MAINE COAST

atlantic seaboard



Luke O'Neil



Luke O'Neil



Ben Hodgman

TEEN + COLLEGE



Photo: Luke O'Neil

MAINE COAST SAILING

SUMMER • 16-18, 14 days, \$2,795 • 16-18, 22 days, \$3,795 • 18-22, 14 days, \$2,795

MAINE SAILING + BACKPACKING

SUMMER • 16-18, 22 days, \$3,795

MAINE SAILING + SERVICE EXPEDITION

FALL • 16-18, 22 days, \$3,795



REVIEW

Steve A.

"★★★★★" It started as an idea: "Wouldn't it be great to be outside in amazing places doing cool things with fun people?" Make it happen for yourself, begin your journey and tap into your own potential. Outward Bound has a challenge for each of us and the first step is deciding to accept the invitation.



IN THE SOUTHERN APPALACHIAN MOUNTAINS of western North Carolina, the Pisgah or Nantahala National Forests boast some of the most beautiful and lush terrain and the highest mountains east of the Mississippi. The area is peppered with rocky crags and granite outcroppings that provide exceptional climbing opportunities. Paddle a sea kayak in the scenic Outer Banks or canoe one of the many rivers in the Southern Appalachians that offers challenging runs for all paddling skill levels. Whether you're sea kayaking or whitewater canoeing, you'll learn communication and collaboration as you implement ferries, eddies, and peel-outs or paddle through the surf to a beachfront camp. These courses are great opportunities to apply newfound skills, to shine as a team, and to develop leadership skills.

Courses begin in Asheville, NC. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

NORTH CAROLINA

appalachians + outer banks



TEEN + COLLEGE

TEEN + COLLEGE



**APPALACHIAN MOUNTAINS
BACKPACKING, ROCK CLIMBING +
WHITewater CANOEING**
SUMMER • 16-18, 21 days, \$3,425

**APPALACHIAN MOUNTAINS
BACKPACKING + ROCK CLIMBING**
SUMMER • 16-18, 14 days, \$2,625

**APPALACHIAN MOUNTAINS
BACKPACKING + WHITewater CANOEING**
SUMMER • 16-18, 14 days, \$2,725

**BLUE RIDGE MOUNTAINS
BACKPACKING + ROCK CLIMBING**
SUMMER • 16-18, 9 days, \$1,735

**BLUE RIDGE MOUNTAINS
BACKPACKING + WHITewater CANOEING**
SUMMER • 16-18, 9 days, \$1,835

**NORTH CAROLINA
OUTER BANKS SEA KAYAKING**
SUMMER • 16-18, 8 days, \$1,635 • 16-18, 14
days, \$2,775

YOUTH



DISCOVER NEWFOUND CONFIDENCE, master new skills, and experience physical and group challenges. On these courses, participants will learn about teamwork and gain a feeling of accomplishment and pride.

Whether you're rafting, paddling canoes, or climbing mountains, the wilderness can teach you skills that will become lifelong tools. Designed for younger teens, these courses allow participants to explore their budding independence with Outward Bound instructors trained to serve this age group. Courses are for ages 14-16 or 12-13.

CHECK OUT "THE OUTWARD BOUND MODEL" ON PAGES 6-7 TO SEE THE BASIC ELEMENTS OF OUTWARD BOUND.



Photo: Alex Corcosh

NORTH CAROLINA

appalachian mountains



Photo: Carly Ferguson

MID-ATLANTIC

delaware water gap + west virginia

YOUTH

YOUTH



THE APPALACHIANS (which include the Blue Ridge Mountain range) abound with steep gorges, expansive vistas, and rivers that offer challenging runs for all paddling skill levels. Whitewater canoeing draws on communication and collaboration to implement ferries, eddies, peel-outs and turns through rapids like Galloping Sluice and Eye of the Needle. The Southern Appalachians boast exceptional climbing opportunities for all skill levels. These courses are great opportunities to apply newfound skills, to shine as a team, and to develop leadership.

Courses begin in Asheville, NC. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

**APPALACHIAN MOUNTAINS
BACKPACKING, ROCK CLIMBING +
WATER CANOEING**
SUMMER • 14-16, 21 days, \$3,425

**APPALACHIAN MOUNTAINS
BACKPACKING, ROCK CLIMBING +
WATER CANOEING—GIRLS**
SUMMER • 14-16, 21 days, \$3,425

**APPALACHIAN MOUNTAINS
BACKPACKING + ROCK CLIMBING**
SUMMER • 14-16, 14 days, \$2,625

**APPALACHIAN MOUNTAINS
BACKPACKING + WATER CANOEING**
SUMMER • 14-16, 14 days, \$2,725

**BLUE RIDGE MOUNTAINS
BACKPACKING + ROCK CLIMBING**
SUMMER • 14-16, 9 days, \$1,735

**BLUE RIDGE MOUNTAINS
BACKPACKING + WATER CANOEING**
SUMMER • 14-16, 9 days, \$1,835



OUR MID-ATLANTIC COURSE AREA includes the Delaware Water Gap National Recreation Area and West Virginia. The Delaware Water Gap encompasses 67,000 acres of mountain ridge and forest on both sides of the Delaware River. In West Virginia, the rugged Monongahela National Forest takes you back to a time before modern civilization made its mark on our land. The canoe portion of the course will take place on the beautiful, meandering Potomac River.

For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

**APPALACHIAN TRAIL BACKPACKING +
ROCK CLIMBING**
SUMMER • 14-16, 12 days, \$2,295

APPALACHIAN TRAIL BACKPACKING
SUMMER • 12-13, 7 days, \$1,425

**DELAWARE WATER GAP
BACKPACKING + CANOEING**
SUMMER • 12-13, 10 days, \$1,925

DELAWARE WATER GAP CANOEING
SUMMER • 12-13, 7 days, \$1,425

**WEST VIRGINIA BACKPACKING &
CANOEING—BOYS**
SUMMER • 12-13, 10 days, \$1,925

**WEST VIRGINIA BACKPACKING &
CANOEING—GIRLS**
SUMMER • 12-13, 10 days, \$1,925

**YOUTH SERVICES LEADERS—
PHILADELPHIA**
SUMMER • 14-16, 12 days, \$2,195



REVIEW

Larry S.

"★★★★★" It's so hard to convey to someone who hasn't gone but, in short, it's the best thing I've ever done! 27 years later, and its "magic" is still with me every day, and if ever I stray, the memories are always there to bring me back to where I need to be. Thanks, Outward Bound! I am forever grateful...



Photo: TIOBS



Photo: Ben Hodgman

YOUTH

YOUTH



SAIL OR SEA KAYAK through Massachusetts Bay while exploring the Boston Harbor Islands National Park Area — featuring 34 islands, over 1,600 acres, and 35 miles of undeveloped shoreline. The park is a great location for adventure and historical and environmental exploration of its forts, rolling hills, forests, meadows, salt marshes and beaches. Live in the outdoors, climb the 62-foot Alpine Tower on Thompson Island, investigate marine ecology, learn environmental stewardship, and participate in a service project.

Courses begin in Boston, MA. For details on any of the courses below, check out www.outwardbound.org or call 617-328-3900 x142/144.

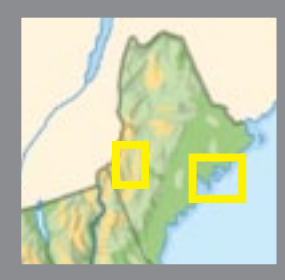
**BOSTON HARBOR
SEA KAYAKING + CLIMBING—GIRLS**
SUMMER • 12-13, 12 days, \$2,100

**BOSTON HARBOR
SEA KAYAKING + CLIMBING—BOYS**
SUMMER • 12-13, 12 days, \$2,100

**BOSTON HARBOR SAILING + CLIMBING—
GIRLS**
SUMMER • 12-13, 12 days, \$2,100

**THOMPSON ISLAND
ENVIRONMENTAL EXPLORATIONS
(WITH SAILING + CLIMBING)—BOYS**
SUMMER • 12-13, 10 days, \$1,800

**THOMPSON ISLAND
ENVIRONMENTAL EXPLORATIONS
(WITH SAILING + CLIMBING)—GIRLS**
SUMMER • 12-13, 10 days, \$1,800



EXPLORE THE MOUNTAINS AND WATERWAYS of Maine's beautiful northwoods. Paddle the lakes, rivers and streams within the Rangeley and the Androscoggin watershed. Or sail the intricate and indented shoreline of the coast of Maine along the North Atlantic seaboard. Our Youth courses in Maine offer a variety of classic landscapes, travel in gorgeous wilderness, and an unforgettable adventure.

Courses begin in Bangor or Portland, ME. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

MAINE BACKPACKING + CANOEING
SUMMER • 14-16, 14 days, \$2,795 • 14-16, 22 days, \$3,795

MAINE COAST SAILING
SUMMER • 14-16, 14 days, \$2,895 • 14-16, 22 days, \$3,895

MAINE SAILING + BACKPACKING
SUMMER • 14-16, 22 days, \$3,895



Photo: Ty Sassaman

MINNESOTA

boundary waters



Photo: Jessica Milnes

COLORADO

rocky mountains

YOUTH

YOUTH



EXPLORE THE WATERFALLS, sheer rock cliffs and crystal-clear lakes of the Boundary Waters Canoe Area Wilderness. And on the canoe and backpack courses, hike the birch forests and maple groves of the Superior Hiking Trail. Cook over an open fire at designated campsites in the 1 million-acre Boundary Waters. Build teamwork and prepare for the canoe expedition as you hike the Superior Hiking Trail, crossing over dozens of coursing waterfalls among birch, cedars and maples.

Courses begin in Duluth, MN. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

MINNESOTA CANOEING + BACKPACKING

SUMMER • 14-16, 22 days, \$3,795

MINNESOTA WILDERNESS CANOEING

SUMMER • 14-16, 15 days, \$2,825 • 14-16, 22 days, \$3,795

ST. CROIX SCENIC WATERWAY CANOEING

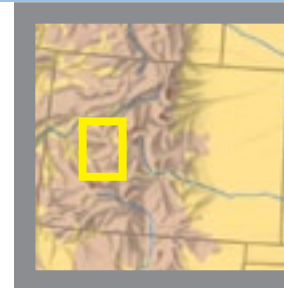
SUMMER • 14-16, 7 days, \$1,295

ST. CROIX SCENIC WATERWAY CANOEING - BOYS ONLY

SUMMER • 12-13, 7 days, \$1,295

ST. CROIX SCENIC WATERWAY CANOEING - GIRLS ONLY

SUMMER • 12-13, 7 days, \$1,295



THESE YOUTH COURSES in the Rocky Mountains, one of the most famous mountain ranges in the world, are designed to ease youth into a backcountry adventure that becomes progressively more challenging as the course unfolds. Start with camping for three days at a premier rock climbing site, learning basic backcountry cooking and camping skills in the evenings while spending the days rock climbing and rappelling. Then head to the mountains to begin the backpacking or mountaineering expedition. Expect to travel on- and off-trail, over wooded and rugged, rocky terrain, and backpack up rough, steep inclines as you build your team and soak in the beauty of the Rockies. Choose backpacking and hike and scramble up non-technical peaks and passes. Or choose mountaineering and also ascend a technical peak using ropes, rock climbing, or ice axes.

Courses begin in Denver, CO. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

COLORADO ROCKIES ALPINE BACKPACKING

SUMMER & FALL • 14-16, 15 days, \$2,895

COLORADO ROCKIES BACKPACKING

SUMMER & FALL • 12-13, 7 days, \$1,425

COLORADO ROCKIES MOUNTAINEERING

SUMMER & FALL • 14-16, 15 days, \$2,895 • 14-16, 22 days, \$3,795

YOUTH SERVICE LEADERS—DENVER

SUMMER & FALL • 14-16, 10 days, \$1,895



UTAH

canyonlands



CALIFORNIA

sierra nevada & santa cruz mountains

YOUTH

YOUTH



EXPLORE THE AMAZING rivers, canyons or mountains of southeastern Utah. Start by raft or canoe and descend Desolation Canyon on the Green River and see spectacular rock formations and ancient Indian ruins along the way. Backpacking is in the La Sal Mountains with incredible views into Canyonlands National Park. River trips include extended day hikes or canyon exploration.

Courses begin in Grand Junction, CO. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

SOUTHWEST BACKPACKING + RAFTING

SUMMER • 14-16, 22 days, \$3,895

SOUTHWEST RAFTING + CANOEING

SUMMER • 14-16, 16 days, \$2,995



VENTURE into the magical California wilderness. Youth mountaineering and coastal range backpacking/rock-climbing courses focus on building core age-appropriate skills; mountaineering courses provide the skills necessary for ascending a technical peak while backpacking and rock-climbing courses will operate as a mobile rock camp.

Courses begin in Fresno, CA or San Francisco, CA. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

**CALIFORNIA BIG BASIN
ALPINE BACKPACKING + ROCK CLIMBING**
SUMMER • 12-13, 7 days, \$1,425

**SIERRA NEVADA
ALPINE BACKPACKING + ROCK CLIMBING**
SUMMER & FALL • 14-16, 14 days, \$2,795



REVIEW

Leah W.

"★★★★★" Whether you climb, kayak, hike, sail, or canoe, you come out having completed so much more.

Photo: Alex Gorosh

OREGON

central cascades

YOUTH



PADDLE THE DESCHUTES RIVER and explore the Central Cascades. Travel 50-100 miles over rapids up to Class IV on the wild and scenic Deschutes River. Backpack the Central Cascades, home to four 10,000-plus-foot glaciated volcanoes and a total of eight major volcanoes. All courses attempt to climb at least one major peak, and spend about a week on the river and the rest of the time in the mountains.

Most courses begin in Redmond, OR. For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

OREGON RAFTING + MOUNTAIN EXPEDITION

SUMMER & FALL • 14-16, 15 days, \$3,095 • 14-16, 22 days, \$3,925



REVIEW

Rachel H.

"★★★★★" Outward Bound is a passion for learning through experience. The inevitable happened. I caught the passion. Take a trip and you will too.

A Farewell to EASY

You might wonder why I'm leaving you. Well, you are too comfortable. With only you in my life, I can't grow. I learn nothing. I need to push. I need to try. I need to accomplish. And quite frankly, you're holding me back. Don't get me wrong, there were times in the past where I welcomed you. Like that History final. You know the one. But I don't need you anymore. I can do better than you, Easy. And I will prove it.



OUTWARD BOUND

1 (877) 695-7805 | outwardbound.org



SERVICE

ENGAGE WITH A COMMUNITY, build leadership through service and experience wilderness travel all in one.

One of the elements that makes Outward Bound different from the typical outdoor program is our dedication to building compassionate, accomplished individuals. We include either a formal service project or an ongoing service ethic on all our courses. These courses combine a wilderness expedition with urban exploration and extended service. Whichever service course you choose, you will be immersed in a new perspective, learn about yourself and your capacity for compassion, and find new strength.

FOR MORE INFORMATION, VISIT WWW.OUTWARDBOUND.ORG OR CALL 866-846-7745.



Photo: Emily Drummond

EXPLORE GORGEOUS LITTLE-KNOWN remote wilderness areas, rock climb, learn navigation and build your team. Then head into an American city and explore a whole different world. Outward Bound operates programs serving schools and communities across the country. Denver, Philadelphia, Twin Cities and Omaha are all home to one of these Outward Bound Centers that will serve as a base for the latter half of this course. Once you've completed the wilderness portion of your course and are back in civilization, you will explore the city, learn what is happening there and participate in service work designed to shed light, inspire and make a real difference.

Service projects might include urban gardens, youth service programs or soup kitchens. Each city's course will focus on issues facing that city and link service work to making a positive contribution. By engaging in this work as a team, with the accomplishments of a completed wilderness expedition under their belt, teens walk away with a new perspective on themselves and the range of circumstances we face as communities.

For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.



Chris Crisman



Chris Crisman



Pyar Anderson

MAINE NORTHWOODS CANOEING + SERVICE
SUMMER • 16-18, 22 days, \$3,795

MAINE SAILING + SERVICE EXPEDITION
SUMMER • 16-18, 22 days, \$3,795

PATAGONIA SERVICE + BACKPACKING
WINTER • 18+, 14 days, \$2,695

TRUE PATH LEADERSHIP EXPEDITION—MINNESOTA
SUMMER • 16-18, 30 days, \$4,695

TRUE PATH LEADERSHIP EXPEDITION—ROCKY MOUNTAIN
SPRING & FALL • 18-22, 30 days, \$4,695

YOUTH SERVICE LEADERS—DENVER
SUMMER • 14-16, 10 days, \$1,895

YOUTH SERVICE LEADERS—OMAHA
SUMMER • 14-16, 10 days, \$1,895

YOUTH SERVICE LEADERS—PHILADELPHIA
SUMMER • 14-16, 12 days, \$2,195



BLOG

Outdoor Leadership Program Delivers Big Results for Teens

From our customer service team in Golden to our program directors and instructors in the field, Outward Bound is truly committed to delivering the best experiential education programs and the best possible real-life take-aways for our students. Our research team recently completed analysis of a year-long study on student outcomes and we are really excited to share with you some impressive results.

[Read more](#)

INTERCEPT FOR STRUGGLING TEENS



INTERCEPT IS A VERY CHALLENGING Outward Bound wilderness expedition for teens and young adults who are struggling. It's an experience designed to instill confidence and strength, and to deliver new perspectives for dealing with the transition to adulthood. It is an early intervention designed for kids who may be starting to engage in self-destructive behavior, but haven't yet burned any vital bridges.

Overall, the Intercept program allows students to redefine their self-image through a sense of personal achievement. Away from the pressures of school and home, faced with the healthy risks and challenges that the wilderness presents, students are given the time and space to examine the choices they've been making. Teamwork, communication, self-reliance and wilderness skills are some of the many things they'll learn along the way. More importantly, they learn about themselves and develop greater self-esteem. In the end, Intercept helps adolescents consciously choose a positive direction of growth and begin the process of becoming responsible, compassionate adults.

ACADEMIC CREDIT AVAILABLE. FOR MORE INFORMATION, VISIT WWW.OUTWARDBOUND.ORG OR CALL 866-846-7745.

IS INTERCEPT RIGHT FOR YOU? Our students are typically experiencing problems because of anger issues, low motivation, chronically poor school performance or attendance, defiance or experimenting with risky behaviors. Our students are not kids with a history of violent behavior, recent suicide attempts or serious eating disorders. They are not chemically dependent or chronic juvenile offenders.

In a structured, team setting, with the guidance of dedicated instructors, your son or daughter will go through a process of self-discovery, figure out what motivates him/her, find the positives in situations, challenge him/herself, sharpen social skills, make good decisions, build confidence, set goals, experience success and have fun.

For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.

CALIFORNIA BACKPACKING

SUMMER • 12-13, 20 days, \$4,495

FLORIDA CANOEING

SPRING, SUMMER, FALL & WINTER • 12-13, 20 days, \$4,495 • 18-22, 28 days, \$6,595

GULF COAST CANOEING + BACKPACKING

SUMMER & WINTER • 14-17, 28 days, \$6,595

MAINE BACKPACKING + CANOEING

SUMMER & FALL • 14-17, 28 days, \$6,595 • 18-22, 28 days, \$6,595

MAINE TO FLORIDA FALL SEMESTER

FALL • 18-22, 50 days, *check website for cost

MINNESOTA CANOEING + CLIMBING

SPRING, SUMMER & FALL • 14-17, 28 days, \$6,595

MINNESOTA CANOEING + CLIMBING—GIRLS

SUMMER • 14-17, 28 days, \$6,595

MINNESOTA FALL SEMESTER

FALL • 18-22, 50 days, \$9,895

MINNESOTA SUMMER SEMESTER

SUMMER • 18-22, 50 days, \$9,895

MINNESOTA WINTER SEMESTER

WINTER • 16-20, 50 days, \$9,895



BLOG

An Amazing Outward Bound Experience

Christina DeLouise, the parent of an Outward Bound alum who went on an Intercept course for at-risk youth, was so thrilled about her son's and her family's experience she shared her story:

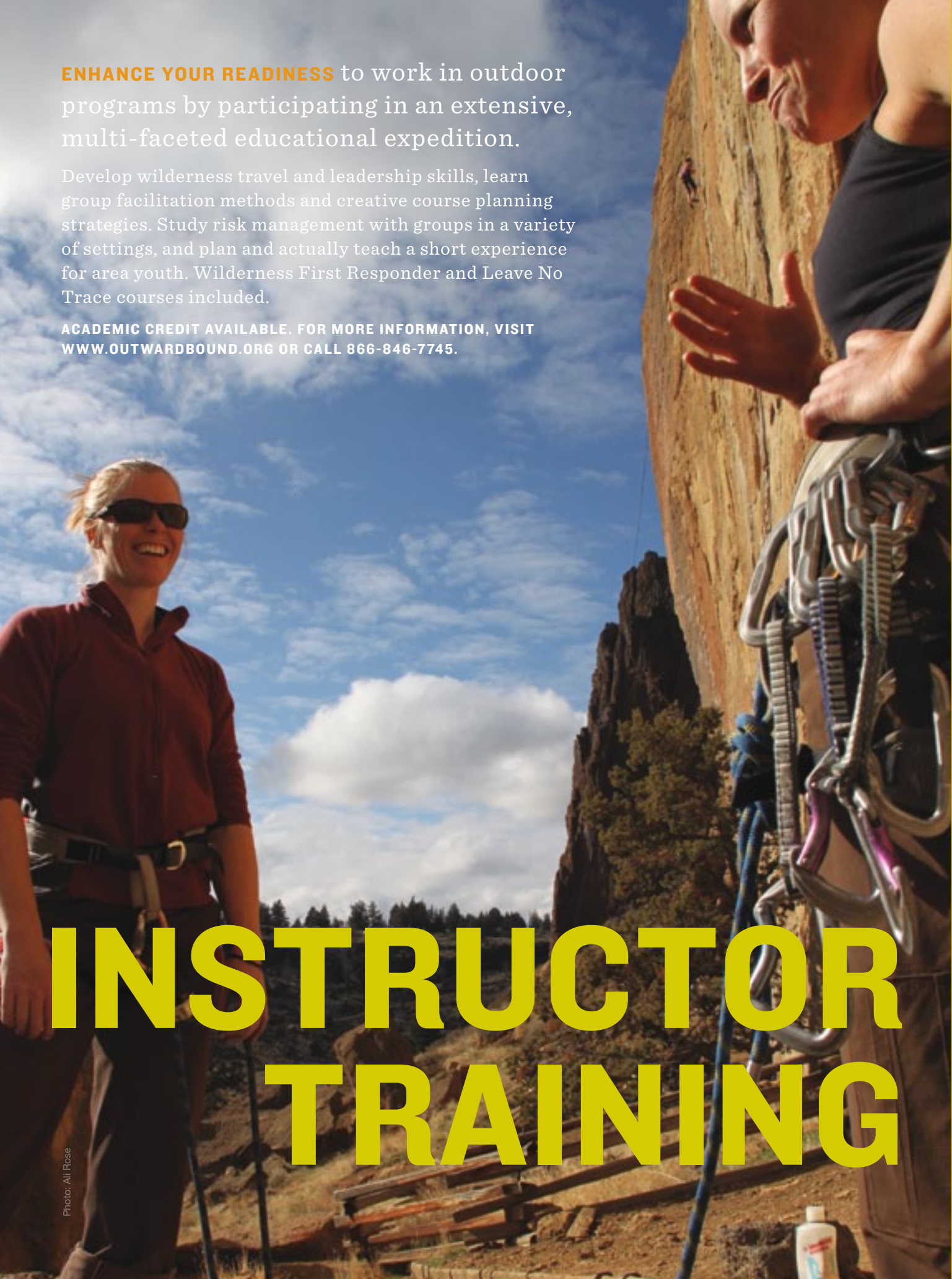
I'm not a blogger, I'm just a mom. I didn't even go on an Outward Bound adventure, but that doesn't mean I haven't had an amazing Outward Bound experience. Mine began when my son's program ended.

[Read more](#)

ENHANCE YOUR READINESS to work in outdoor programs by participating in an extensive, multi-faceted educational expedition.

Develop wilderness travel and leadership skills, learn group facilitation methods and creative course planning strategies. Study risk management with groups in a variety of settings, and plan and actually teach a short experience for area youth. Wilderness First Responder and Leave No Trace courses included.

ACADEMIC CREDIT AVAILABLE. FOR MORE INFORMATION, VISIT WWW.OUTWARDBOUND.ORG OR CALL 866-846-7745.



INSTRUCTOR TRAINING

Photo: All Rose

YOUR GROUP OF UP TO TEN students will complete an expedition in the style of Outward Bound, learning about wilderness education through direct experience. Your instructors and other staff will enrich your expedition with seminars and discussions about how to teach the skills you already know and those you learn, plus broader issues concerning how to manage a wilderness experience to achieve specific goals for individuals and groups. Throughout your course, you'll receive valuable feedback from your instructors and peers to further your development as an outdoor educator.

The North Carolina course focuses on backpacking, rock climbing and whitewater canoeing skills. Oregon focuses on rafting and mountaineering. The Northwest course focuses on mountaineering and sea kayaking. All courses offer Wilderness First Responder Certification and hands-on leadership training.

For details on any of the courses below, check out www.outwardbound.org or call 866-846-7745.



Alli Rose



Alli Rose



Alli Rose

MINNESOTA OUTDOOR LEADER

FALL • 18+, 50 days, \$6,095

NORTH CAROLINA OUTDOOR LEADER

SPRING • 18+, 50 days, \$6,095-\$6,145

NORTHWEST WILDERNESS LEADER EXPEDITION

SPRING, SUMMER & FALL • 18+, 50 days, \$5,995-\$6,495

NORTH CAROLINA OUTDOOR LEADER

FALL • 18+, 50 days, \$6,095-\$6,145

ROCKY MOUNTAIN WILDERNESS LEADER

SUMMER • 18-30, 50 days, \$6,595



BLOG

Outward Bound semester courses: Ready for the next step

Maybe you already know Outward Bound. Maybe you know what it feels like to leave a mountaineering course or a sailing course and go home more self-confident than when you came. Maybe you have mounted all the peaks and summits in your own life, similar to the ones mounted on an Outward Bound journey. But, have you ever considered that your adventure hasn't ended yet? Are you ready to take the next step in your outdoor expedition experience?

[Read more](#)

ADULT



IT'S NEVER TOO LATE. Maybe it's time for a break — a real break. Maybe a once-in-a-lifetime challenge, or the opportunity to gain a fresh perspective on life.

Maybe it's time for Outward Bound. We're not just for teenagers. Since 1977, thousands of people have taken our adult-specific courses. We have courses for adults ages 18-plus, 23-plus, and 30-plus. And since we know that most adults have more commitments than hours in the day, we offer courses year-round, in a variety of lengths, to make it easy to find your next adventure.

No experience is necessary. You don't have to be an athlete. You just have to be willing to dig deep, embrace the moment, and tackle the challenge.

A SMALL SELECTION OF LONGER COURSES IS AVAILABLE FOR AGES 18 AND UP. SEARCH THE TEEN COLLEGE SECTION OR WWW.OUTWARDBOUND.ORG FOR 18+ COURSES OR CALL 866-846-7745 TO LEARN MORE.

**APPALACHIAN MOUNTAINS
BACKPACKING + ROCK CLIMBING**
SUMMER • 18+, 14 days, \$2,625

**APPALACHIAN MOUNTAINS BACKPACKING, ROCK
CLIMBING + WHITEWATER CANOEING**
SUMMER • 18-30, 28 days, \$4,175

**BLUE RIDGE MOUNTAINS
BACKPACKING + ROCK CLIMBING**
WINTER & FALL • 18+, 8 days, \$1,525 • 20+, 4 day, \$795

**BLUE RIDGE MOUNTAINS
BACKPACKING + ROCK CLIMBING—ADULT RENEWAL**
SUMMER & FALL • 30+, 8 days, \$1,575

**BLUE RIDGE MOUNTAINS
BACKPACKING + WHITEWATER CANOEING**
SUMMER • 18+, 8 days, \$1,635 • 18+, 9 days, \$1,835

**COLORADO BACKCOUNTRY SKI & RIDE—AVALANCHE
LEVEL I COURSE**
SUMMER • 18+, 9 days, \$1,695

COLORADO ROCKIES ALPINE BACKPACKING
SUMMER & FALL • 23+, 8 days, \$1,525

COLORADO ROCKIES MOUNTAINEERING
SUMMER • 18+, 15 days, \$2,895 • 18+, 22 days, \$3,795

**COLORADO ROCKIES SPRING SKI & RIDE
MOUNTAINEERING—AVALANCHE LEVEL I COURSE**
SPRING • 18+, 9 days, \$1,695

FLORIDA KEYS SAILING
WINTER • 18+, 6 days, \$1,295

**FLORIDA KEYS US SAILING KEELBOAT CERTIFICA-
TION**
WINTER • 18+, 6 days, \$1,600

FLORIDA TEN THOUSAND ISLANDS SEA KAYAKING
WINTER • 18+, 7 days, \$1,395 • 20+, 7 days, \$1,395 •
30+, 7 days, \$1,395

**FLORIDA TEN THOUSAND ISLANDS SEA KAYAKING—
ADULT RENEWAL**
WINTER • 30+, 7 days, \$1,395

MAINE COAST SAILING
SUMMER • 18+, 8 days, \$1,525

MAINE CANOEING
FALL • 18+, 8 days, \$1,395

MINNESOTA DOGSLEDDING & SKIING
WINTER • 18+, 8 days, \$1,425 • 18+, 22 days, \$3,295

MINNESOTA WILDERNESS CANOEING
SUMMER & FALL • 18+, 8 days, \$1,395-\$1,525

PATAGONIA ALPINE BACKPACKING
WINTER • 18+, 8 days, \$1,625 • 18+, 21 days, \$4,595

PATAGONIA BACKPACKING + FLY FISHING
WINTER • 20+, 12 days, \$2,345

PATAGONIA SERVICE + BACKPACKING
WINTER • 18+, 14 days, \$2,695

SOUTHWEST CANYON BACKPACKING
SPRING & FALL • 18+, 8 days, \$1,525

SOUTHWEST CANYONEERING
SPRING, SUMMER & FALL • 18+, 10 days, \$1,925

**SOUTHWEST MOUNTAIN, CANYON +
RIVER EXPEDITION**
FALL • 18+, 23 days, \$4,295

WOMEN + FAMILY



WOMEN-ONLY COURSES offer a rare experience: freedom from preconceived notions of traditional gender roles.

You'll join two female instructors and other diverse women of all ages and different fitness levels in an outdoor experience of fun, growth and self-discovery.

OUTWARD BOUND ALSO OFFERS "family" courses. Get to the heart of what "family" means with the shared experience of a family adventure.

Together you'll face the wilderness, and see it in, and through, each other's eyes. You will learn by doing, share successes, and enjoy the deep sense of well-being in knowing there is someone close you can count on.



REVIEW

Rachael G.

"★★★★★" Outward Bound is an expedition, a journey ... not all physical, mental as well. You learn about others and the environment and you learn that you are stronger and more vulnerable than you ever imagined. You also learn you are so resilient, you never thought it was possible. At the end you will question why you did this to yourself. But secretly, you will be jonesing for another trip, a longer one - and you'll be trying to fit it into your schedule.



BLUE RIDGE MOUNTAINS BACKPACKING + ROCK CLIMBING—PARENT/CHILD

SPRING & SUMMER • 12+, 4 days, \$795 each

**This course is for one parent and one child from the same family who will participate together.*

BLUE RIDGE MOUNTAINS BACKPACKING + ROCK CLIMBING—FATHER/SON

SUMMER • 12+, 4 days, \$795 each

**This course is for one father and one son from the same family who will participate together.*

BLUE RIDGE MOUNTAINS BACKPACKING + ROCK CLIMBING—MOTHER/DAUGHTER

SUMMER • 12+, 4 days, \$795 each

**This course is for one mother and one daughter from the same family who will participate together.*

COLORADO ROCKIES ALPINE BACKPACKING—FAMILY

SUMMER • 14+, 8 days, \$1,325



WINTER CAN MEAN the glint of bright sunshine off the sparkling snow, or the reflection of turquoise waters in the distance. Either way, it is a great time to get away.

Winter courses take place in the coastal waters of southern Florida, the quiet and frozen lakes of the dogsledding capital of the lower 48, Ely, Minnesota, or the snow-covered peaks and passes of the Rocky Mountain backcountry.

FOR MORE INFORMATION, VISIT
WWW.OUTWARDBOUND.ORG
OR CALL 866-846-7745.

WINTER



BLOG

Dog Mushing, Soul Dogs and Ice Rescue: A Peek Into an Outward Bound Student Journal

The following excerpts are from a journal I wrote after the dog sledding course I went on over Christmas break (2010-2011). The first passage discusses the fun of ice rescue, the second passage describes one of the dogs I met, and the third passage is about my first experience mushing.

[Read more](#)



Manya Washburn



Justin Giblin



Elisa Sue

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ENROLL TODAY

And reach your summit.

HOW TO ENROLL

Call an Admissions Advisor (toll-free) at 866-467-7651 between 8-5 MST. All incoming applications must take place by phone. You can call us or use the online application form to set up a call with one of our Admissions Advisors.

RESERVE YOUR SPOT

To reserve your spot, we require payment: \$125 non-refundable Application Fee and a \$400 deposit. If the course starts in less than 60 days, the Application Fee, the full Tuition and the \$100 Transportation Fee are due. Scholarship Applicants 21 days or more from course start need only pay \$125 Application Fee until their award is determined. For more on our Scholarship program visit outwardbound.org/scholarships. All applicants must complete our Health History Questionnaire by phone.

COMPLETE YOUR APPLICATION

We will send you an email with links to Application Instructions, all the Course Information and your complete Application Packet. Regardless of the course start date, your application will be due two weeks from the date of application (or in as little as 24 hours if you are applying for a course that starts in less than 30 days).

INDIVIDUAL APPLICANT REVIEW

Outward Bound employs a thorough Individual Applicant Review to identify and assess potential safety concerns and to determine whether an applicant is accepted or denied. In some cases Outward Bound may accept your application but recommend delaying your attendance or selecting a different course. Acceptance for participation is no guarantee of freedom from injury or illness, of student success or of completion of course.

ACADEMIC CREDIT AVAILABLE

Hundreds of colleges and high schools have granted academic credit for Outward Bound expeditions in our 40+ years of operation. You can receive academic credit through our partner colleges or we would be happy to help you work with your academic advisor to set up an Independent Study project at your school. Call 866-846-7745 for more information.

FAQS

WHEN CAN I BUY MY PLANE TICKETS? We recommend that you delay purchasing non-refundable airline tickets until your Application is approved and the course is confirmed. Occasionally we cancel published courses due to permit changes, low enrollment or other issues.

WHAT WILL I NEED TO BRING? Tuition covers all food and equipment including sleeping bags and packs. We will send you a list of clothing, footwear and personal items that you will need to bring to your course.

AM I ELIGIBLE FOR A SCHOLARSHIP? Scholarship awards are available on a first-come, first-served basis and are based on financial need. Awards typically do not exceed 50% of Tuition. Visit outwardbound.org/scholarship for a Scholarship Application.

WHAT IS THE PURPOSE OF THE TRANSPORTATION FEE?

The Transportation Fee covers transport to and from course start and end locations or trailheads and other expenses related to maintaining a fleet of vehicles. Certain semester courses may have additional expenses for travel between locations.

DO I GET MY APPLICATION FEE BACK IF I CANCEL OR IF MY APPLICATION IS DENIED? No. The Application Fee is refundable ONLY if you:

- Apply for a Scholarship and don't qualify for, or do not accept, an award.
- Are waitlisted and a spot does not become available.

GENERAL POLICIES

The Application Fee and Transportation Fee are in addition to the published tuition. The Application Fee is non-refundable. The Transportation Fee covers travel to and from the course start and any on-course transports.

The Application Fee is non-refundable unless you are applying for a scholarship and do not receive enough money and for that reason choose to cancel. It is also refundable if you are on a waitlist and Outward Bound informs you that a spot will not open up or if we cancel the course you are enrolled in.

If, upon review your Application is not accepted, we still keep your Application Fee. We will only refund your tuition and the Transportation Fee if applicable.

CANCELLATION

If you cancel voluntarily (i.e., a change of mind or schedule, etc.) inside the 60-day mark, the following penalties apply. The cancellation penalties listed below will apply to the full published tuition or full amount due (if any) for scholarship recipients. The penalty IS NOT based on the amount paid to date on the day you cancel.

60-45 days - 25% tuition penalty

44-15 days - 50% tuition penalty

14-0 days - 100% tuition penalty

Voluntary Early Departure or Expulsion - 100% tuition penalty

THE TUITION PROTECTION PLAN

Outward Bound offers a Tuition Protection Plan to protect your tuition from the penalties associated with certain types of cancellations.

The plan protects your tuition ONLY for cancellation or Early Departure due to documented family emergencies, illnesses or injuries. It does not cover non-emergency cancellations or voluntary withdrawal or expulsion. With proper documentation received in writing within 45 days of the cancellation, you will receive a 100% refund of your Tuition and Transportation Fee. Emergency Early Departures receive a pro-rated refund. Plans purchased less than 30 days prior to the course only cover early departure. The cost to purchase the Tuition Protection Plan is based on course length and is as follows:

4-11 days \$75 / 12-27 days \$125 / 28-59 days \$175 / 60+ days \$225

If you do not purchase the Plan but do have an emergency (injury, serious illness, death in the family, etc.), we give you a choice between a cash refund based on the cancellation penalties listed above or you can choose a credit toward a future course of a greater amount. Contact your Course Advisor for details.

EARLY DEPARTURE + EXPULSION

If you are expelled from course, leave due to an undisclosed pre-existing condition or choose to leave voluntarily, there is no refund or course credit.

For early departures due to illness, injury or family emergency; if you purchased the Tuition Protection Plan described above, you will receive a pro-rated refund. If you did not purchase the Plan, but the early departure was due to illness, injury or family emergency, you will receive a pro-rated credit towards a future course.

ON COURSE

Your course itinerary may vary. Depending on weather, the skill level of your group or other conditions, certain high-impact activities like rafting, rock climbing, peak attempts, or ropes courses may not be possible. Change in the published itinerary does not constitute a change in the promise of the product sold and will not result in a refund.

Students may be charged for lost or damaged gear.

You will be traveling with a group of diverse individuals.

All applicants are reviewed and we make every effort to ensure that every participant is capable of attending course. However, other students may adversely affect the experience by being less fit, less articulate, or less pleasant than you or your child. This is the nature of the experience and cannot be prevented.

All courses are co-ed unless otherwise published. However, there is no guarantee that the course will attract a mixed gender group. Students on courses with a maximum age of 18 or younger will sleep in single gender groups with the instructors nearby except in instances of Independent Travel (see page 4). All other activities occur in co-ed groups with varying degrees of instructor supervision, depending upon the activities, age, and length of the course.

Our purpose, our intent, is to help and support students

so they can successfully complete their course. We are prepared to help students through times of homesickness or discouragement. However, if a student is determined to leave the course, for their personal safety and that of the group, we simply cannot and will not make them stay. Parents will be contacted to arrange for their child's travel home.

You may be expelled from course and required to leave if we determine that you are in violation of the following policies. A student may be expelled immediately for some behaviors without parental consultation.

- Unwilling or unmotivated to participate and shoulder your responsibility as a member of a wilderness expedition team
- Posing a danger, through misconduct or unsafe practices, to yourself or others
- Defiant, harassing or otherwise compromising the emotional safety of others
- Using alcohol, drugs (including prescription medication not prescribed to you or sharing your medication) or tobacco products while on course
- Engaging in sexual activity

OUR NETWORK

Building community across the nation.

OUTWARD BOUND isn't just about trekking the canyons of Utah or canoeing the Boundary Waters of Minnesota. Outward Bound also delivers programs for school groups, Veterans, Fortune 500 corporations, and committed delinquent youth.

We also strive to bring programs closer to "home," wherever that home might be for the youth who can benefit most. We are actively growing our programs in the underserved and at-risk areas where we can make the greatest difference. We have established Outward Bound centers in cities throughout the United States and more are currently in the process of being started. Outward Bound centers deliver shorter courses to younger students as well as provide an ongoing community presence where students can remain engaged after their course to, like all our programs, reinforce our values of compassion, integrity, excellence, inclusion and diversity.

FOR MORE INFORMATION, VISIT WWW.OUTWARDBOUND.ORG OR CALL 866-846-7745.



BASECAMPS

ELY
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minnesota@outwardbound.org

FIVE RIVERS
265 Young Street, Fairhope, AL 36532

KEY LARGO
100693 Overseas Hwy, Key Largo, FL 33037
mainesea@outwardbound.org

LEADVILLE
PO Box 1789, Leadville, CO 80461
colorado@outwardbound.org

MAINE WOODS
125 Outward Bound Rd., Newry, ME 04261
mainewoods@outwardbound.org

MAZAMA
226 Lost River Road, Mazama, WA 98833
washington@outwardbound.org

MIDPINES
PO Box 150, Midpines, CA 95345
california@outwardbound.org

MOAB
2400 S. Highway 191, Moab, UT 84532
utah@outwardbound.org

ODIN FALLS
6,400 NW 83rd, Redmond, OR 97756
oregon@outwardbound.org

SCOTTSMOOR
3500 Sunset Ave., Scottsmoor, FL 32775-0417

WHEELER'S BAY
113 Marina Road, Spruce Head, ME 04859
mainesea@outwardbound.org

YULEE
87692 Bell River Estates Rd., Yulee, FL 32097

OFFICES

PRESIDENT'S OFFICE
100 Mystery Point Rd.
Garrison, NY 10524
T 845.424.4000
F 845.424.4121

FINANCE + ADVANCEMENT
29-46 Northern Blvd.
Long Island City, NY 11101
T 718.943.1240
F 718.947.1648

**HUMAN RESOURCES, SAFETY,
MARKETING + CUSTOMER SERVICE**
910 Jackson St., Golden, CO 80401
info@outwardbound.org

CENTERS

OUTWARD BOUND BALTIMORE
1900 Eagle Drive, Baltimore, MD 21207
T 410.448.1721
F 410.298.3822
baltimore@outwardbound.org

OUTWARD BOUND BAY AREA
1539 Pershing Dr., San Francisco, CA 94129
T 415.933.6222
F 866.866.5936
bayareacenter@outwardbound.org

OUTWARD BOUND DENVER
5161 Sheridan Blvd, Denver, CO 80212
T 720.204.2658
F 720.399.4975
obdenver@outwardbound.org

OUTWARD BOUND OMAHA
PO Box 4817, Omaha, NE 68104
T 402.614.6360 x204
F 402.614.6546
omaha@outwardbound.org

OUTWARD BOUND PHILADELPHIA
3250 W. Sedgely Dr., East Fairmount Park
Philadelphia, PA 19130-1001
P 215.232.9130
F 215.232.9162
philadelphia@outwardbound.org

OUTWARD BOUND TWIN CITIES
179 Robie Street East, Suite 295
Wellstone Center, West St. Paul, MN
twincities@outwardbound.org

CHARTERED ENTITIES

These organizations are chartered members of Outward Bound Inc. We work closely with them to help deliver the mission of Outward Bound in the U.S. and beyond.

NORTH CAROLINA OUTWARD BOUND
2582 Riceville Rd., Asheville, NC 28805
T 888.756.2627
F 828.298.8660
info@ncobs.org

CEDAR ROCK BASECAMP
PMB 256, 216 South Broad St., Brevard, NC 28712

TABLE ROCK BASECAMP
PO Box 279, Jonas Ridge, NC 28641

EVERGLADES BASECAMP
PO Box 385, Everglades City, FL 34139

OUTWARD BOUND ATLANTA
230 Peachtree St. NW, Ste 950, Atlanta, GA 30303
T 404.658.7605
F 404.658.7605
info@obatlanta.org

EXPEDITIONARY LEARNING SCHOOLS
247 West 35th St., 8th Floor
New York, NY 10001

THOMPSON ISLAND OUTWARD BOUND
PO Box 127, Boston, MA 02127
T 617.328.3900
F 617.426.5637
info@thompsonisland.org

NEW YORK CITY OUTWARD BOUND
29-46 Northern Blvd., Long Island City, NY 11101
T 718.706.9900
F 718.433.0500
4nycobinfo@nycoutwardbound.org

PROGRAMS

AT-RISK EXPEDITIONS
2850 Pablo Ave., Tallahassee, FL 32308
PROGRAMS FOR YOUR STRUGGLING TEEN
T 866.467.7651
F 720.497.2421
info@outwardbound.org

**ALTERNATIVE PROGRAMS
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F 850.922.6721
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F 207.230.5602
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OR FRIENDS + FAMILIES**
T 888.837.5210
groupprograms@outwardbound.org

ON A MISSION TO SERVE

Outward Bound is a non-profit 501(c)(3). Our staff, donors and board members are dedicated to building communities by bringing Outward Bound to more students. We serve students locally through Outward Bound Centers that deliver programs close to home for thousands of lower income youth. Our scholarship program allows hundreds of deserving youth from across the nation to attend longer wilderness-based courses at reduced or no cost. Thanks to generous donations from foundations, corporations, parents, alumni and others, Outward Bound awards up to \$3.5 million in scholarships to 3,500 students each year.

SAFETY + STEWARDSHIP

Protecting our planet.

OUTWARD BOUND IS PROUD TO OPERATE in some of our nation's most precious wilderness areas, and we take the responsibility of environmental stewardship seriously. You will be instructed in the local practices for Leave No Trace and low-impact camping. We work with a variety of federal, state and county agencies, providing service to them and, in some regions, responding to calls for assistance. We wish to thank them for allowing our students to share in the beauty of these amazing places.

There are risks associated with wilderness travel. Outward Bound places participants in environments that are hours or even days away from emergency services. Outward Bound is a leader in wilderness risk management and safety awareness. However, while we work diligently to manage these risks, they cannot be eliminated. For more information on our safety management system, please visit outwardbound.org/safety.

Photo: Alli Rose
Back Cover: NCOB Archive

Outward Bound operates under permits from the following agencies:

U.S. FOREST SERVICE

Apache Sitgreaves National Forest, AZ
Arapaho National Forest, CO
Boise National Forest, ID
Chattahoochee National Forest, GA
Cherokee National Forest, TN
Chugach National Forest, AK
Coronado National Forest, AZ
Deschutes National Forest, OR
Gifford Pinchot National Forest, WA
Gila National Forest, NM
Gunnison National Forest, CO
Inyo National Forest, CA
Manti-La Sal National Forest, UT
Medicine Bow National Forest, WY
Monongahela National Forest, WV
Mount Hood National Forest, OR
Nantahala National Forest, NC
Okanogan National Forest, WA
Payette National Forest, ID

Pike National Forest, CO
Pisgah National Forest, NC
Prescott National Forest, AZ
Rio Grande National Forest, CO
Roosevelt National Forest, CO
Routt National Forest, CO
San Isabel National Forest, CO
San Juan National Forest, CO
Sequoia National Forest, CA
Sierra National Forest, CA
Sumter National Forest, SC
Superior National Forest, MN
Tonto National Forest, AZ
Uncompahgre National Forest, CO
Wenatchee National Forest, WA
White Mountain National Forest, NH & ME
White River National Forest, CO
Willamette National Forest, OR

U.S. FISH & WILDLIFE SERVICE

Cedar Island National Wildlife Refuge, NC
Lake Umbagog National Wildlife Refuge, ME
Leadville National Fish Hatchery, CO
Ten Thousand Islands National Wildlife Refuge, FL
Ute Tribe and Fisheries for use of land in Desolation Canyon, UT

NATIONAL RECREATION AREA

Apostle Islands National Lakeshore, WI
Big Cypress National Preserve, FL
Cape Lookout National Seashore, NC
Ross Lake National Recreation Area, WA
Upper Missouri National Scenic and Historic River, MT

BUREAU OF LAND MANAGEMENT

Deschutes River, OR
Gunnison Resource Area, CO
Henry Mountains Resource Area, UT
Owyhee River, OR
Price Field Office for Desolation Canyon and Labyrinth Canyon, UT
Rogue River, OR
Royal Gorge Resource Area, CO
Salmon River, ID
San Juan Resource Area, CO
San Juan Resource Area, UT
San Rafael Resource Area, UT

NATIONAL PARK SERVICE

Acadia National Park, ME
Allagash Wilderness Waterway, ME
Appalachian Trail, ME & NH
Big Bend National Park, TX
Big Cypress National Preserve, FL
Blue Ridge Parkway, NC
Boston Harbor Islands National Park Area, MA
Canyonlands National Park, UT
Dinosaur National Monument, UT
Everglades National Park, FL
Grand Canyon National Park, AZ
Grand Portage National Monument, MN
Great Sand Dunes National Monument, CO
Isle Royale National Park, MI
Joshua Tree National Park, CA
Kenai Fjords National Park, AK
Kings Canyon National Park, CA
Mojave National Preserve, CA
Mt. Rainier National Park, WA

North Cascades National Park, WA
Rocky Mountain National Park, CO
Sequoia Kings Canyon National Park, CA
Voyageurs National Park, MN
Wrangell/St. Elias National Park, AK
Yosemite National Park, CA

CITY PARKS

Boulder Mountain Parks, CO
Chautauqua Park, CO
Genesee Park, CO

INTERNATIONAL PARKS

CONAF, Chile

STATE PARKS

Alaska State Lands, AK
Bahia Honda State Park, FL
Baxter State Park, ME
Big Bend Ranch State Park, TX
Castlewood Canyon State Park, CO
Colorado State Forest/Park, CO
Deception Pass State Park, WA
Eldorado Canyon State Park, CO
Interstate State Park, MN
Lost Dutchman State Park, AZ
Maine Bureau of Parks & Lands, ME
Odlin State Park, WA
Perrygin State Park, WA
School & Institutional Trust Lands Administration (SITLA) for the La Sal Mountains, UT
Smith Rock State Park, OR
Spencer Spit State Park, WA
Tettegouche State Park, MN

PRIVATE LANDOWNERS

Additionally we would like to thank the private landowners/managers who give us permission to use their lands:

Great Northern Timberlands
Katahdin Forest Management
KI-Jo Mary Multiple Use Management Forest
Louis Hilton
Mahoosuc Land Trust
Maine Coast Heritage Trust
Maine Island Trail Association
MeadWestvaco
The Nature Conservancy
North Maine Woods
Plum Creek Timber Company
Seven Islands Land Company
Stephen Phillips Memorial Preserve, ME
Thompson Island Education Center
Many private island landowners along the Maine Coast



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