



THE UNIVERSITY OF ARIZONA
 DEPARTMENT OF CAMPUS RECREATION
OUTDOOR ADVENTURES
2009 FALL TRIP SCHEDULE

Outdoor Adventures offers a wide variety of outings. Trips are designed to accommodate beginners (except as indicated otherwise). Trip costs usually include transportation, food on overnight trips, equipment, trip leaders, instruction, mandatory pre-trip meetings, an Outdoor Adventures t-shirt, hat or water bottle and a great outdoor experience. Certain trips require specialized equipment that must be provided by participants. These items are listed on the individual trip brochures. Participants must submit a signed Assumption of Risk and Personal Responsibility document to participate on all trips. Program fees listed are the base cost for University of Arizona students. Eligible non-students may register at the student rate plus 10%. All activities require good physical condition for enjoyment of the trip. Trips are rated according to exertion level (low, moderate, high). A portion of these activities are conducted on public lands under special use permit from the USDA Forest Service the USDI Bureau of Land Management and National Park Service. Call 621-8233, view our website at <http://campusrec.arizona.edu>, or visit Outdoor Adventures for more information.

Basic Sea Kayak Instruction September 1 5:30PM-8:00PM **#2**
 Join us at the pool for a one night class learning the basics of sea kayaking. We'll start by introducing the parts of the boat and kayaking safety. You'll learn paddling strokes and try maneuvering a kayak around the Student Recreation Center pool. After mastering the basics (forward, backward and turning) advanced paddling strokes (bracing and sculling) will be taught. This class is a great introduction to the opportunities available at Outdoor Adventures. Exertion level: low/ moderate.
 Sign-up deadline: August 31 Limit: 8 Cost: \$5

Basic Canoe Instruction September 2 5:30PM-8:00PM **#3**
 Learn canoeing basics at the Student Recreation Center pool. Class will include learning boat terminology, safety, and paddle strokes to efficiently steer a canoe forward or backward, through a left or right turn or slip the boat side to side. If time allows, try practice maneuvering the canoes and righting a tipped boat. Exertion level: low/ moderate.
 Sign-up deadline: August 31 Limit: 8 Cost: \$5

International Students Moonlight Hike to Wasson Peak September 4 **#4**
 This hike follows the King Canyon Trail through the Tucson Mountains to the highest peak in the range where views of Tucson, the Catalinas, and Santa Ritas await us. The full moon will light the way past old mines, desert flowers and nocturnal creatures such as tarantula and owls. This trip is for international and exchange students only. *Please register through the International Student Programs and Services Office.* Trail snacks provided. Exertion: low/moderate. No previous hiking experience necessary.
 Sign-up deadline: Sept 1 Limit: 12 Cost: \$15

SCUBA Dive Instruction, Student Recreation Center September 9-23 **#5**
SCUBA Dive Trip, San Carlos/Sea of Cortez, Mexico September 25-27
 Learn to SCUBA dive! This instructional class will meet Monday and Wednesday evenings for class and pool sessions at the Student Recreation Center and then travel to San Carlos, Mexico for a weekend of check-out dives. All instructional materials, SCUBA equipment, transportation to Mexico, meal and sleeping accommodations aboard the El Duque, a camp-aboard dive boat, are provided. Students are required to provide dive booties, gloves and hat. SCUBA Schools International (SSI) certification will be awarded upon successful completion of the course. Exertion level: Moderate. No previous SCUBA experience required, however basic swimming skills are necessary to complete the course.
 Sign-up deadline: September 2 First class: 7:00PM September 9 Limit: 12 Cost: \$425

Kayak Rolling Class September 8, 10, 15 **#6**
Learn to roll kayaks in the Student Recreation Center pool. We'll teach boat mechanics, safety and technique to help you understand the theory; then hop in the boats and get practicing. Multiple boat styles are available to try. If you don't get it the first night, don't worry because we'll have two more classes to get you there! Get it right away? Try your offside and hand roll. High instructor-student ratio means you'll get plenty of practice.
Sign-up deadline: September 4 First Class: 6:00PM September 8 Limit: 6 Cost: \$20

Backpacking in Bear Wallow September 11-13 **#7**
This trip consists of backpacking a loop trail along the lush floor of Bear Wallow Creek in the White Mountains. The trail wanders down the canyon, staying near the creek and in the shade of lofty Ponderosa pines. The Wilderness Area is situated high in the White Mountains, where cooler temperatures will provide a welcome relief from the summer heat. Exertion: moderate. Previous hiking (day hiking) and camping experience required.
Sign-up deadline: September 2 Pre-trip meeting: 6:00PM September 3 Limit: 7 Cost: \$75

Basic Rock Climbing at Queen Creek September 16, 17, 19, 20 **#8**
This seminar is designed for people without previous climbing experience. The curriculum covers use and care of climbing equipment, climbing techniques and procedures required for safe, belayed climbing. Two sessions of instruction will take place on campus followed by a weekend of instruction and climbing in Queen Creek near Superior, Arizona. We will spend two nights camping at Oak Flat Campground. Exertion level: Moderate. No previous rock climbing experience required.
Sign-up deadline: September 11 Pre-trip meeting: 6:00PM September 16 Limit: 6 Cost: \$105
3:30PM September 17

Canyoneering in Tonto National Forest, including Salome Jug September 25- 27 **#9**
North of Lake Roosevelt in the remote Salome Wilderness, a ribbon of water draining the Sierra Ancha Mountains cuts through the rugged desert creating a narrow canyon in Salome Creek. This canyon offers us one of the premier canyoneering opportunities in southern Arizona, Salome Jug. Entering from the top of the Jug, we will hike, rappel, swim and scramble down rock walls and water through Salome Jug. We will experience pink vertical walls, canyon-filling pools, hanging gardens and plummeting waterfalls. Day two will take us to another canyoneering opportunity with 5 rappels and spectacular scenery. Previous hiking experience required. Swimming ability required. Exertion level: moderate/high.
Sign-up deadline: September 15 Pre-trip meeting: 6:00PM September 17 Limit: 7 Cost: \$105

Aravaipa Canyon Backpack October 2-4 **#10**
Narrow canyon walls 1,000 feet high are dramatic scenery for this two day backpacking adventure along rocky stream beds, through cool pools, and amongst lush riparian vegetation. The trail will take us 13 miles, from canyon end to canyon end, where a shuttle will await to carry our tired feet back to Tucson. Expect to get wet. Previous hiking experience required. Exertion level: moderate/ high.
Sign-up deadline: September 21 Pre-trip meeting: 6:00PM September 24 Limit: 7 Cost: \$105

Moonlight Hike in the Tucson Mountains October 4 **#11**
This 8-mile hike follows the King Canyon Trail through the Tucson Mountains. Traveling by moonlight will provide an interesting perspective of the desert as well as offer a unique view of the city lights of Tucson. Quiet hikers may hear the nocturnal song of the coyote or sight a tarantula on an evening hunt. Exertion: low/moderate.
Sign-up deadline: September 29 Limit: 10 Cost: \$15

SCUBA Dive Instruction, Student Recreation Center October 6-22 **#12**

SCUBA Dive Trip, San Carlos/Sea of Cortez, Mexico October 23-25

Learn to SCUBA dive! This instructional class will meet Tuesday and Thursday evenings for class and pool sessions at the Student Recreation Center and then travel to San Carlos, Mexico for a weekend of check-out dives. All instructional materials, SCUBA equipment, transportation to Mexico, meal and sleeping accommodations aboard the El Duque, a camp-aboard dive boat, are provided. Students are required to provide dive booties, gloves and hat. SCUBA Schools International (SSI) certification will be awarded upon successful completion of the course. Exertion level: Moderate. No previous SCUBA experience required, however basic swimming skills are necessary to complete the course.

Sign-up deadline: October 1 First class: 7:00PM October 6 Limit: 12 Cost: \$425

Canoeing Black Canyon October 9-12 **#13**

Our journey begins with a day of scenic travel to the northwestern corner of the state where the Colorado River divides Arizona and Nevada. In canoes, we will paddle an 11-mile stretch of the river through Black Canyon, an area that boasts prime canoeing on mellow waters. This section of the Colorado River is directly downstream from Hoover Dam. Saturday, we will paddle seven miles up river and establish camp at Arizona Warm Springs. Sunday, we will paddle upstream to further explore the area, possibly visiting hot springs and a sauna cave, as well as many side canyons. We will return to our Warm Springs campsite Sunday evening. Monday, we will paddle seven miles downstream, returning to the van. Exertion level: Moderate/High. Previous canoeing experience required.

Sign-up deadline: September 29 Pre-trip Meeting 6:00PM October 1 Limit: 10 Cost: \$130

Basic Rock Climbing Seminar at Queen Creek October 14, 15, 16-18 **#14**

This seminar is designed for people without previous climbing experience. The curriculum covers use and care of climbing equipment, climbing techniques and procedures required for safe, belayed climbing. Two sessions of instruction will take place on campus followed by a weekend of instruction and climbing in Queen Creek near Superior, Arizona. We will spend two nights camping at Oak Flat Campground. Exertion level: Moderate. No previous rock climbing experience required.

Sign-up deadline: October 6 First class: 6:00PM October 14 Limit: 6 Cost: \$105

Intermediate Rock Climbing at Queen Creek October 22, 24, 30-November 1 **#15**

Take your Basic Rock skills to the next level with a one day intensive and a weekend of climbing at Queen Creek. This seminar will teach belay escapes and 3-person team multi-pitch climbing. Opportunities to practice lead climbing also exist. Proficiency in tying a figure 8 follow through, belaying with an ATC, climbing commands and ability to climb 5.6-5.7 is required for participation. *Discounts available for those enrolled in Basic Rock.

Sign-up deadline: October 16 First class: 6:00PM October 22 Limit: 6 Cost: \$115*

SCUBA Dive Instruction, Student Recreation Center October 26- November 11 **#16**

SCUBA Dive Trip, San Carlos/Sea of Cortez, Mexico November 13-15

Learn to SCUBA dive! This instructional class will meet Monday and Wednesday evenings for class and pool sessions at the Student Recreation Center and then travel to San Carlos, Mexico for a weekend of check-out dives. All instructional materials, SCUBA equipment, transportation to Mexico, meal and sleeping accommodations aboard the El Duque, a camp-aboard dive boat, are provided. Students are required to provide dive booties, gloves and hat. SCUBA Schools International (SSI) certification will be awarded upon successful completion of the course. Exertion level: Moderate. No previous SCUBA experience required, however basic swimming skills are necessary to complete the course.

Sign-up deadline: October 21 First class: 7:00PM October 26 Limit: 12 Cost: \$425

Star Gazing and Day Hiking Mount Lemmon November 6-8 **#17**

Spend two nights learning astronomy while viewing Saturn rings, gas clouds and star clusters in the Milky Way galaxy with a 20 inch Jamieson telescope and help from the Mount Lemmon Sky Center. Discuss the impacts of light pollution on the atmosphere and the life of astronomers. During the day, explore the beauty of the Santa Catalina Mountains on a day hike through cool pine forests. Exertion level: low/ moderate.

Sign-up deadline: October 26 Pre-trip meeting: 6:00PM October 29 Limit: 20 Cost: \$100

Day Hike Garwood Loop November 7 **#18**

Enjoy this day hike that will get you home in time to tailgate for the big game. The Garwood Loop Trail, in Saguaro National Park East, meanders past saguaro, cholla, barrel cactus and prickly pear on its way to a view overlooking Tucson and the Catalinas. Also enjoy a bit of history with opportunities to see relics from homesteaders in the area. This hike is sure to be a great way to start your day! Exertion Level: low/ moderate.

Sign-up deadline: November 2 Limit: 10 Cost: \$15

Mountain Bike Day Trip to Sweetwater Preserve November 8 **#19**

A day trip near Tucson, this adventure will take us out among the dirt and rocks for some adrenaline pumping rides. The newly opened Sweetwater Preserve has some of the best mountain biking trails in Tucson. Multiple loops with differing technical difficulty accommodate a wide variety of experience. Exertion level: Moderate/ High

Sign-up deadline: November 2 Limit: 7 Cost: \$15

Canoeing on the Colorado River through the Chocolate Mountains November 13-15 **#20**

This 35-mile canoe trip will travel down the Colorado River through the Chocolate Mountains. Our first day on the river will take us through Cibola National Wildlife Refuge. This refuge provides shelter for over 200 species of birds, including Canada geese, Great blue herons, White pelicans, Sandpipers and Snowy egrets. The second day on the river, we will be surrounded by multi-hued sandstone cliffs. We will also be able to view Picacho Peak, a 1,193 foot landmark that towers over the surrounding terrain. Exertion level: Moderate. No experience required.

Sign-up deadline: November 2 Pre-trip meeting: 6:00PM November 5 Limit: 10 Cost: \$105

Sea Kayaking at Isla Tiburon, Mexico November 25-29 (Thanksgiving) **#21**

This sea kayaking adventure will travel to and explore Isla Tiburon in the Sea of Cortez, Mexico. Isla Tiburon measures forty miles long and fifteen miles wide; it is the largest island in the Sea of Cortez. Mountains on the island reach nearly 4,000 feet above sea level, gathering sufficient rainfall from the clouds to assure the existence of a few permanent springs. There is diverse wildlife, such as deer, bighorn sheep, shorebirds, coyotes, and the sea is teeming with dolphins, rays, fish and other sea life. We will transport all of our equipment via kayak along the coastline of Isla Tiburon, moving camp as we travel. Opportunities exist for short exploratory hiking adventures, kayaking amongst the mangroves, visiting old Seri Indian camps, snorkeling and relaxing on the beach. Exertion level: Moderate. Previous camping experience recommended.

Sign-up deadline: November 10 Pre-trip meeting: 6:00PM November 17 Limit: 10 Cost: \$335
Pool session: 10:00AM November 21

Sea Kayak Alaska: Coming Summer 2010!

Paddle through a sea of icebergs exploring Alaskan bays, viewing glaciers calving and enjoying breath-taking mountain views. Sea kayaking in Alaska affords unsurpassed opportunities for wildlife viewing: see bears, seals, bald eagles, puffins and more. Our trip will begin with a day at the Alaska Native Heritage Center in Anchorage where original video and historic kayaks of Aleut will educate us on kayaking history and get us excited for our paddle. We'll then head to the water, where we'll spend pristine days exploring the green and blue, glassy waters of the bays in the Gulf of Alaska. Several kayaking sessions in Tucson will prepare us for this once in a lifetime adventure. Please call or stop by for additional information!

Eligibility: Participants must submit an Assumption of Risk and Personal Responsibility document and a Health Statement to participate on all trips. Applicants must meet the eligibility and minimum experience requirements for each trip. All Outdoor Adventures programs are open to The University of Arizona students, faculty, staff and their guests. Non-students may register at the student rate plus 10%. The only exception to the above policy is for cooperative trips between the U of A and another program, in which students from each organization participate together. Students under 18 years of age must have prior approval from the Assistant Director of Campus Recreation for Outdoor Recreation before registering for an Outdoor Adventures activity.

Registration: Sign up for any program in advance at Outdoor Adventure, 1629 E. 7th Street, in Tucson, Arizona between Noon and 6:00PM Monday through Friday. Applicants must meet the eligibility and minimum experience requirements for each trip. Deposit (cash, check, Visa, MasterCard, debit cards), proper identification and a complete trip application must be presented at the time of registration.

Deposits: Deposit (cash, check, Visa, MasterCard, debit cards), proper identification and a complete trip application must be presented at the time of registration. For trips costing less than \$100.00, full payment is due at the time of registration. For trips costing \$100.00 or more, a 50% deposit is due in order to reserve a space. The balance is due two weeks prior to trip departure or the first day of a class, whichever is earlier. Some expedition trips will require a larger deposit and/or an earlier final payment deadline, as stated on the individual trip brochure.

Refund Policy: If notice of cancellation is received 14 days prior to the trip departure date or the first day of a class, whichever is earlier, Outdoor Adventures will retain \$15.00 as a cancellation fee; you will receive the balance of the deposit as a refund. If notice of cancellation is received within 14 days of trip departure or the first day of a class, whichever is earlier, the entire trip fee is non-refundable. Some trips require an earlier deadline for cancellation or greater cancellation fee as stated on the individual trip brochure. If Outdoor Adventures cancels a trip prior to departure, a full refund will be issued. All refunds will require surrender of the original receipt and will be processed through the University. Refund checks should be issued within 3 weeks of surrender of the original receipt. If you have any questions, please inquire at Outdoor Adventures.



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