



# MOUNTAIN TRAIL

## OUTDOOR SCHOOL

### Adventure-based learning

Adventure-based learning help students change their assumptions about themselves and each other and to expand their comfort circles.

- In our **Cooperation Course**, students work together to overcome a series of challenges, honing each other's decision-making, communication and cooperation skills and growing together as a group.
- Students learn the terminology and techniques of proper canoeing and explore Kanuga's lake in our **Canoeing** half-class.
- **Orienteering** introduces various methods of navigation, notably compasses and topographic maps and allows students to then use their new skills as they work through our orienteering course.
- Our **Outdoor Living Skills** class equips students for successful experiences in the outdoors with minimal impact on the environment.
- A session of **Rock Climbing** shows students that their capabilities far exceed their own expectations. Many groups choose to climb at our 40-foot-high climbing tower, while smaller groups may also choose the natural rock face of our quarry.
- The **High Ropes Course** also provides an empowering realization of mind over matter, though the challenge here is more emotional than physical. With six elements in two courses, students can choose their own challenges and work with our staff to overcome their fears.