



MOUNTAIN TRAIL

OUTDOOR SCHOOL



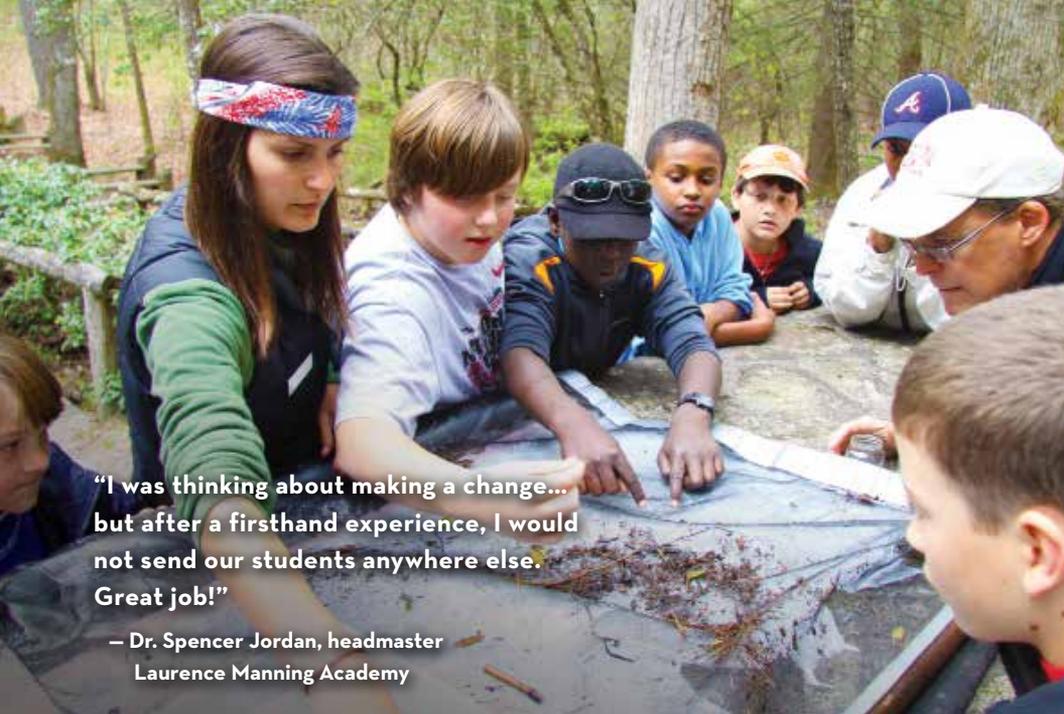
Hands-on education in the outdoor classroom of the Blue Ridge Mountains



“Mountain Trail was a fun experience, including learning really cool stuff, the food was pretty good too.”

**– student, Park Road
Montessori School**





“I was thinking about making a change... but after a firsthand experience, I would not send our students anywhere else. Great job!”

**— Dr. Spencer Jordan, headmaster
Laurence Manning Academy**

ABOUT MOUNTAIN TRAIL OUTDOOR SCHOOL

The Mountain Trail Outdoor School (MTOS) is the environmental education division of Kanuga Conferences, which has been in continuous operation since 1928 and is one of the nation’s premier centers for youth camping and outdoor education.

While here, students can enjoy the best of the mountains, with a typically mild climate, even in winter.

Outdoor education is experiential in nature and appeals to the different ways that young people learn. Some students will respond to the physical challenge, while others will be stimulated by natural beauty or by cause and effect. Still others will respond to the community that forms when difficult obstacles are overcome.

MTOS students actively engage in the natural environment, incorporating individual State standards with corresponding grade levels.



These Cherokee symbols spell ka-nu-ga. Our Cherokee Culture class teaches about the people who once lived in this area.



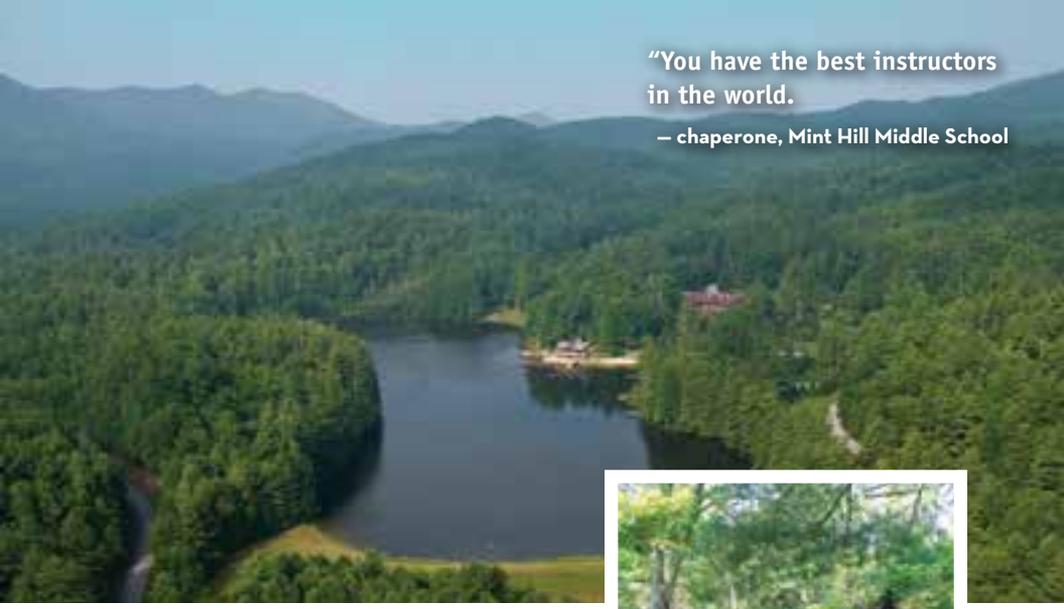
**“It’s a great place to learn about
the environment.”**

– student, Dutchman Creek



**“You have the best instructors
in the world.**

– chaperone, Mint Hill Middle School



A RARE 1,400 ACRE ECOSYSTEM

MTOS enjoys a particular advantage because its location in the Southern Appalachians boasts a rare ecosystem with varying geology and species – one of the most diverse in the world. Our 1,400 wooded acres range in altitude from 2,300 feet at Kanuga Lake to 2,860 feet atop Wolf Mountain. Consisting of peaks and valleys, coves, streams, lakes and more than 20 miles of hiking trails, this natural outdoor laboratory offers a learning experience free of distractions.

USING THE ENVIRONMENT TO TEACH AND INSPIRE

As its mission, MTOS uses environmental, outdoor and adventure education to teach and inspire youth and adults to care for the environment around them, including both natural and human resources.

MTOS offers programs that provide the chance to experience positive community, grow physically and mentally, improve self-confidence and increase awareness and stewardship of our natural environment.



Kanuga is home to the mountain sweet pitcher plant, an endangered species found only in nine other known locations. The plant's scent and color attract insects into its "body," where captured rainwater and digestive enzymes allow the plant to "feed" on nutrients provided by the decaying insects.



The **MTOS** curriculum combines natural science study, community building and adventure based activities. To increase effectiveness, we work with teachers to meet their goals and expectations, incorporating your State standards for the appropriate grade levels. Pages 4-7 demonstrate many ways in which our program can complement the classroom.

CHOOSE FROM EIGHT ENVIRONMENTAL EDUCATION COURSES — OR CREATE YOUR OWN!

- ✿ **Forest Ecology**
- ✿ **Pond and Stream Ecology**
- ✿ **Animal Ecology**
- ✿ **Web of Life**
- ✿ **Mountain Ecology**
- ✿ **Geology**
- ✿ **Bog Study**
- ✿ **Cherokee Culture**
- ✿ **Garden Connections**
- ✿ **Sustainable Future**



The dragonfly goes through incomplete metamorphosis, with egg, nymph and adult stages. Students collect, identify and learn about these and other macroinvertebrates in Pond and Stream Ecology.



Inquire: 828.692.0077 or mtos@kanuga.org

“The patience level of the guides - their ability to speak to the students on their level while at the same time never speaking down to them - encouraged the students to push their boundaries without pressure.”

— parent, Mint Hill Middle



ADVENTURE EDUCATION BUILDS SELF-ESTEEM AND COMMUNITY

- ✿ Rock Climbing
- ✿ High Ropes
- ✿ Cooperation Course
- ✿ Canoeing
- ✿ Orienteering
- ✿ Outdoor Living Skills
- ✿ Challenge Hike

Our 50-foot climbing tower, nicknamed the “Tower of Power” by students and adults alike, gives participants the opportunity to face challenges in a safe and supportive environment.

Explore More: www.mtos.kanuga.org



“Excellent job at combining fun and education.
I would highly recommend MTOS to all schools.”

— parent, Frederica Academy



END EACH DAY WITH SOMETHING DIFFERENT

- ✿ Night Hike
- ✿ Campfire
- ✿ Square Dance
- ✿ Naturalist*
- ✿ Storyteller*
- ✿ Cookout
- ✿ Town Hall
- ✿ Appalachian Culture
- ✿ Large Group Games
- ✿ Dance/Social

*extra fee



Students might glimpse the Southern flying squirrel during a Night Hike. This animal does not truly fly. Rather, it uses the patagium (a flap of skin between front and back limbs) to glide.



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“Instructors are outstanding, [and the] instruction aligns with our course of study.”

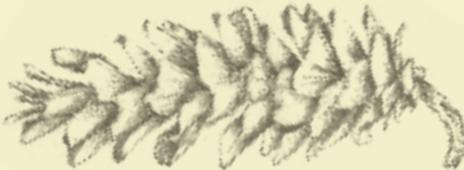
— Headmaster, Laurence Manning Academy



EXPLORE THE REGION WITH OFF-PROPERTY TRIPS

- ⚙️ **Backpacking trips in Pisgah National Forest***
- ⚙️ **Carl Sandburg Home**
- ⚙️ **Biltmore Estate***
- ⚙️ **White-water rafting***

*extra fee



Kanuga's 1,400 acres support a diverse array of tree species, including the Eastern White Pine, which has edible needles containing high levels of vitamin C.



“Staff was outstanding! [They are] excellent role models and well informed in all areas. Classes were well thought out and had ample time to achieve the goals set.

— -parent, Flint River Academy

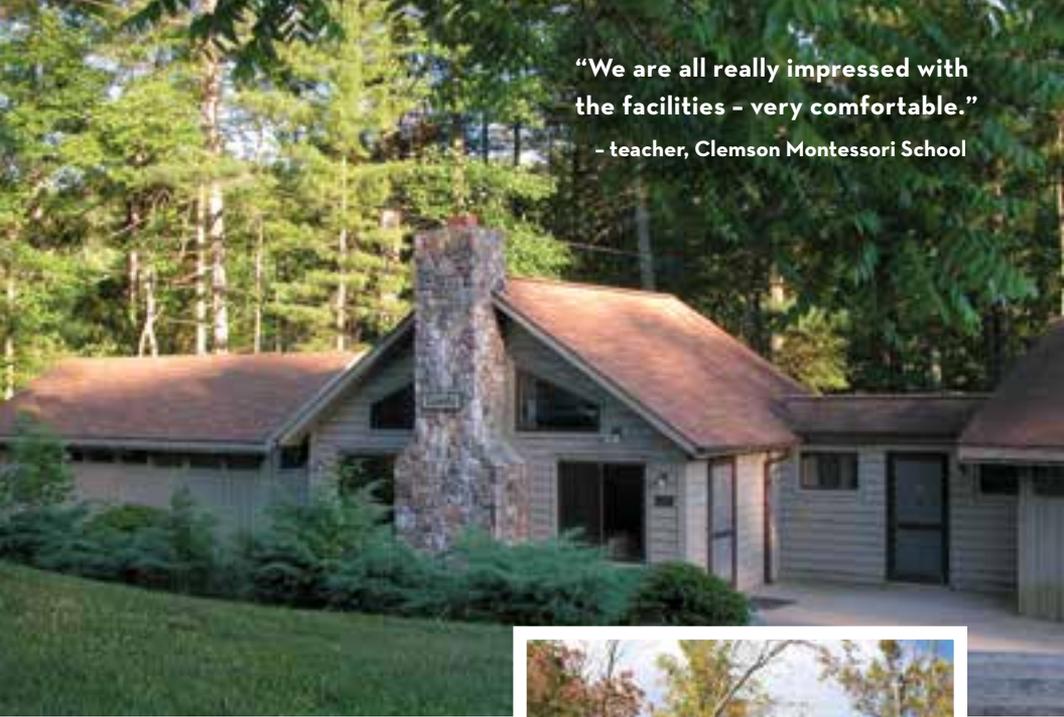
PROFESSIONAL, DEDICATED STAFF

Classes are conducted outdoors and each is activity-oriented. Instructors are college graduates or experienced interns completing their college work. Our staff is dedicated to professional development, logging more than 150 hours in environmental education workshops, adventure training and wilderness medicine credentials over the course of a three-month season.



“We are all really impressed with the facilities - very comfortable.”

- teacher, Clemson Montessori School

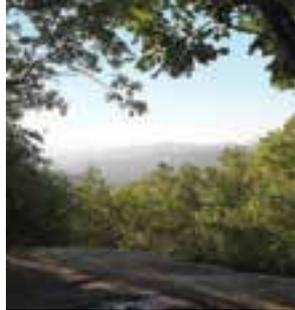


A COMPLETE CAMPUS FOR EDUCATION AND FUN

The Mountain Trail Outdoor School has its home at Kanuga. The campus can house up to 135 students. The rustic, roomy and attractive cabins complement their beautiful mountain surroundings. Other facilities include a dining hall, low and high ropes courses, a quarry used for rock climbing, a 50-foot climbing tower, an indoor gymnasium with climbing wall, dozens of classrooms and a covered activity pavilion. Many MTOS buildings are accessible for the physically challenged and special dietary needs can be met with 72hr notice.

Cabin solar panels heat water and make the campus a working model of renewable energy.





AN OUTDOOR SCHOOL WITH A RARE ECOSYSTEM

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This beautifully diverse environment is easily accessible and well within driving distance of most major cities in the Southeast. Hendersonville, NC, is accessible via Interstates 26, 85 and 40 and U.S. Highway 25.

SAMPLE DRIVING TIMES

- ✿ Atlanta, GA - 3.5 hours
- ✿ Birmingham, AL - 6 hours
- ✿ Charlotte, NC - 2 hours
- ✿ Charleston, SC - 4.5 hours
- ✿ Columbia, SC - 2.5 hours
- ✿ Jacksonville, FL - 7 hours
- ✿ Knoxville, TN - 2.5 hours
- ✿ Louisville, KY - 6 hours
- ✿ Raleigh, NC - 5 hours
- ✿ Roanoke, VA - 4.5 hours
- ✿ Savannah, GA - 5 hours
- ✿ Wilmington, NC - 6 hours



MOUNTAIN TRAIL
OUTDOOR SCHOOL

BOOKINGS AVAILABLE IN FALL, WINTER AND SPRING

130 Kanuga Chapel Drive • Hendersonville, NC 28739
828.692.0077 or mtos@kanuga.org
www.mtos.kanuga.org