BOLD & GOLD
EXPEDITION DESCRIPTIONS

YMCA OF GREATER SEATTLE
YMCALEADERSHIP.ORG
**WELCOME FROM THE BOLD & GOLD TEAM!**

To Our Old and New Friends,

Welcome to our community! You have taken the first step to discovering what you are truly capable of. BOLD & GOLD is a program that will guide you to find the strength in yourself, in the community around you and in the outdoors. Whether it is exploring the old growth forest of North Cascades National Park, backpacking along the wild coastline of Olympic National Park, or summiting Mount Baker, you will have the opportunity to explore the beauty of nature, overcome challenges, try new things, and create lifelong friendships. We applaud you for taking the first step.

While navigating the challenges of travel in the wilderness, we will help you embrace multicultural leadership by combining your unique self and our program’s values. You now have the chance to live beyond your wildest dreams! Thank you for seizing this opportunity and we look forward to hearing your stories when you return.

In the words of Dr. Seuss:

“’You’re off to Great Places!
Today is your day!
Your mountain is waiting,
So…get on your way!”

— See you soon!
The BOLD & GOLD Team

---

**TABLE OF CONTENTS**

<table>
<thead>
<tr>
<th><strong>1-WEEK EXPEDITIONS</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>BACKPACKING AND FISHING</td>
<td>IN THE NORTH CASCADES ............... 6</td>
</tr>
<tr>
<td>BEYOND CITY LIMITS. ............... 6</td>
<td></td>
</tr>
<tr>
<td>CALL OF THE NORTH CASCADES .......... 7</td>
<td></td>
</tr>
<tr>
<td>CASCADE CHALLENGE: EXPLORATIONS IN LEADERSHIP AND BACKPACKING .......... 7</td>
<td></td>
</tr>
<tr>
<td>OLYMPIC COASTAL BACKPACKING ........ 8</td>
<td></td>
</tr>
<tr>
<td>OLYMPIC CHALLENGE ................. 8</td>
<td></td>
</tr>
<tr>
<td>PEAKS &amp; CREEKS ................. 9</td>
<td></td>
</tr>
<tr>
<td>SEA TO SUMMIT: ROCK CLIMBING AND HIKING AT MT. ERIE .................. 9</td>
<td></td>
</tr>
<tr>
<td>TAHOMA: CAMPING AND HIKING IN MOUNT RAINIER NATIONAL PARK ........... 10</td>
<td></td>
</tr>
<tr>
<td>TASTE OF ADVENTURE ................. 10</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>2-WEEK EXPEDITIONS</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>AMERICAN ALPS: BACKPACKING IN THE NORTH CASCADES ............... 12</td>
<td></td>
</tr>
<tr>
<td>BACKPACKING AND LEADERSHIP ON THE OLYMPIC COAST ............. 12</td>
<td></td>
</tr>
<tr>
<td>CALL TO THE SUMMIT: A MOUNTAIN CLIMBING ADVENTURE ........ 13</td>
<td></td>
</tr>
<tr>
<td>FIRE AND ICE: A MOUNTAIN CLIMBING ADVENTURE TO MT. BAKER .......... 13</td>
<td></td>
</tr>
<tr>
<td>HEART OF NATURE ................. 14</td>
<td></td>
</tr>
<tr>
<td>POWERFUL GIFTS: BACKPACKING, SERVICE, AND LEADERSHIP .......... 14</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LEADER IN TRAINING (LIT)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>LEADER IN TRAINING (LIT) ............... 16</td>
<td></td>
</tr>
</tbody>
</table>
WHAT TO EXPECT

Whether this is your first expedition, or you are an experienced backpacker, we are excited for you to adventure with BOLD & GOLD this summer!

You will start at the Cascade People’s Center where you will meet your instructors and fellow participants in an opening circle and start to get to know one another. Together you will prepare for your journey by participating in a gear check where BOLD & GOLD staff will review personal and group gear and teach you how best to pack your backpack. If you are borrowing items from the BOLD & GOLD gear library, you’ll receive them during the gear check. Once the group is packed, you’ll eat lunch, have a safety briefing with your course director, and then travel by bus to your first destination!

All overnight trips will spend their first night at a front country, or drive-in, campsite where there are usually basic amenities like bathrooms and running water. The next day backpacking trips will hike to their first wilderness campsite while climbing and front country trips continue to stay at drive-in campgrounds for the duration of their experience. Regardless of the trip, each day will include a mix of outdoor adventure, leadership development, and fun! You will take turns being the Leader of the Day, the group photographer, the journal keeper and more!

On the last day of your adventure, you will pack up your campsite and return to the Cascade People’s Center where your group will unpack, clean group gear, and participate in a closing circle.
PHYSICALITY

1. Day hiking up to five miles, backpacking with lighter weight packs up to four miles per day, front country climbing that includes short hikes to the climb site, and/or flat water kayaking up to four miles.

2. Seven-to-ten-day itineraries including elements of backpacking, climbing, and/or rafting. Backpacking terrain is flatter and elevation gains are less than 1,000 feet per day. Trips have at least one rest day when the group stays in the same location.

3. Backpacking or front country climbing trips with one to two rest-days, when the group stays in the same location. Climbing includes longer more technical routes. Backpacking for three to seven miles per day. Coastal trips may incorporate challenging overland crossings and early starts to navigate tidelands, while Cascade trips may have days where 1000+ feet of elevation is gained.

4. Multi-week itineraries with backpacking days of seven to ten miles. Coastal itineraries with overland crossings and tideland navigation, and North Cascades or Olympic Interior itineraries with steep elevation gain. More consecutive travel days between rest days.

5. Climbing and mountaineering multi-week itineraries. Trips may require “Alpine Starts” – setting out before sunrise. Technical climbing and traversing of glacier or snow fields, while carrying heavy packs.

LEADERSHIP OPPORTUNITY

1. Trips focus on exploration, social/emotional learning, and skill building. Participants take ownership of smaller tasks throughout their experience – cooking, setting up camp, keeping the group journal, and taking photographs.

2. Participants will each act as “Leader of the Day” for their group and explore leadership and responsibility more deeply. Rotating jobs each day have more complexity, and the group takes on a greater amount of leadership as the trip progresses.

3. Experiences provide a greater degree responsibility for day-to-day tasks. Instructors increasingly step back to allow the group more opportunity to work together. Participants are introduced to both group and risk management responsibilities.

4. Multi-week trips that build concrete leadership and group management skills. Leaders of the Day receive feedback from their peers and have multiple opportunities to lead the group. Participants take on high levels of responsibility for camp tasks and navigation on the trail.

5. Experiences have a high degree of technical rigor and challenge teens peer-to-peer leadership skills across longer, physically demanding days. Participants gain a deep understanding of wilderness leadership and instruction.
1-WEEK EXPEDITIONS
1–WEEK EXPEDITIONS

BACKPACKING AND FISHING IN THE NORTH CASCADES
Entering Grades: 7–9

High in the Cascade Mountains is a land of clear mountain lakes, old growth forests, meadows filled with wildflowers and snowcapped peaks where you will learn the basics of backpacking and fishing. Be captivated by dramatic mountain landscapes, fish for trout, and develop leadership skills in ways you never thought possible. After taking on the challenge of the wilderness you will know you can overcome any obstacle placed before you.

BEYOND CITY LIMITS
Entering Grades: 6–8

This summer explore the outdoors in your backyard. On this five-day adventure, you will learn new outdoor skills, experience the beauty of the mountains, and sharpen your leadership skills! You will be joining a group of motivated peers ready to take on the challenge. You will travel to a unique place and learn to rock climb, kayak, or backpack. Monday and Tuesday will be day trips followed by a two-night backpacking overnight Wednesday to Friday! Along the way you will make new friends, practice leadership, and explore the natural world.
CALL OF THE NORTH CASCADES
Entering Grades: 6–8

The North Cascades have drawn many great explorers, mountaineers, anglers and poets with their high alpine meadows, huge clear lakes and stunning mountain peaks. Be the next to explore this wonderland as part of this expedition. You will be backpacking in North Cascades National Park where you may see eagles and falcons, gaze upon incredible mountains, and share stories and s’mores around the campfire.

CASCADE CHALLENGE: EXPLORATIONS IN LEADERSHIP AND BACKPACKING
Entering Grades: 9–12 and Graduating Seniors

Do you want to get more out of your summer vacation? Then accept the Cascade Challenge! This one-week alpine backpacking expedition promises to be a highlight of your summer. You will spend this week exploring beautiful mountain landscapes and visiting glacier-fed lakes. You will meet new friends, bonding over your days on the trail while you cook meals by the fire underneath the starry sky. You will end this adventure with new wilderness travel skills, leadership tools, friends and memories that will last a lifetime. The leadership and technical skills that you gain on this trip will help you rise to any challenge you may face, both in the woods and back home!
1-WEEK EXPEDITIONS

OLYMPIC COASTAL BACKPACKING
Entering Grades: 7–9

This journey is simply magic! A land of barking seals, massive trees, and constant waves – the Olympic Coast and the Pacific Ocean make the perfect classroom for this backpacking expedition. You will start in the rainforest and hike on the beach, where you may see eagles, seals and explore tide-pools filled with marine life. On your adventure you will go up and over headlands, camp each night just above the beach, watch dramatic sunsets, and share stories around a campfire.

OLYMPIC CHALLENGE
Entering Grades: 9–12 and Graduating Seniors

Journey out to the Olympic coast — a land shaped by roaring tides and dotted with majestic sea stacks. Discover your true leadership potential as you guide your peers along the rocky shores and up and down coastal headlands. Along the way you’ll have the chance to investigate tide pools, spy coastal wildlife, and enjoy the incredible sunsets from the comfort of your campfire. By the time your adventure comes to an end you’ll have made lasting friendships, learned new skills, and discovered what you are truly capable of.
PEAKS & CREEKS
Entering Grades: 9–12 and Graduating Seniors

Physicality (out of five)
★★★★★

Leadership Opportunity (out of five)
★★★★★

The North Cascades are a wild, magical place where you will discover the true meaning of adventure! On this one-week journey you and your new friends will experience joy and laughter as you play games, perfect your backpacking skills, and learn about the vibrant community of strong young leaders that surrounds you. The fun continues as you navigate beautiful mountain landscapes, explore rivers and lakes, and relax with deep conversations under the summer sun and around the evening campfire. This is one adventure you don’t want to miss!

SEA TO SUMMIT: ROCK CLIMBING AND HIKING AT MT. ERIE
Entering Grades: 6–8 or Grades 9–12 and Graduating Seniors

Physicality (out of five)
★★★★★

Leadership Opportunity (out of five)
★★★★★

Mt. Erie is a perfect place to learn to climb or fine-tune your rock climbing skills. Come see the view from the top and discover all this beautiful area has to offer! You will find yourself on trails that overlook the Puget Sound, encouraging others to challenge themselves to new heights. By the end of the week you will have a solid understanding of basic rock climbing and you’ll learn to trust and be responsible for others. Our skilled instructors will teach you what you need to know to go higher than you thought possible in one of the most dramatic places in Washington.
**TAHOMA: CAMPING AND HIKING IN MOUNT RAINIER NATIONAL PARK**
Entering Grades: 6–8 or Grades 9-12 and Graduating Seniors

- **Physicality (out of five)**: ★★★★★
- **Leadership Opportunity (out of five)**: ★★★★★

Tahoma is the ancestral name of the majestic Mt. Rainier. Come explore the beauty and wonder of this ancient place. You will spend each night in a front-country campsite in the shadow of the mountain and learn the skills needed to successfully hike and explore some of the most beautiful trails that Washington has to offer — taking in views of massive glaciers and meadows full of wildflowers. Over the course of your journey, you will learn wilderness cooking skills, how to navigate using trail maps, and other skills you can put towards future hiking and backpacking trips. You will go home with amazing new friendships and memories that will last a lifetime.

---

**TASTE OF ADVENTURE**
Entering Grades: 6–8

- **Physicality (out of five)**: ★★★★★
- **Leadership Opportunity (out of five)**: ★★★★★

Come explore Washington’s wild places! On this introductory adventure you will learn the basics of backpacking while spending each night under the stars, with beautiful views, majestic trees, and new friends. This is the perfect experience for anyone who is excited to try something new, but not quite ready to commit to a weeklong trip.
AMERICAN ALPS: BACKPACKING IN THE NORTH CASCADES
Entering Grades: 9–12 and Graduating Seniors

Physicality (out of five) ★★★★★
Leadership Opportunity (out of five) ★★★★★

North Cascades National Park is home to some of the most impressive mountains in the country – also known as the American Alps. On this trip you will travel deep into the heart of this incredible landscape. Surrounded by mountains, glaciers, and pristine alpine lakes you will have the chance to disconnect from the outside world and connect with yourself and those around you. You will face challenges, but the bonds that will be made and the sunsets that will be gazed upon will make it all worth it.

BACKPACKING AND LEADERSHIP ON THE OLYMPIC COAST
Entering Grades: 9–12 and Graduating Seniors

Physicality (out of five) ★★★★★
Leadership Opportunity (out of five) ★★★★★

Life is good on the Olympic Coast. A land of seals, sunsets, eagles, and sea stacks – everything seems richer, deeper and more fun on the beach! On this two-week adventure you will venture down to this wonderland to hike, explore, tell stories, and work together to navigate the tides with your new team! During this expedition you will have a chance to lead the group for a day, learn gourmet backcountry cooking, and test your limits as you work hard to reach your next campsite.
2-WEEK EXPEDITIONS

**CALL TO THE SUMMIT: A MOUNTAIN CLIMBING ADVENTURE**
Entering Grades: 9–12 and Graduating Seniors

- **Physicality (out of five)**: ⭐⭐⭐⭐⭐
- **Leadership Opportunity (out of five)**: ⭐⭐⭐⭐

The challenge, glory, and beauty of the Cascade Mountains come together on this exciting mountaineering adventure! You will work with veteran climbing instructors to learn the skills necessary to competently travel in the mountains. You will have an opportunity to learn how to rock climb, develop multicultural leadership, and summit peaks. This trip has the most mountain climbing and is one of the most physically demanding expeditions we offer, but also one of the most rewarding. Do you have what it takes?

**FIRE AND ICE: A MOUNTAIN CLIMBING ADVENTURE TO MT. BAKER**
Entering Grades: 9–12 and Graduating Seniors

- **Physicality (out of five)**: ⭐⭐⭐⭐⭐
- **Leadership Opportunity (out of five)**: ⭐⭐⭐⭐

On this mountain climbing adventure you will attempt to climb Washington’s 3rd tallest mountain, the majestic Mt. Baker. Together, you and your group will learn how to camp and travel in snowy conditions, cross glaciers, and feel the inspiration of being in one of Washington’s most magical places. If conditions are favorable, you’ll stand on high looking down on Seattle, and understand the courage and perseverance it takes to be a mountaineer. Previous climbing and/or winter travel is encouraged and backpacking experience is required.
HEART OF NATURE
Entering Grades: 10–12 and Graduating Seniors

The Olympic Interior is home to some truly magical places – ancient glaciers, pristine alpine lakes, roaring waterfalls. Heart of Nature will take you deep into Olympic National Park and will reveal some of its best kept secrets. Your two-week journey will take you to the base of Mt. Olympus, across mountain divides, and down roaring rivers. You’ll discover not just the beauty of the natural world, but also what you are capable of as a leader.

POWERFUL GIFTS: BACKPACKING, SERVICE, AND LEADERSHIP
Entering Grades: 10–12 and Graduating Seniors

You are skilled, you are valued, and you are needed. This is your glorious opportunity to give back to the wilderness on this two-week backcountry expedition. This trip will be a blend of backpacking and giving back, earning you up to 40 service hours. You will have a chance to visit some of the most remote places in Washington and help clear the way for future generations. Additionally, you’ll learn how to communicate and make decisions together as well as how to be an empowering leader who supports others. This is one of the most remote expeditions we offer and one of the most necessary. Join us and make a difference!
LEADER IN TRAINING (LIT)
Take the next step in your leadership development! As an LIT you will go on a one-week backcountry training trip with a group of peers where you’ll focus on team-building, mentoring techniques, and wilderness skills. Then you’ll mentor middle school students on a one-week BOLD or GOLD trip as they develop new skills, build strong relationships, and have an unforgettable summer. As an LIT, you will gain a competitive edge as a leader and have an opportunity to experience the beauty of Washington’s natural world— all while getting to know new people and having fun! Participants earn 150 service hours.