



Course Overview

Colorado Rockies Alpine Backpacking for Grieving Teens – 7 Days – Ages 14-17



Colorado Outward Bound's Grieving Teens course is a unique partnership with the New York Life Foundation. This wilderness expedition is specifically designed for teens who have experienced the death of a loved one. During this transformational seven-day experience, you will explore powerful reflection activities woven into the context of the traditional Outward Bound adventure curriculum. Whether it's climbing majestic mountains, rappelling down granite cliffs, or navigating through forests and alpine meadows, you will discover that there is more in you than you knew. This adventure includes hiking, backpacking, peak climb attempt, rock climbing, and more!



Course Area:

Get ready for **Rocky Mountain high country**, where rolling forests, steep rocky slopes and miles of remote, alpine meadows create an adventure wonderland. Over 50 peaks push above 14,000' in Colorado, and countless craggy, peaks and ridges weave between valleys as far as the eye can see. If the timing is right, colorful wildflowers will brighten green alpine tundra snow-melt stream banks. You might share camp with elk, deer, moose and myriad other wildlife. You may even stumble upon relics of Colorado's rich human history: from artifacts of the region's indigenous peoples, to historic mining structures and equipment.



Course Activities:

Base Camp Time – You will spend the first two nights at our base camp, the Leadville Mountain Center. You'll sleep under a tarp, prepare your own food and learn basic techniques for living and camping outside. This time will help you acclimate to the high altitude of the Colorado Rockies.

High Ropes Challenge Course – Our premier wilderness basecamp features a high ropes course in the canopy of the forest. Here you'll swing through the trees and test your balance forty feet above the ground...attached to a safety tether of course!

Alpine Backpacking Section – For most of your course you'll hike and camp in the high country that Colorado is famous for. Everything is hands-on and designed for students your own age. You will learn by doing. Throughout the course, expect to have lots of fun and adventure! You will practice navigation and engage in Leave No Trace camping practices.

Solo – A short solo (from 2 hours to 24 hours in length) provides an important break from the rigors of the expedition. Many students are initially nervous about this part of course, but most are ready for a rest and a break from the group when the time for solo arrives. You'll spend time alone at a designated campsite to rest and reflect on what you have been learning throughout the course, as well as what awaits you at home. We choose your solo site to offer as much solitude as possible within hearing distance of the Instructors. Your Instructors will check on you at least once a day.





Sample Itinerary

Day 1 - Arrival and welcome. Students arrive at the basecamp by 6 pm and are met by Outward Bound staff. There will be a welcome dinner and ice breaker games before bed.

Day 2 - You will learn all about camp craft, cooking and living comfortably in the outdoors. You will play team-building games get to know your crew mates.

Day 3 - Rock climbing at a nearby site. We teach you everything you need to know to be safe and have fun on the rock.

Days 4-6 - Into the backcountry! You will hike through beautiful alpine terrain including forests, meadows and tundra. You'll learn more about camp craft, navigation through map and compass use, working together as a team and learning about your natural surroundings. You will backpack to a campsite from which you will attempt to climb a peak. This multi-day adventure into the backcountry is a true wilderness experience, but medical and logistical support remains close by.

Day 7 - Departure and closure. You'll wake up early, eat breakfast and begin your journey home.