



OOPs trips 2016

What's planned for this year?

We offer three different trip levels: low intensity, medium intensity, high intensity. None of our trips require previous outdoor experience, these different levels are based on physical fitness levels.

- Low intensity trips require no outdoor experience, are suitable for all participants who feel comfortable walking on short, relatively flat trails and are willing to learn how to paddle canoes on gentle rivers and lakes.
- Medium intensity trips require reasonable physical stamina, but still no outdoor experience is necessary. You'll be active up to 8 hours per day, with many breaks in between. These trips are more physically challenging than low intensity trips, but are suitable for most students.
- High intensity trips are for students who are physically fit and want to push themselves by hiking long distances and climbing high peaks. Previous outdoor experience is wonderful but it is not required to participate in this trip as long as you are ready for long days and heavy packs.

If you have any concern about your personal level of fitness and want help determining an appropriate trip for you please be in touch with [Nick Jenei](#). We can accommodate all levels of physical fitness and most medical and physical conditions.

~ Low Intensity Trips ~

Exploring Baxter State Park

Baxter State Park is the last true wilderness area in the Northeastern United States and one of the jewels of Maine's landscape. For students interested in being introduced to a variety of activities, including hiking and canoeing, Baxter State Park is a perfect trip. Participants will have the opportunity to explore the Park on a variety of day-hikes with the option to climb Maine's highest peak, Mount Katahdin (Baxter Peak, 5,267'). The group will base at drive-in campgrounds and will move from one side of the park to the other to give students greater access to the trails that criss-cross glacial ridges and bowls of the Park. In addition to wildlife, participants will witness dramatic topography that inspired generations of American writers and painters, including Thoreau, Frederic Church, and Marsden Hartley. Baxter State Park is an incredibly beautiful and very rugged place, this is certainly an awesome trip.

*Please note:

Since you will be based at drive-in campsites, a duffle bag packed with clothing and equipment will be sufficient.

Students will need a daypack for the week's excursions. Also, students should bring a reliable pair of lightweight hiking boots.

Climbing Mount Katahdin is optional.

There is no running water in Baxter State Park, but there are very lovely, well maintained outhouses

Paddling the W. Branch of the Penobscot

The West branch of the Penobscot River is one of the routes Henry David Thoreau was led on by Wabanaki guides, and chronicled in his essays *The Maine Woods*. The 45 mile stretch runs from Old Roll Dams to Chesuncook Village. You will wind your way along the flat water river for the first three days, with a stop at Lobster Lake--a small bejeweled lake with sand beaches. The last two days you will paddle across Chesuncook Lake before heading back onto the river for the final day. All the campsites have picnic tables, as well as outhouses (during the day the forest will be our bathroom). The upper branch of the Penobscot is an ideal canoe trip for beginner paddlers as there are neither rapids nor portages.

*Please note:

This trip is appropriate for novice paddlers who can spend up to 6 hours in a canoe.

The campsites are large and well maintained but have no running water or flush toilets. Bathrooms are outhouses.

Students will need two pairs of footwear for wet and dry weather.

≈ **Medium Intensity Trips** ≈

Canoeing the Allagash River

On the Allagash Lower River Canoe trip you will paddle the lower Allagash Wilderness Waterway from the Churchill Dam to Allagash Village. Your group will pass through several lakes and ponds and the river will fluctuate from slow flowing water to rips and rapids, including a seven-mile stretch of Class II Whitewater called Chase Rapids. Due to the success of the Waterway's protection and preservation, there will be opportunities to see the same animal and bird life Thoreau saw in 1857, including moose, bald eagles, and bears. You'll see part of the last remaining wilderness waterway in the eastern United States on one of the most beautiful canoe trips in the northeast. COA provides all boating equipment. Students who have paddles, life jackets, dry bags, and camping gear should bring them.

*Please note:

This trip is appropriate for both novice and experienced paddlers who are comfortable spending up to 8 hours a day in a canoe.

The campsites are large and well maintained but have no running water or flush toilets. You must be open to the idea of going to the bathroom in an outhouse and in the woods.

Students will need two pairs of footwear for wet and dry weather.

Sea Kayaking Frenchman Bay

Students who attend the Sea-Kayaking Adventure experience Maine islands from a different perspective — absolute sea level. Participants will see the power of the glaciers that scoured out striking, bare-granite ridge lines (as well as the fjord of Somes Sound) some 18,000 years ago. These moving forces made the island a beacon for the native Abenaki people who called the island Pemetic, the "sloping land". Students will explore MDI from the vantage point of the Italian explorer Giovanni da Verrazano who christened this part of Maine "Acadia," and the French explorer Samuel de Champlain who gave the modern name, "Île des Monts Déserts," the island of dry mountains. The group will depart from Stonington in the company of experienced guides, and they will cross the open water of the Jericho and Blue Hill bays. They will make camp at Indian Point, before passing through the Mount Desert Narrows and arriving at the college pier in Frenchman Bay. In mostly tandem kayaks, the group will hop from island to island to hike and camp. This trip is suitable for paddlers with even just a little experience. COA provides all boating equipment. Students who have paddles, life jackets, dry bags, and camping gear should bring them.

*Please note:

Those with back problems should contact COA before signing up for this trip, as long periods in a kayak can exacerbate previous back conditions.

Because of the sensitive island ecologies, you will have to carry out all waste, including human, in a specially designed bag. The trip leaders will provide you with all necessary information.

Students will need two pairs of footwear for wet and dry weather.

Rock Climbing Acadia

During this OOPs trip students will experience the beauty of Mount Desert Island's rosy-pink granite slabs and faces and challenge themselves by learning how to climb or by honing their established rock climbing skills. Students will work as a team, communicate, and build trust in a supportive learning environment. In the company of experienced local guides, the group will move through a succession of skills from bouldering to top-roping, and through a variety of locations from the ledges at Otter Cliffs to the dramatic promontory at Great Head which looks out over Frenchman Bay. The group will camp near beautiful Beech Mountain and Canada Cliff. This trip is intended for beginner, intermediate, and advanced climbers as a way of introducing students to working in small, communicative teams and exposing them to some of the most striking and challenging natural features of our once glacial landscape.

*Please note:

While COA will provide all technical climbing equipment, if students have rock climbing equipment, they are encouraged to bring it. The college will inspect any personal gear and may ask the participant not to use his or her equipment for institutional safety reasons.

- The group will hike in Acadia National Park for at least one day. Students should plan to bring day-hiking gear.
- The campgrounds in Acadia have running water and flush toilets, though when you are out in the field climbing you will have to "go in the woods".

« High Intensity Trips »

Backpacking the Appalachian Trail

This trip is for two small groups that will hike from opposite ends of Maine's rugged 100-mile Wilderness, which is on the Appalachian Trail, and meet in the middle at The Hermitage — a section of incredible white king pine declared a National Landmark in 1968. A group will head south from Monson and hike beside small ponds and lakes and including Little Wilson Falls. The other group will leave from Cooper Pond and hike over Little Boardman Mountain to prepare for a steady climb over White Cap Mountain (3650'). The students will drop down

a side-trail into the deep-walled canyons and waterfalls of Gulf Hagas. Both trips will witness dramatic scenery and majestic wildlife such as moose, eagles, and even bears.

*Please note:

These trips are very physically demanding. Participants should have experience multi-day backpacking, and be able to carry up to a 40 pound (18kg) backpack for up to 10 miles (16 km) per day. If you don't have backpacking experience but are in very good physical condition you could also apply for this trip.

Bathroom facilities are limited to simple outhouses at some of the camp sites and holes that you dig in the woods.

Students are welcome to bring as much personal backpacking gear to share with their group.

Participants need to have either an internal or external frame backpack that will carry six-days of gear.

It is imperative participants have a reliable pair of well broken-in, mid-weight hiking boots for six days of backpacking. Boots should fit comfortably with two pairs of socks (a light synthetic liner sock and a heavy wool sock).

The Peaks of Baxter State Park

This trip is for people who are avid hikers and want to climb challenging trails up the two biggest peaks in Baxter State Park: Mount Katahdin and Doubletop Mountain. The views from these mountains are of the magical; seemingly endless lakes, streams, and woods that make up our great state of Maine. Additionally you will stay in a backcountry campsite during a big 2-day loop of the Baxter backcountry. The other nights you will be car-camping in several different campgrounds around the park. You are going to see a lot of this beautiful park!

*Please note:

- This trip is very physically demanding.
- You must be able to hike up to 15 miles a day and up very steep terrain.
- The pace of hiking will be quite fast.
- Good, broken-in hiking boots or trail running shoes are a must