

# COLLEGE AGE & ADULT COURSES



## North Carolina Outward Bound

*Live the adventure!*



**800-841-0186 • [www.NCOBS.org](http://www.NCOBS.org)**

Outward Bound is the oldest and most respected outdoor educator in the world.



**North Carolina Outward Bound** is the beginning of a life-long journey and our alumni often talk about the transformations in their lives following their Outward Bound course. We offer courses in some of the premier outdoor areas of the world in amazingly beautiful pockets of wilderness that are challenging and powerfully inspiring. Our courses develop your skills in leadership, wilderness travel, environmental stewardship and compassion for others.

Adults of all ages are often focused on what's "next" in their lives. From college to career paths, an Outward Bound adventure offers clarity, confidence and vision—it may be just what you need to take you where you're going next and to set a course for the rest of your life.



Courtesy of Luiz Leonetti



## The Southern Appalachians

(which include the Blue Ridge & Great Smoky Mountain Ranges) are some of the oldest mountains in the world. The birthplace of North Carolina Outward Bound is in the Southern Appalachians of Western North Carolina where the highest mountains of the range reside, the highest being Mount Mitchell at 6,684 feet (2,037 m).



Courtesy of Michael Follo

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Students learn to navigate with a map and compass, to cook meals in the outdoors, sleep under the stars each night in a different camp site and learn about the natural history of the Southern Appalachians.

Courses include backpacking, rock climbing and/or whitewater canoeing.

**We offer 4, 8, 14 and 28-day courses in the North Carolina Mountains from April until October.**

**Age groups include: 18+, 18-30, 20+, 23+ and 30+.**

**We offer a 50-day instructor training course called the Outdoor Leader Course in spring and fall.**



# OUTER BANKS

**Taking an Outward Bound course as an adult can be fun. Adults of all ages enjoy our courses. You do not have to be a child or have previous experience to participate. Give yourself a break from the**

Dotted with historic lighthouses, the Outer Banks is a 200-mile long string of narrow barrier islands that flow down the North Carolina coastline. The Outer Banks are known for many things, including its temperate climate and wide expanse of open beach front. Just the name Outer Banks conjures up tales of the Lost Colony, the Wright brothers' first flight and Blackbeard the Pirate.

Students set up camp on a sandy beach each night; master paddling techniques through wind, choppy waves and challenging tidal waters; navigate through the coastal barrier islands, learn to monitor weather with VHF weather radio; and acquire the skills to read tidal charts. Students will also see and learn environmental and ecological history of the Outer Banks.

**We offer Outer Banks Sea Kayaking from May until August for 7 days. Age groups include 18+ and 30+.**



**magical and transformative.  
Be an athlete or have any outdoor  
routine and go Outward Bound!**



The Ten Thousand Islands are a chain of mangrove islands off the coast of southwest Florida. The 99-mile long Wilderness Waterway begins at Everglades City, Florida and ends at Flamingo Key at the southern tip of the Florida peninsula. This spectacular course area is an aquatic preserve and is home to a variety of wildlife including dolphins, manatees, sea turtles and numerous wading birds. Some of the southeastern islands in the chain are included in the area of Everglades National Park.

Traveling in kayak through the mangroves of the Ten Thousand Islands is a unique challenge due to changing weather patterns and tidal shifts. Participants learn paddling techniques, navigation skills, camp on remote keys each night and discover the rich history of the Ten Thousand Islands.

**We offer Florida Ten Thousand Islands Sea Kayaking from November through March for 7 days. Age groups include 18+ and 30+.**





One of the least populated regions in the world, Patagonia is a semi-arid plateau that covers over 250,000 square miles located mainly in Argentina and extending partially into southern Chile. It comprises the southernmost portion of the Andes Mountains to the west and south, and plateaus and low plains to the east. Patagonia's unusual wildlife has attracted many scientific expeditions over hundreds of years, including those of Charles Darwin. At over 11,000 feet, snow-covered volcanic peaks are flanked by glaciers, ice slopes and permanent snowfields. At lower altitudes, this area is covered by green pastures, meadows and forests.

Courses in Patagonia often take place in remote areas and require good physical fitness to succeed due to the altitude and weight of the backpacks.

**We offer three distinct course types in Patagonia:**

**A 72-day, multi-course area International Semester course in the spring and fall for ages 18-30.**

**An 8, 14 and 21-day Patagonia Mountaineering courses from November through March for ages 18+.**

**A 14-day Patagonia Service and Backpacking course from November to March for ages 18+.**



Courtesy of Kevin Shon

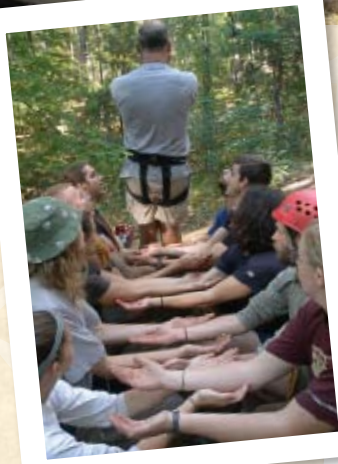
Courtesy of Marya Washburn



Courtesy of Kevin Shon

## About Us

Since 1967, North Carolina Outward Bound has delivered challenging wilderness adventures that teach more than outdoor skills. Our courses can help you learn the value of teamwork, discover your leadership abilities, find inspiration and feel a sense of accomplishment. Upholding the same ideals and goals as the first Outward Bound school built in the 1940s in Britain, every North Carolina Outward Bound course is built around a progression that delivers powerful life lessons by allowing participants to step outside their comfort zones and travel in spectacular wilderness areas.

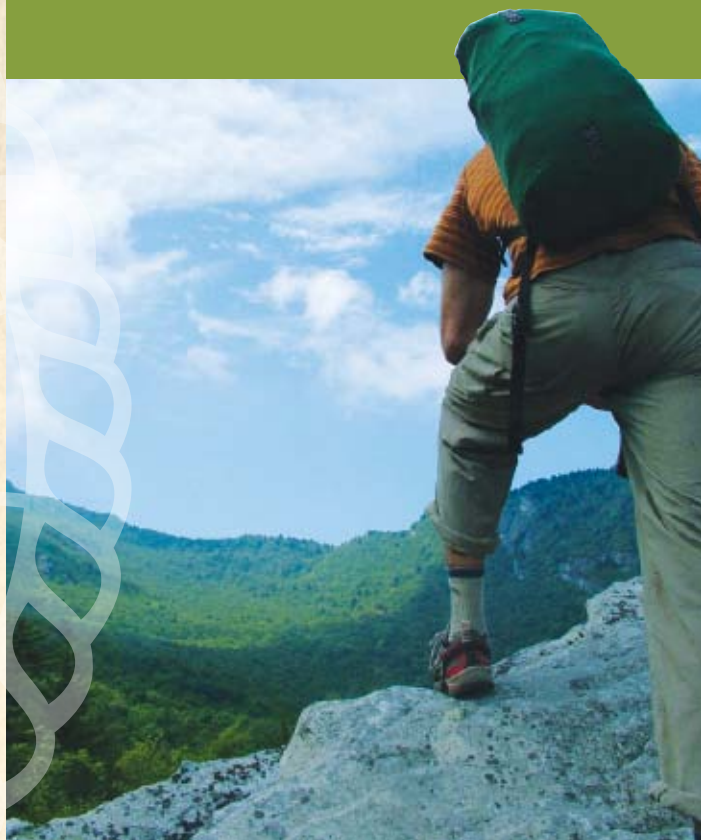


Courtesy of Luiz Leonetti

*"It was fantastic. It taught me the difference between what I thought I could do and what I could actually do and the value of choosing to balance my commitment to my own progress with the progress of a group."*

*—Roger, 1973 alumnus*

North Carolina Outward Bound operates under special use permits from the following agencies: Chattahoochee national Forest, Ga.; Sumter National Forest, S.C.; Cherokee National Forest, Tenn.; Nantahala National Forest, N.C.; Pisgah National Forest, N.C.; Blue Ridge Parkway, N.C.; Cedar Island National Wildlife Refuge; N.C.; Cape Lookout National Seashore, N.C.; Ten Thousand Islands National Wildlife Refuge, Fla.; Everglades National Park, Fla.; Big Cypress National Preserve, Fla. and CONAF, Chile.





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2582 Riceville Road, Asheville, NC 28805  
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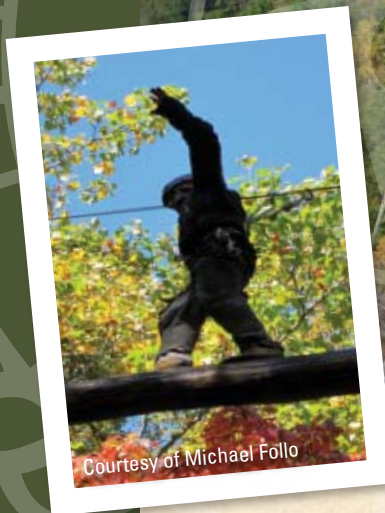
Courtesy of Marya Washburn



In an effort to be good stewards of the environment, North Carolina Outward Bound has chosen to use online resources for course specific information. Please visit us on the Web at [www.NCOBS.org](http://www.NCOBS.org) or call us at **800-841-0186**.

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Courtesy of Michael Follo



Courtesy of Michael Follo

*"To serve, to strive and not to yield—the Outward Bound mantra—has been my personal mission statement now for 34 years! Life is all about survival so you better have a great attitude on your journey. Thank you Outward Bound for teaching me pro-active life survival skills and for helping make me a successful individual!"*

*—Becky, 1975 alumnus*