



Expeditions Fall 2023 BSAC High Adventure

Maine High Adventure



Maine High Adventure offers backcountry canoe multi-day treks throughout some of the nation's most beautiful and historically rich forests and waterways. Gorgeous lakes, picturesque rivers and streams, and remote locations within the 4+ million acres of forest is all part of the north Maine woods. Each crew's backcountry trek is individually designed to match the desires, abilities, interests and preferences of the group.

Whitewater canoeing is also an option. Maine has some of the nation's most inviting whitewater rivers and streams. This program offers participants a choice of entry level up to Class III whitewater, based on the crew's skills.

For more information, go to mainehighadventure.org.

Pennsylvania's Grand Canyon



Pine Creek Gorge, known as the Pennsylvania Grand Canyon, continues for approximately 47 miles and, at a mile wide, has a maximum depth of 1,450 feet. Leonard Harrison and Colton Point State Parks are on opposite sides of Pine Creek Gorge and have a depth of over 800 feet. Many scenic vistas offer spectacular views into the glacially-carved canyon.

Hiking the Turkey Path from Leonard Harrison State Park will wind you past waterfalls and areas of beautiful scenery. The Trail steeply descends one mile to the Canyon floor. The Overlook Trail, a .6-mile loop, offers a scenic vista along the way. Colton Point State Park features the rustic charm of the Civilian Conservation Corps (CCC) era of the 1930s. The Park also highlights 4 miles of hiking trails including the Turkey Path Trail. This very narrow trail steeply descends to the floor of the Canyon but does not allow access across Pine Creek to the other side of the Gorge. Many more miles of trails are accessible through the Tioga State Forest, adjacent to the park. Camping reservations: 1-888-PA-PARKS • www.dcnr.pa.gov

For more information, go to www.visitpottertioga.com>attractions.

Oak Openings



Metroparks Toledo encourages riders of all skill levels and ages to experience the **Beach Ridge Trail** at Oak Openings. This new 12-mile trail offers fast riding with optional obstacles throughout to increase the difficulty and challenge. The natural terrain of Northwest Ohio is a great place for riders of all abilities and fitness levels to get started. Built and maintained by volunteers with the support of and guidance of Metroparks Toledo, the full 12.1-mile singletrack trail has 12 unique bridges and other obstacles along the narrow, scenic path. Black diamond jumps and drops are not part of the course but this is the best seasonal trail riding in the area.

For more information, go to <https://metroparkstoledo.com>outdooradventures>.

Safety Moment

Be Prepared for High Adventure



SUMMARY

High-adventure trips are intended to deliver wilderness and learning adventures that last a lifetime. Being both medically and physically prepared for these trips will help ensure they are as safe and enjoyable as they are memorable. While this is true for all Scouts, it is especially critical for adult leaders to be prepared!

GENERAL INFORMATION

- High-adventure trips are physically demanding and have inherent risks, and each crew member needs to understand how to mitigate these risks. Part of this process is ensuring that each crew member has identified any medical issues that may place either the crew member or the crew at an increased risk of a medical emergency while on the trip.

- The first step is to complete the three parts of the BSA Annual Health and Medical Record (AHMR). You must meet with a licensed health care provider (e.g., M.D., D.O., N.P., or P.A.) to complete Part C of the Record. Be sure you and your provider have read the “High-Adventure Risk Advisory” section of the AHMR so everyone fully understands the known health risks associated with the high adventure.
- Have an honest and open conversation with your provider about whether it is appropriate for you to go on the trip. The physical demands vary by high-adventure activity, but the presence of any of several medical risk factors can raise concerns. While the list is not all-inclusive, the following are important factors: excessive body weight, history of heart or cardiovascular diseases, high blood pressure, diabetes, seizures (epilepsy), asthma, allergies or anaphylaxis, ingrown toenails, recent musculoskeletal injuries, orthopedic surgery, and psychological or emotional difficulties.
- If it’s medically appropriate for you to go, the second step is to be sure you are physically fit enough to meet the challenges of high adventure. Being fit will greatly enhance your enjoyment of the trip! Most high-adventure trips require a combination of cardiorespiratory fitness, muscular endurance, and muscular strength. Can you walk three miles in an hour without stopping? Pass the BSA swim test? Do 10 push-ups? Go up three flights of stairs without your legs tiring? If not, then you would benefit from improving your fitness.

RESOURCES

- **Annual Health and Medical Record**
- **Guide to Safe Scouting**
- **Risk Factors Affecting Participation**