

Expeditions Summer 2024 BSAC High Adventure

Tahquamenon Falls State Park



Tahquamenon Falls State Park encompasses nearly 50,000 acres and stretches 13-plus miles in Michigan's Upper Peninsula. The park is home to multiple campgrounds, overnight lodging facilities, a boating access site, 35-plus miles of trails and multiple overlooks to the Upper and Lower Falls.

The 200-foot-wide Upper Falls is one of the largest waterfalls east of the Mississippi River. The river's amber color is caused by tannins leached from the cedar, spruce and hemlock trees in the swamps drained by the river, and the extremely soft water churned by the action of the falls causes the river's trademark large amounts of foam. Just 4 miles downstream is the Lower Falls, consisting of a series of five smaller falls cascading around an island. The falls can be viewed from the riverbank or rowboat.

The North Country Trail travels 16 miles within the park, and includes a route between the Upper and Lower Falls.

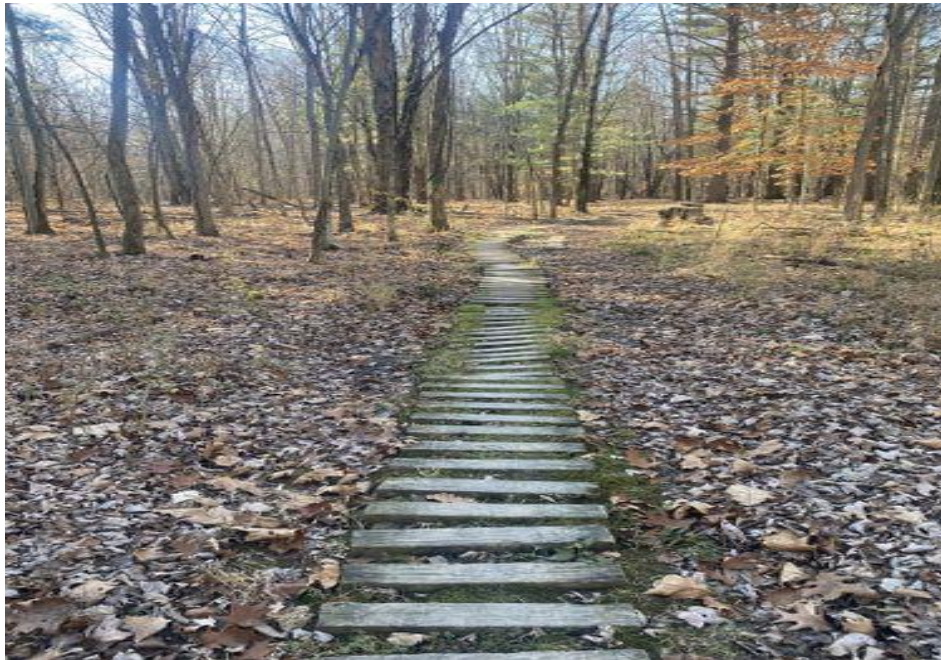
Black bear, coyote, otter, deer, fox, porcupine, beaver and abundant bird life, including spruce grouse, pileated woodpeckers, bald eagles and a variety of waterfowl and songbirds

can be found in the park. Moose are occasionally seen feeding in the wet areas of the park, especially along M-123 between Paradise and the Lower Falls.

For more information search Tahquamenon Falls State Park.

Findley State Park

Thorn Mountain Biking Trail



The Thorn Mountain Bike Trail in Findley State Park, near Wellinton in northeastern Ohio, attracts both expert riders and novice bikers alike. It features level terrain through heavily wooded areas as well as steep short climbs, fast winding sections, bank turns, and other obstacles. Encircling a lake where lots of wildlife may be viewed, it is open year-round and takes approximately 3 hours to complete.

For more information, search Findley State Park.

Blanchard River Water Trail



The 37.6-mile Blanchard River Water Trail is predominately a rural waterway that affords relative isolation and solitude. It is characterized by bends, riffles, and forested riverbanks. The urban section flows through Findlay, Ohio. Eleven access points along the way provide a wide range of opportunities from short trips lasting an hour or two to half-day and day trips to a two-day trip with primitive tent camping along the Blanchard River at Riverbend Recreation Area. The Blanchard River Water Trail begins at Blanchard River Nature Preserve and ends at Blanchard Landing.

For more information search Blanchard River Water Trail.

Safety Moment

Life Jackets/Personal Flotation Devices



SUMMARY

A common misconception in the water world is that life jackets and other types of personal flotation devices (PFDs) are only necessary for non-swimmers. U.S. Coast Guard–approved life jackets and PFDs can mean the difference between having fun in and on the water and having it be your last time in the water.

GENERAL INFORMATION

Where causes of death among boating fatalities in 2022 are known, 81 percent of the victims drowned, according to the **United States Coast Guard**. In cases where it is known whether or not life jackets were in use, 85 percent of the victims were not wearing life jackets, and two-thirds of the victims were reportedly good swimmers.

All Scouting programs must follow Safety Afloat guidelines for all boating activities. These guidelines require life jackets to be worn by everyone in boating activities, including rowing, canoeing, sailing, boardsailing, motorboating, waterskiing, rafting, tubing, and kayaking.

Type III life jackets (or Performance Level 70-100) are recommended for general recreational use. Be sure to check state and federal regulations related to additional requirements. For vessels over 20 feet in length, life jackets use is explained in the **Guide to Safe Scouting**.

The Proper-Fitting Life Jacket

A life jacket is in serviceable condition and water tested before use. When worn, it does not rise above your ears in the water or rise above your shoulders on land. Adjust the straps or exchange the life jacket for the proper size if either occurs. A good lifejacket fit is secure, comfortable, and adjustable.

Performance Type Devices:

Type I has the greatest required inherent buoyancy and turns most unconscious persons in the water from a face-down position to a vertical and slightly backward position, significantly increasing one's chance of survival.

Type II – intended to turn some unconscious persons from a face-down position in the water to a position where the wearer's respiration is not impeded.

Type III – intended to support a conscious person in the water in an upright position. This device is not required to turn an unconscious person in the water from a face-down position to a position where the wearer's respiration is not impeded.

Type V – is approved for restricted uses or activities such as boardsailing or commercial whitewater rafting. These devices may not be suitable for other boating activities. The label indicates whether a particular design of Type V can be used in a specific application, what restrictions or limitations apply, and its performance type.

Performance Type Devices

Level 50 – intended for use by those who are competent swimmers and who are near to bank or shore or who have help and a means of rescue close at hand.

Level 70 – intended for use by those who have help or a means of rescue close at hand or who are near the bank or shore. These devices have minimal bulk and cannot be expected to keep the user safe for an extended period in disturbed water.

Level 100 – intended for those who may have to wait for rescuers but are likely to do so in sheltered water. The device should not be used in rough water.

Level 150 – intended for general application or use with foul-weather clothing. It will turn an unconscious person into a safe position and requires no subsequent action by the user to maintain this position.

Level 275 – intended primarily for offshore use under extreme conditions.

RESOURCES

[Guide to Safe Scouting Aquatics](#)

[National Safe Boating Council](#)

Lehigh Gorge State Park



Lehigh Gorge State Park is located in the Pocono Mountains in northeastern Pennsylvania. Consisting of 6,107 acres, it is characterized by a deep, steep-walled gorge, carved by the Lehigh River, along with thick vegetation, rock outcroppings and waterfalls. The river provides class II and III rapids for whitewater rafting, a major attraction for many. In addition, there are a numerous hiking and bicycle trails to explore.

More information is available at <https://www.poconomountains.com>. Search for Complete Guide to Lehigh Gorge State Park in Pennsylvania.

Lost Nation Game Area



Lost Nation State Game Area consists of approximately 2,375 acres in Hillsdale County, Michigan and is important ecologically because it provides critical habitat for a variety of plant and animal species. Within this area are 4 hiking trails, 2 of which are a part of the North Country Scenic Trail as well as 2 others, Doty Cave and The Lake Number One and Two Trail. Low foot traffic can be expected.

For more information search Best Hikes and Trails in Lost Nation Game Area.

Safety Moment

Hiking



SUMMARY

Hiking is a great way to spend your time in the outdoors. Hikes are also good ways to get into better shape for more strenuous activities. Hikes can range from covering just a short distance to the 20-mile hike required for the Hiking merit badge. Some hikes might be on maintained trails that are relatively flat; others are on rough terrain that is physically demanding. Regardless of how long a hike is, it is important to be prepared.

GENERAL INFORMATION

- Decide where you will go and review the route on a map. Make sure the hike is within your capabilities and that you are prepared for the terrain.
- Recruit at least one buddy to hike with you. It will be more fun and safer, too.
- Always let someone know where you are going, when you are leaving, and when you will return. That will ensure that, if something goes awry on the hike, someone will know that you haven't returned and will start looking for you.

- Review the weather for the area you are hiking in. Will it be sunny, raining, snowing? Windy or calm? Plan accordingly, including considering postponing the hike if the weather is especially inclement.
- Bring the **10 Scout Basic Essentials** with you. Doing so will help you be prepared for most situations that might arise.
 - **Pocketknife or multitool:** A clean, sharp pocketknife can come in handy for a variety of situations.
 - **First-aid kit:** While a youth or adult leader will bring a group first-aid kit along, you should bring a personal kit, too.
 - **Clothing:** Bring extra clothing to match the forecast and be ready for changes in the weather. You might bring an extra layer or two. Comfortable and appropriate footwear will help protect you. Break in new footwear before heading out.
 - **Rain gear:** Besides protecting you from getting drenched, it can be used to block the wind.
 - **Flashlight or headlamp:** Finding your way in the dark is critical.
 - **Trail food:** Snacks like granola, dried fruits, and trail bars can give you the energy you need to complete your hike.
 - **Water:** Staying hydrated is important, regardless of whether it is a hot or cold day.
 - **Matches and fire starters:** You might not be planning to need a fire, but it might become critical in an emergency.
 - **Sun protection:** Includes a wide-brimmed hat, sunglasses, and sunblock. Sun burns can happen even on cloudy days.
 - **Map and compass:** Knowing where you are going and how to get back are absolutely critical. Know how to use the map and compass before you begin your hike. Plan how you will communicate with emergency personnel in the event of an emergency. This might be a satellite phone if there isn't cell service.

RESOURCES

- [10 Scout Basic Essentials](#)
- [Troop Leader Resources for Hiking](#)
- [Cub Scout Six Essentials](#)

