

Arkansas Adventure Treks

Fall Hiking Trek, Spring Hiking Trek

Dates: Spring and Fall

Goals and Objectives:

- Develop and strengthen the mental and physical skills of older youth.
- Offer a challenge to older youth to accomplish a high level of self-confidence, individual worth, personal growth, and achievement.
- Strengthen interpersonal relationship skills of older youth and adults so as to become a functioning team member.
- Develop leadership and other life skills of older youth and adults in order that they be a contributing member of society and their families.
- Develop an appreciation for and respect of the outdoors, animal life, weather, and other areas of nature by teaching environmentally correct backpacking / camping skills.
- The program encompasses 4-H project areas including public speaking, recreation, outdoor life, photography, conservation of natural resources, consumer education, food nutrition, food conservation and safety, health, environmental awareness, forestry, personal development, clothing, safety, citizenship and leadership.
- Provide opportunity for youth to explore Arkansas natural resources i.e. Ouachita Trail, Ozark Highland Trail, Buffalo National River or other Outdoor areas of Arkansas.

Arkansas Adventure Treks are non-competitive events.

Target age for this program is youth age 13 – 19 as of January 1.

Curriculum Support:

Environmental Stewardship
Photography
Consumer Education
Food Safety
Clothing
Outdoor Adventures

Leadership
Safety
Food Nutrition
Health / Fitness Leadership
Achievement

Overview:

Fall & Spring Hiking Treks will introduce participants to the basics of low impact camping and backpacking. These Treks will also provide participants with the opportunity to hike in the Ozark and Ouachita National Forest. The program will be guided by 4-H trained volunteers or staff. Fall Trekking programs are provided as a more economical backpacking experience within Arkansas. Trekking also provides an educational stepping stone for the more advanced High Adventure Program.

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