



BOY SCOUTS OF AMERICA®
NATIONAL CAPITAL AREA COUNCIL

2023 NCAC Summer Camping Webinar Series

High Adventure Programs

Philmont



A photograph of a red backpack with two grey and black hiking shoes attached to the sides. The backpack is on a grassy field. In the background, a blue and orange tent is partially visible. A dark green horizontal band is overlaid on the top half of the image, containing the title text.

Lenhok'sin High Adventure

A dark blue horizontal band is overlaid on the bottom half of the image, containing the location and date text.

Goshen Scout Reservation
Summer 2023

What is Lenhok'sin?

- NCAC's very own High Adventure Camp
- A part of the Goshen Scout Reservation
 - Goshen, Virginia
 - Located at "Camp Baird"
- Over 4,000 acres of GSR Land
 - Surrounded by 35,000 acres of state game land
- Two featured treks:
 - Backpacking Trek
 - Canoeing Trek





Backpacking Trek

Backpacking Trek

- “Plan Your Own Adventure”
 - Personally tailor your route to fit your unit’s level of experience and goals
 - Complete pre-trek survey before arriving at camp
- Five days and four nights on the trail

Sunday: Arrive at
Basecamp

Friday: Return to
basecamp

Monday: Hit the
trail!

Saturday: On to the
next adventure!

Viewing Rock



Forge Mountain



Lake Merriweather





Troop 152
Summer 2016



Troop 152
Summer 2022

Lenhok'sin Outposts

Historical

- Mountain Man
- Foxfire
- Wood's Edge (formally Robin Hood)

Technical

- Aquatics
- COPE (Challenging Outdoor Personal Experience)
- Caving
- Search and Rescue
- Primitive Night

Foxfire



Mountain Man



Wood's Edge



Aquatics



Caving



COPE



Search and Rescue



Primitive





James River Canoe Trek

Chris Wilson, Crew 893, Centreville VA

James River Canoe Trek

- Partnership with Twin River Outfitters
 - Buchanan, VA
- 61+ miles of canoeing adventure (From the Iron Gate to Snowden Dam)
- Over 100 class I rapids, and 20 challenging class II rapid
 - Including infamous Balcony Falls rapid
- Camping at public campgrounds along the way

Sunday: Arrive at
Basecamp

Friday: Return to
basecamp

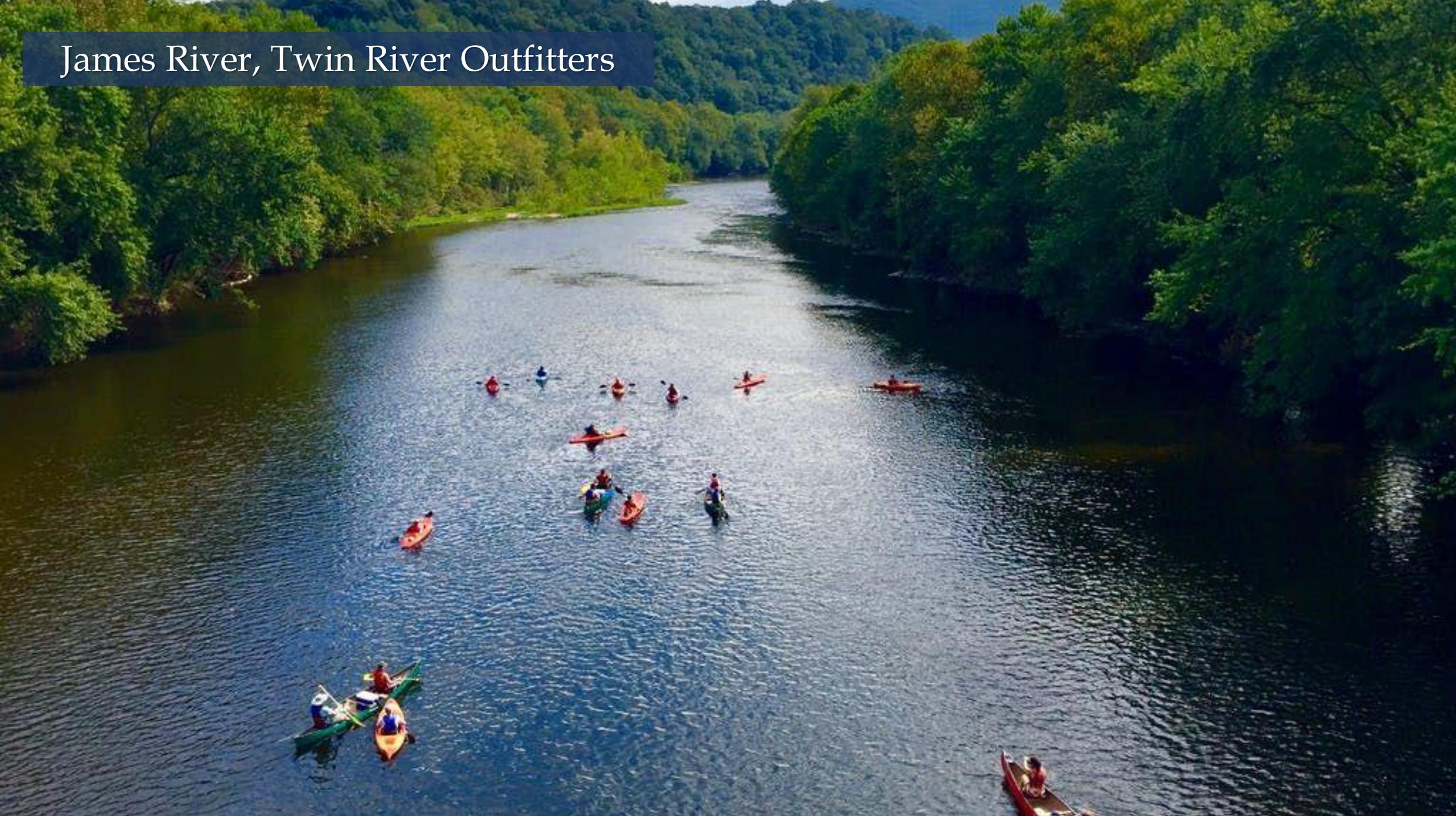
Monday: Travel to Outfitter,
Paddle Away

Saturday: On to the
next adventure!

James River Canoe Trek

- Lenhok'sin Staff Guide – first two days
- Earn your 50 MILER Award - Truly one of the best river trips in the Mid Atlantic to get this award.
- Experience tons of whitewater rapids!
- Scenic views of the Blue Ridge Mountains (Upper James River Water Trail)
- Kayaking experience on the last day of your trek

James River, Twin River Outfitters





Chris Wilson, Crew 893, Centreville VA

Balcony Falls Rapid



Chris Wilson, Crew 893, Centreville VA



Provisional Opportunities (for Individual Scouts)

GOAT Crew

- Goshen Order of the Arrow Trail Crew
- Perfect for provisional scouts
 - Must be members of the OA
- Spend two weeks on the trail
 - Week 1: Trail Work and Conservation
 - Week 2: Lenhok'sin Trek
- Discounted price!

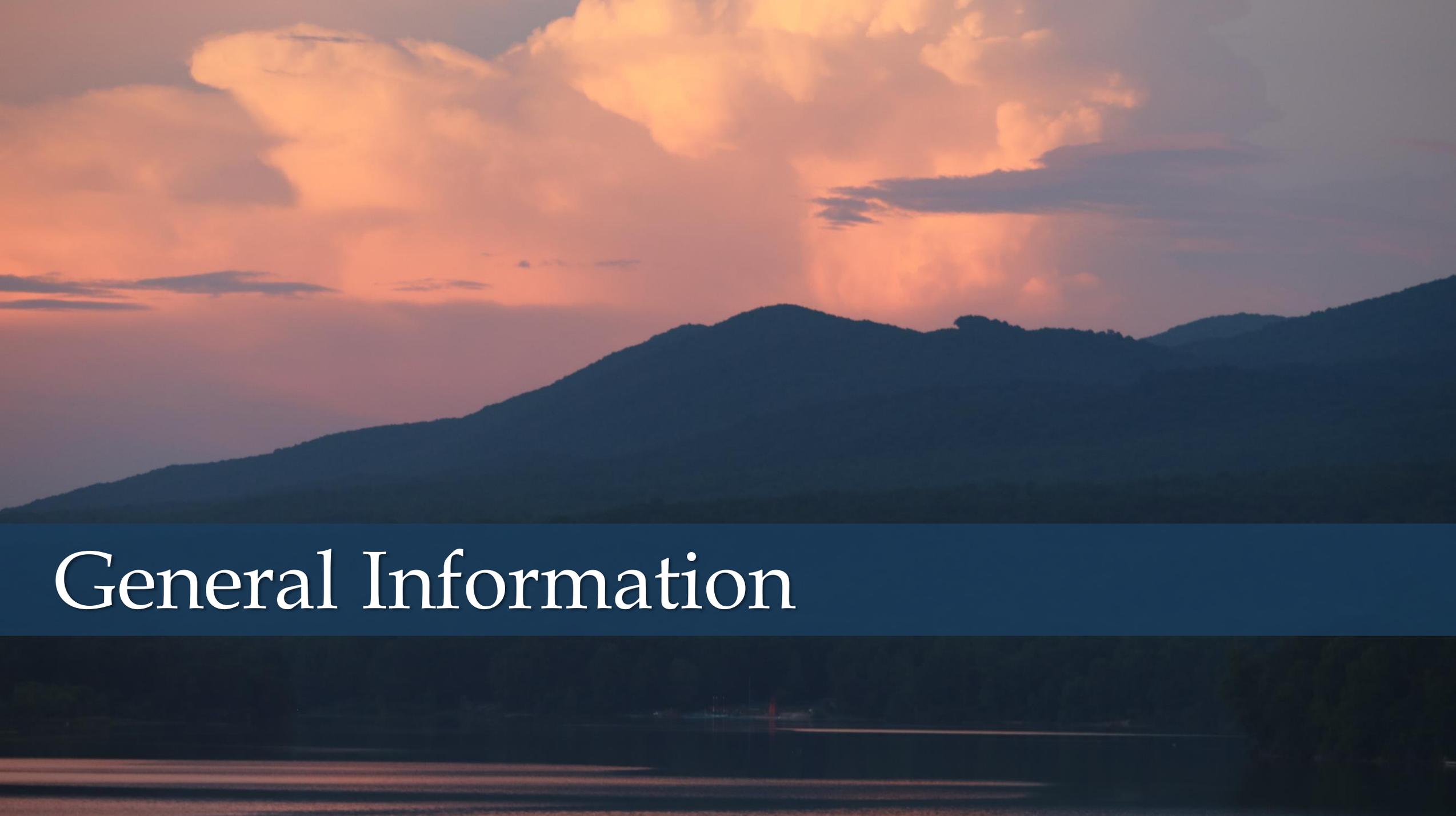
Join GOAT Crew
Goshen Order of the Arrow Trail Crew

14-day experience of backpacking and trail work
at the Goshen Scout Reservation
Email GOAT@wipit470.org for more information!

Provisional Backpacking Treks

- Sponsored by NCAC's High Adventure Committee
- An opportunity to meet other scouts from across the council
- One Provo Backpacking Trek
- Week 2 Session: July 2 – 8, 2023
- Registration now live!





General Information

Participant Requirements

- Participants must be 13 by September 1, 2023
- Crew size:
 - Minimum: 6 participants (at least two adults)
 - 8 participant minimum for Canoe Treks
 - Maximum: 12 participants (at least two adults)
- Completed BSA Medical Parts A, B, and C
 - And NCAC Health Advisory

Summer 2023 Schedule

Week 1	6/25 – 7/1 Almost Full (River Trek Filled)
Week 2	7/2 – 7/8 Almost Full (River Trek Open)
Week 3	7/9 – 7/15 Open (No River Trek)
Week 4	7/16 – 7/22 Open
Week 5	7/23 – 7/29 Open

Registration Cost

	PRICE PER CAMPER	IF PAID BY...
Deposit Price	Deposit Youth: \$450	October 31 (First youth only to hold unit's spot)
Early Discount Price	Youth: \$455 Adult: \$225*	April 14
Regular Price	Youth: \$485 Adult: \$265*	After April 14

*All units will receive two free adult leaders per unit!

For more information about registration, including quick facts, add-on program fees, the Goshen refund policy, and camperships, please visit our [Registration Page](#).

Join the 2023 Staff

- We're Still Hiring!
 - River Trek Guide (21+)
 - Wood's Edge / Archery Dir. (18+)
 - Outpost Assistants (16+)
- Staff Application:
www.gotogoshen.org/staff



Contact Info

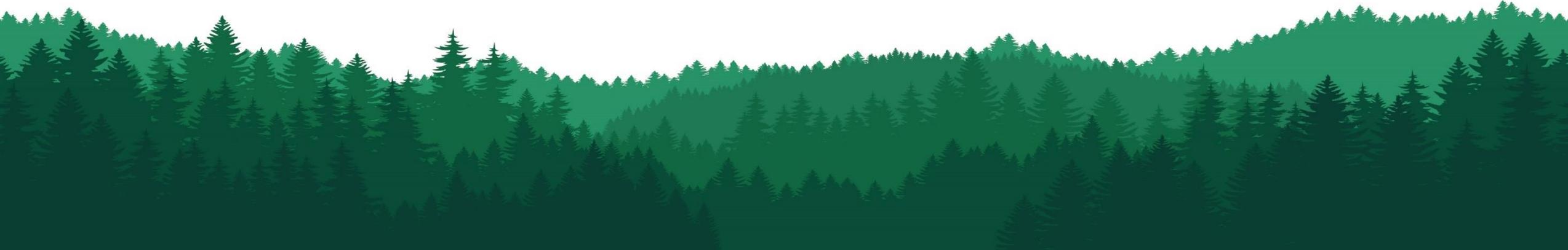
Email: lenhoksin@gotogoshen.org

Website: www.gotogoshen.org/lenhoksin

Facebook: Goshen Scout Reservation
Lenhok'sin High Adventure

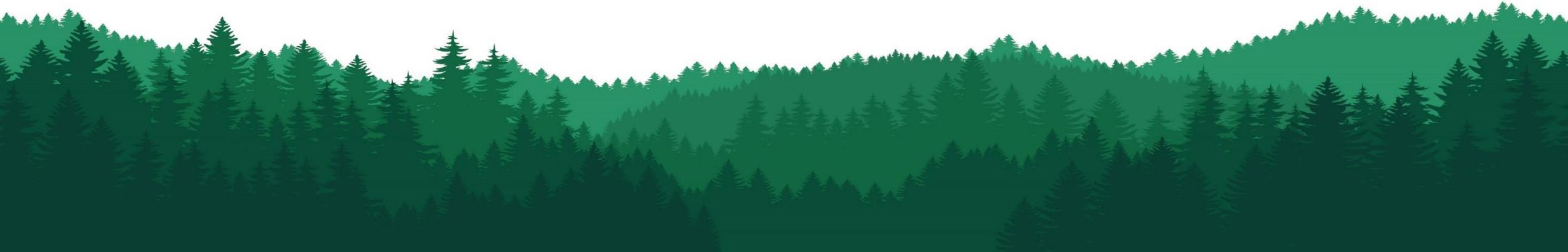


BSA NATIONAL HIGH ADVENTURE BASES

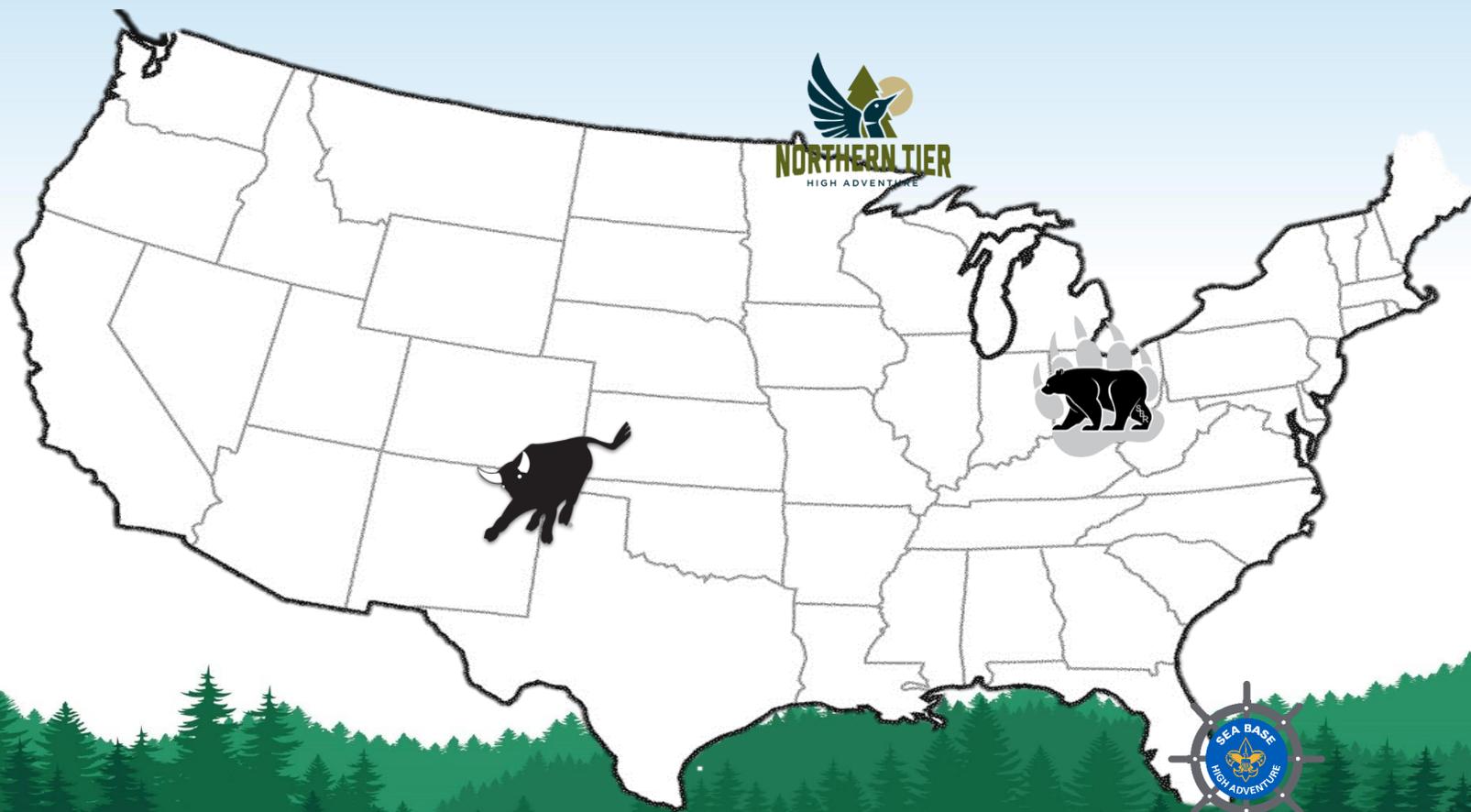


What is High Adventure?

- Multi-day excursions in a remote location
- Usually change camp sites from day to day
- More challenging environments
- Pack much lighter since you carry everything
- Either inside the BSA "Safety Net" or "DIY"



Where is BSA High Adventure?

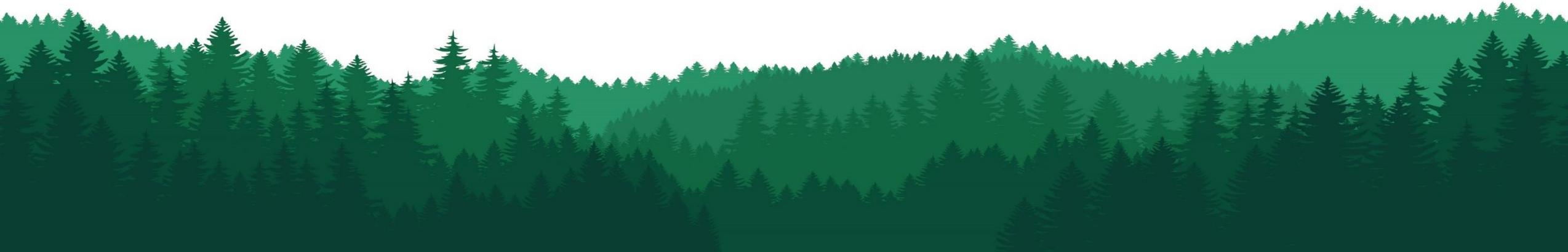


Where is BSA High Adventure?



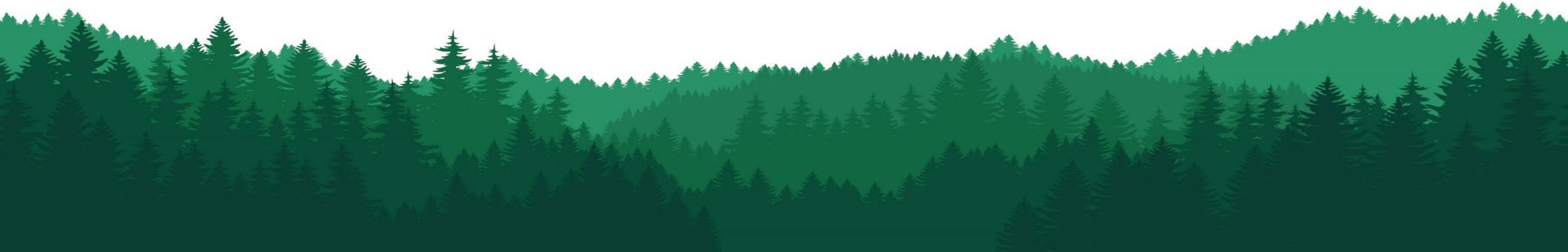
Ways to Go on a High Adventure Trek

- With your Unit
- Through Council-run Contingent Crews
- As an Individual (including OA crews)



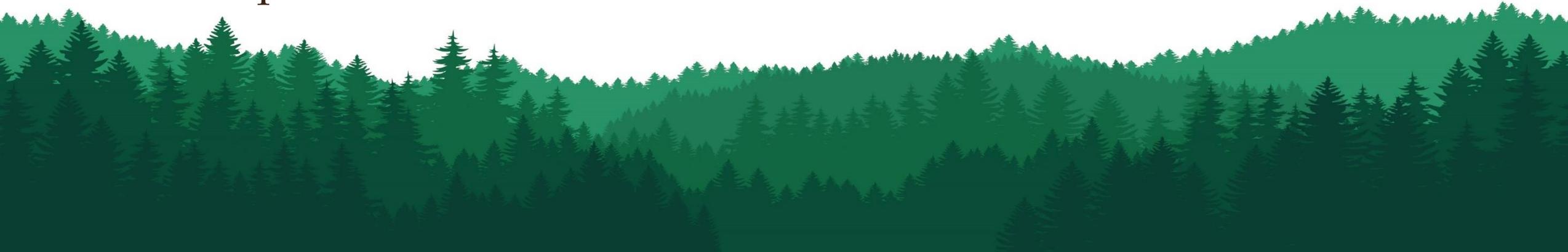
High Adventure w/Council Crews

- *Many units* lack the “critical mass” to conduct their own trek:
 - Not enough age-appropriate Scouts in Unit
 - Lack of Adult Leader HA experience & knowledge
- Consider NCAC HAC “Contingent” / “Provisional” treks:
 - Accept small groups or individuals from these Units
 - Unit crews “leave the nest” after one or more HAC treks
- NCAC HAC handles all planning & logistics – plus ...



Council Crews, continued

- NCAC HAC offers Training Sessions for
 - Philmont
 - Northern Tier
 - Sea Base
- Philmont Adult Advisor Hike (mandatory for HAC treks)
- Adult Advisors & Crew Leaders from any NCAC crew are always welcome at any NCAC HAC training or to tap into our decades of HA experience!





PROVISIONAL CREW

TRAIL TREK

AT LENHOK'SIN HIGH ADVENTURE

REGISTRATION NOW OPEN!

JULY 2 - 8, 2023

SPONSORED BY

THE NCAC HIGH ADVENTURE COMMITTEE

www.gotogoshen.org/lenhok'sin

High Adventure Progression - "Ages & Stages"



13

14

15

16

17

18

Philmont Scout Ranch

- “Largest Youth Camp ... in the World”
- Experienced by largest number of Scouts
- Unique BSA combination of backpacking & program
- Wide range of challenges for scouts 14 and up
- Elevations up to 12,441 ft = low humidity & few bugs
- Spring/Fall/Winter Adventures
- Philmont Training Center



Sea Base High Adventure

- Most variety of program of any Nat'l HAB
- All programs in Atlantic Ocean
- Sailing & Snorkeling – FL Keys, Bahamas & US Virgin Islands
- SCUBA from land base or live-aboard boat
- STEM programs
- Out Island camping
- Spring Break Adventures
- Winter Conferences



Northern Tier High Adventure

- Oldest National HA Base (100th Anniversary)
- Operates from three locations:
 - Ely, Minnesota – BWCAW, Quetico Provincial Park
 - Atikokan, Ontario – Quetico Park & other CA Crown Lands
 - Bissett, Manitoba – Atikaki & Woodland Caribou Prov Parks
- Provides true wilderness experience
- Okpik – King of all Winter Adventures!

Summit Bechtel Reserve

- Newest National Base, also home to the National Jamboree ...
 - ... a Summer Camp and a Training Center!
- Varied modern programs include:
 - Mountain biking
 - Skateboard park
 - Giant zip line
 - ATVs
- As well as more traditional activities:
 - Whitewater rafting
 - Shooting sports
 - Climbing



High Adventure Bases – 2023

- Philmont
 - 12-day, 9-day and 7-day Backpacking Treks, crews of 8–12
 - Cavalcade. Trail Crews, Rayado, ROCS, Ranch Hands, STEM)
- Sea Base
 - 6-day to 9-day Ocean Adventures, crews of 6–8 or 10–12
 - Sailing & Snorkeling, SCUBA, STEM, FL Keys, Bahamas, USVI
- Northern Tier
 - 11-day to 7-day Wilderness Canoeing Treks, crews of 6–8 or 6 -11
 - Okpik (winter), Autumn, “Get your Feet Wet” (age 11) Treks
- Summit
 - 7-day Extreme Experiences, crews of 8 (up to 12 for an add’l fee)
 - S-Experience, New River, ATV, Bikepacking, Pack n’ Paddle, Marksman

Resources – High Adventure Bases

- Philmont: www.philmontscoutranch.org/
- Sea Base: www.bsaseabase.org
- Northern Tier: www.ntier.org/
- Summit: www.summitbsa.org/
- **OPEN4ADVENTURE:**
www.scouting.org/outdooradventures/open4adventure/
- NCAC High Adventure Committee
 - www.ncacbsa.org/high-adventure/
 - highadventure@ncacbsa.org





Questions?