**JANUARY**

**Buy One Trip, Get One Half Price**

Monday, January 22 – Friday, January 26

CSU, CHICO STUDENT $70 | FACULTY/STAFF $80 | GENERAL $90

Join us for this awesome experience as we visit one of the region's most beautiful wildernesses to the yurt, complete with a wood burning stove to keep you warm.

**Backcountry Yurt Overnight**

Saturday, February 16 – Sunday, February 18

CSU, CHICO STUDENT $85 | FACULTY/STAFF $100 | GENERAL $115

Come and experience the majesty of Lassen Volcanic National Park sparkling white with snow. Technical cold weather clothing will be required for this trip, contact us for more details.

**Introduction to Mountaineering**

Friday, February 16 – Sunday, February 18

CSU, CHICO STUDENT $70 | FACULTY/STAFF $80 | GENERAL $90

Learn the fundamentals of alpine climbing in the Cascade range. If you're looking to climb Mount Shasta in the future, this trip is a great way to practice the basics and learn new skills! Technical cold weather clothing will be required for this trip, contact us for more details.

**Avalanche Awareness Workshop**

Saturday, February 16

CSU, CHICO STUDENT $35 | FACULTY/STAFF $45 | GENERAL $65

In this 8-hour avalanche awareness course, you will learn the basics of snowpack evaluation, avalanche danger factors, and backcountry decision-making. This course is non-credit and is open to the public.

**Backcountry Skiing/Snowboarding**

Sunday, February 17

CSU, CHICO STUDENT $70 | FACULTY/STAFF $80 | GENERAL $90

CSU, CHICO STUDENT $70 | FACULTY/STAFF $80 | GENERAL $90

Adapted to your skiing or snowboarding ability, this trip will take you from one of the region's newest parks: Pinnacles National Park. Enjoy world class rock climbing while also beginning to learn the skills necessary to be safe outdoors on your own. Note that this trip will have an educational focus and will be spent discussing items such as anchor building and site management. No previous outdoor climbing experience necessary. However, MREC delay certification is required.

**Introduction to Whitewater Raft Guiding**

Friday, March 23 – Sunday, March 25 (Spring Break)

CSU, CHICO STUDENT $50 | FACULTY/STAFF $75 | GENERAL $100

Do you love rushing rivulets, steep waterfall canyons and the roar of whitewater in your ears? If so, immerse yourself in the river and learn what it takes to become a raft guide. Check our website for additional details on this amazing experience. For an even more comprehensive experience, combine this trip with the below Stewart Brook Rescue Course.

**Redwoods Backpacking**

Thursday, March 29 – Sunday, April 1 (Chavez Weekend)

CSU, CHICO STUDENT $70 | FACULTY/STAFF $100 | GENERAL $150

The Redwoods of northern California are well known to be an area frequented by the elusive Bigfoot creature, also known as Sasquatch. Join us as we take in the beautiful scenery on this backpacking trip and try to catch a glimpse of the large, hairy, human-like creature.

**Table Mountain Wildflower Hike**

Friday, March 29 (Chavez Day)

CSU, CHICO STUDENT $5 | FACULTY/STAFF $5 | GENERAL $5

Spring is here! What better way to enjoy a spring day than a hike among the flowers, lava beds, and waterfalls? Let your mid-week worries and angst float away for a day as we explore this exquisite area and enjoy its many treasures.

**Spring Bike Auction**

Wednesday, April 11 at 1 p.m.

AD EQUIPMENT ROOM (MREC)

There are 7 principles of Leave No Trace! Here are some you should remember:

1. Plan your route carefully.
2. Travel on established trails.
3. Leave what you find.
4. Camp out of sight.
5. Minimize campfire impact.
6. Disperse camp and site management.
7. Avoid disturbing wildlife surroundings.

**Big Basin Backpacking**

Monday, April 23 – Sunday, April 29

CSU, CHICO STUDENT $95 | FACULTY/STAFF $150 | GENERAL $155

An adventure of the Big Basin area is known for its coastal redwoods and a variety of habitats from fresh water marshes, to high sunny ridges and beautiful beaches. With over 100 miles of trails to explore, prepare to be awed by the enchanting beauty of the Santa Cruz Mountains.

**Big River Sea Kayaking**

Friday, April 27

CSU, CHICO STUDENT $75 | FACULTY/STAFF $125 | GENERAL $150

An adventure of the Big Basin area is known for its coastal redwoods and a variety of habitats from fresh water marshes, to high sunny ridges and beautiful beaches. With over 100 miles of trails to explore, prepare to be awed by the enchanting beauty of the Santa Cruz Mountains.

**Big Chico Creek Edible and Useful Plants Hike**

Saturday, April 28

CSU, CHICO STUDENT $10 | FACULTY/STAFF $20 | GENERAL $30

Many plants are useful for something—food, building materials, or medicine. Explore the Big Chico Creek Ecological Reserve and learn which local plants are edible and which ones can be used as insect repellents, soap, pain relievers, or to treat skin rashes from poison oak.

**Santacruz Mountain Stand-up PeddleBoarding**

Thursday, April 26

CSU, CHICO STUDENT $70 | FACULTY/STAFF $125 | GENERAL $155

Stand-up paddleboarding on the Trinity River is the perfect way to see river wildlife, cool off in the water, and unwind from a stressful week.

**Spring Break**

Friday, April 6 – Sunday, April 8

CSU, CHICO STUDENT $95 | FACULTY/STAFF $150 | GENERAL $165

Booking your own back yard as we travel the trails of Upper Bidwell Park in a new way! Bike rental included. If you've only pedaled on pavement, here's your chance to hit the trails. Join our skilled AO staff as they teach you the tricks and tips of mountain biking. Explore your own backyard as we travel the trails of Upper Bidwell Park in a new way! Bike rental included.

**Backcountry Rock Climbing**

Saturday, March 23 – Thursday, March 29 (Spring Break)

CSU, CHICO STUDENT $205 | FACULTY/STAFF $225 | GENERAL $225

Embark on a week-long adventure to one of the nation's newest parks: Pinnacles National Park! Enjoy world class rock climbing while also beginning to learn the skills necessary to be safe outdoors on your own. Note that this trip will have an educational focus and will be spent discussing items such as anchor building and site management. No previous outdoor climbing experience necessary. However, MREC delay certification is required.

**Backcountry Yoga Retreat**

Friday, March 23 – Sunday, March 25 (Spring Break)

CSU, CHICO STUDENT $50 | FACULTY/STAFF $75 | GENERAL $100

Join the AO for a clininc on yoga postures that will be avaliable. The workshop will visit Lassen Volcanic National Park to learn the basics of snowpack evaluation, avalanche danger factors, and backcountry decision-making. Combine with the trip below to build a solid foundation for your backcountry skiing or riding career.

**Santa Cruz Surfing**

Saturday, April 7

CSU, CHICO STUDENT $175 | FACULTY/STAFF $185 | GENERAL $195

Enjoy surfing in our own backyard as we travel the trails of Upper Bidwell Park in a new way! Bike rental included. If you've only pedaled on pavement, here's your chance to hit the trails. Join our skilled AO staff as they teach you the tricks and tips of mountain biking. Explore your own backyard as we travel the trails of Upper Bidwell Park in a new way! Bike rental included.

**Upper Park Mountain Biking**

Saturday, April 7

CSU, CHICO STUDENT $100 | FACULTY/STAFF $125 | GENERAL $155

Join the AKI kayak instructor crew for a 4 pool sessions and 1 day of on-river instruction. This progression will thoroughly introduce you to the basics of this amazing sport that can become a lifetime obsession. This offering is recommended for people who have previously been on a rafting or inflatable kayaking trip or have similar experience.

**Trinity River Inflatable Kayaking**

Saturday, April 7 – Sunday, April 8

CSU, CHICO STUDENT $90 | FACULTY/STAFF $190 | GENERAL $210

Learn the basics of whitewater paddling and build confidence on the Trinity River in a calm to medium rapids. It is hard to to have the time of your life in an inflatable kayak!

**Introduction to Kayaking**

Wednesday, April 11 at 1 p.m.

AD EQUIPMENT ROOM (MREC)

**Difficult**

**• • Moderate**

**• Easy**