



GOULD LAKE OUTDOOR CENTRE

Limestone District School Board

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LONG TRAIL Hiking Trip

For students who have completed WIC or KIC



We are now offering a more extensive hiking program for WIC &/or KIC graduates. Students will spend 3 days at Gould Lake preparing for this 13-day hiking trip. The trip will begin in Cold River, Vermont and finish at Mount Mansfield.

Constructed between 1910 and 1930, in Vermont, the Long Trail is the oldest long-distance hiking trail in the United States. The Long Trail follows the Green Mountain ridge from the Massachusetts/Vermont state line to the Canadian border. The entire 272-mile trail is marked and maintained by a variety of agencies and volunteer groups.



Along the trail there are numerous pre-determined backcountry campsites, shelters (lean-tos), and cabins where the group will camp overnight. The topography and terrain will be familiar for students who participated in the Adirondack High Peaks component of Outdoor Pursuits.

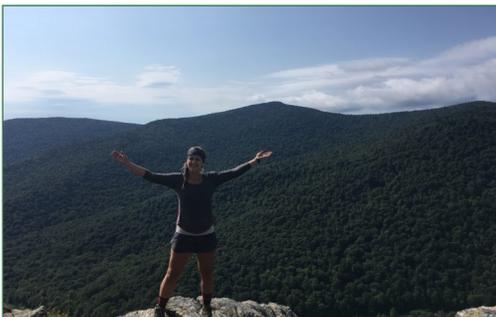
Students can expect to hike through, around and over alpine summits, pristine ponds, hardwood forests, small streams, notorious notches, and vivacious valleys. Sections of the trail are steep, muddy, rocky, and root ridden.



As groups travel along the trail they will enjoy both westerly and easterly view of Vermont's Lake Champlain, New York's Adirondack High Peaks Region and New Hampshire's White Mountains. What sets the Long Trail apart for students, especially those who participated in Outdoor Pursuits, is the experience of "end-to-end hiking".

Students will form a strong connection to both the area and their group as they follow the trail to their final destination, Mount Mansfield.

For more information on our programs, staff qualifications and registration, please visit www.gouldlake.ca or give us a call, **613.376.1433**.



Long Trail 2019

Date: July 23– August 7

Cost: \$675 (taxes included)

Prerequisite: WIC

Credit: IDC30 (1.0 credit)



REGISTRATION STARTS DECEMBER 1ST, 2018!

Applications will be accepted online at www.gouldlake.ca Please refer to our website for registration details. Feel free to call our office should you have any questions or concerns, **613.376.1433**.