



LEAVE NO TRACE MASTER EDUCATOR™ COURSE

COURSE DESCRIPTION/TRAVEL INFORMATION/EQUIPMENT LIST

Flat Tops Wilderness, Colorado

August 23 – 27, 2010

COURSE DESCRIPTION

During five days in this rich ecosystem, you will learn and teach the principles of Leave No Trace and discuss wildland ethics. Your group will be a mixture of federal agency partners, educators, outdoor retailers, youth group leaders and private individuals. Hiking distances are short to moderate and mostly on trails, although some portions of the route could be off-trail. The route will be approximately 8-14 miles long, with significant time spent in discussions and classes. Pack weights will be about 35-50 pounds. Weather will probably be generally mild but variable, with temperatures ranging from nighttime lows in the 30s and 40s to daytime highs in the 60s and 70s. Rain, snow and high winds are possible at any time.

Features of the Course

- Easy to moderately strenuous hiking through the montane and sub-alpine ecosystems of the Flat Tops Wilderness with elevations ranging from 9,000 – 11,000 feet.
- Great opportunities to view wildlife.
- On and off-trail travel through alpine meadows and forest.

Course Progression

The course will meet at the White Owl Ranger Station in the Flat Tops at 8:00 am on Monday, August 23rd.

If you would like to stay indoors on Sunday evening, there are numerous lodging options available in Eagle and Gypsum, however to reach White Owl Ranger Station from these towns requires driving over an hour on a dirt road. Camping is also available at and around the Ranger Station.

In-camp meals beginning with lunch Monday and continuing through Friday lunch, are included in the tuition. Backpacking will begin Tuesday the 24th.

The rest of the time you will hike through aspen, spruce and fir forests of the Flat Tops Wilderness. This trip will afford you the opportunity for spectacular views of the Flat

Tops Wilderness Area and surrounding mountain ranges as well as alpine lakes, huge meadows, and a good chance to view elk.

The course ends **Friday** afternoon at the Indian Camp Pass trailhead. To allow time for cleaning gear, completing evaluations and handing out diplomas plan to depart no earlier than 2:00 p.m.

Curriculum

The Leave No Trace Center for Outdoor Ethics has designated NOLS and the Appalachian Mountain Club (AMC), Landmark Learning, Wilderness Education Association and Ninemile Forest Service Training Center as the principal educational providers of Master Educator Courses. NOLS brings over 40 years of experience teaching wilderness skills and leadership to the LNT Program.

Master Educator courses are informative, practical, hands-on and fun. You will learn skills and teaching techniques through lectures, skits and discussions in a spectacular outdoor setting. The course is designed for people who actively teach others outdoor skills or provide recreation information to the public and emphasizes three components:

- low-impact camping skills
- wildland ethics
- outdoor teaching techniques

Teaching Session

Each participant will be required to present a short (15-20 min.) class on one of the LNT principles or how it relates to a specific activity, e.g., rock climbing or mountain biking. The class can be skills oriented or theoretical in content. Although some preparation time will be available once the course has begun, plan on having your class prepared before arriving at the course location. If you have questions regarding class presentations please refer to the teaching information on the LNT website <www.LNT.org> or contact the NOLS Leave No Trace office.

Environment

Arthur Carhart's 1919 visit to Trappers Lake in the Flat Tops prompted him to be the first U.S. Forest Service official to initiate a plea for Wilderness preservation. No wonder he found the area so entrancing: behind Trappers Lake loom majestic volcanic cliffs, and beyond them a vast terrain of subalpine forest interspersed with large grassy meadows reluctantly yields to alpine tundra. The Flat Tops Wilderness is part of the White River Plateau, which has an average elevation greater than 10,000 feet. Approximately 110 lakes and ponds, often unnamed, dot the country above and below numerous flat-topped cliffs.

The valleys and relatively gentle land above the cliffs offers over 160 miles of trails. This is ideal country for horse-packers and the hiking is inviting and limitless. As many as 20,000 elk find the area quite pleasant in the summer. A skeletal forest of dead spruce and fir stretches across some of the higher slopes below the tundra, the legacy of a 1940s bark beetle epidemic. At 235,000 acres, the Flat Tops is Colorado's second largest Wilderness, a precious expanse of breathtakingly beautiful open land.

Food and Equipment

You will cook, travel and sleep in smaller groups of 3-4 and be together as a single group for class presentations and discussions. Camping in small groups allows participants more opportunities to learn and practice Leave No Trace techniques. Group equipment, such as stoves, shelters and cook gear will be provided by NOLS and/or the course host (refer to equipment list for details on personal equipment). Food for the field portion of the course consists of typical NOLS rations including rice, pasta, grains and cereals and a variety of snack foods. Dry staples are supplemented with fresh fruits, vegetables, nuts and cheeses. If you have special dietary needs please notify the NOLS Leave No Trace office.

Enrollment Forms

The following forms are available on the NOLS' LNT website <http://www.nols.edu/lnt/enroll.shtml> and must be completed and received by the NOLS Leave No Trace office prior to the start of the course:

- Course Application
- Self-Screening Medical Form - **including cardiac screening section**
- Insurance Form - all course participants must have some form of medical insurance
- Acknowledgement of Risk and Release Form

Payment and Cancellation Policies - PLEASE READ CAREFULLY!

Course tuition is **\$830** and includes a one-year individual membership to Leave No Trace, instruction, group equipment, meals and educational materials. Partial scholarships are available through the Leave No Trace Center for Outdoor Ethics. Please contact the Center for details <sarah@LNT.org> or 800-332-4100

- **TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE APPLICATION FEE ARE REQUIRED.**
- **THE BALANCE OF TUITION IS DUE 45 DAYS PRIOR TO THE COURSE START DATE.**
- **IF YOU CANCEL YOUR ENROLLMENT ON A COURSE FOR ANY REASON, YOU WILL RECEIVE A REFUND AS SPECIFIED BELOW:**
- **PRIOR TO 45 DAYS BEFORE THE COURSE STARTING DATE, NOLS WILL RETAIN THE \$100 APPLICATION FEE.**
- **BETWEEN 30-44 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 25% OF THE COURSE TUITION.**
- **BETWEEN 15-29 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 50% OF THE COURSE TUITION.**
- **LESS THAN 15 DAYS PRIOR TO THE COURSE STARTING DATE, AND ONCE THE COURSE HAS BEGUN, THERE WILL BE NO REFUNDS.**

If you transfer from one course to another:

- **45 or more days prior to the course starting date, there will be a \$25 processing fee**
- **44 days or fewer prior to the course starting date, regular cancellation policies will apply.**

Sample Course Agenda – subject to change

DAY ONE

- Course begins @ 8:00 am.
- Introduction to the Master Educator Course, history of LNT, role of research in LNT
- Principles of Education
- Principle One: Plan Ahead and Prepare

DAY TWO

- Breakfast, packing, shuttle to trailhead/put-in, travel to first camp.
- Principle Two: Travel and Camp on Durable Surfaces.
- Principle Three: Dispose of Waste Properly.
- Introduce "Action Plans".

DAY THREE

- Breakfast, break camp, pack up, and evaluate impact. Travel to second camp.
- Principle Four: Leave What You Find
- Principle Five: Minimize Campfire Impacts
- Principle Six: Respect Wildlife
- Work on "Action Plans".
- Introduction to Trainer Course Material

DAY FOUR

- Breakfast, break camp, pack up, and evaluate impact. Travel to third camp.
- Principle Seven: Be Considerate of Other Visitors.
- Wildland Ethics
- Share and discuss "Action Plans".

DAY FIVE

- Breakfast, break camp, pack up, and evaluate impact.
- How to run a Leave No Trace Trainer course.
- Course Evaluations.
- Final thoughts.
- Travel out, award diplomas, course ends.

TRAVEL AND LOGISTICS

When making travel arrangement please wait until 30 days before the course starts to make purchases

Start Time and Location

The course will meet @ 8:00 a.m Monday, August 23rd at the White Owl Ranger Station. Participants are encouraged to arrive on Sunday and camp at the Ranger Station.

Travel Information

By Car: Please note that travel to White Owl Ranger Station involves driving approximately 30 miles on a steep, winding dirt road. This road is passable to all vehicles under normal conditions but participants are encouraged to use a four-wheel drive or a high clearance vehicle if they have one available. Travel to the trailhead from the Ranger Station requires high clearance and/or four wheel drive.

From Vail (to the east): Take Interstate 70 west approximately 45 miles to Dotsero, exit 133. Continue west on the frontage road approximately 1 mile to the Colorado River Road. Turn right and follow the Colorado River Road approximately 3 miles to the Coffiepot Road – Forest Service Road 600. Turn left and follow the Coffiepot Road approximately 30 miles to Forest Service Road 614. Turn left on 614 and follow it approximately ¼ mile; the driveway to White Owl Guard Station is the first right hand turn you encounter.

From Glenwood Springs (to the west): Take Interstate 70 east to Dotsero, exit 133. Turn north crossing under the interstate and continue north along the Colorado River Road approximately 3 miles to the Coffiepot Road – Forest Service Road 600. Turn left and follow the Coffiepot Road approximately 30 miles to Forest Service Road 614. Turn left on 614 and follow it approximately ¼ mile; the driveway to White Owl Guard Station is the first right hand turn you encounter.

By Plane: Eagle County Regional Airport in Gypsum, CO is the closest airport to White Owl Ranger Station. Travel from the airport to the Ranger Station requires a rental vehicle or carpooling with other course participants. From the airport follow Cooley Mesa Road east approximately 1 mile to the intersection with Highway 6. Turn left (west) on Highway 6 and follow it as it bends to the north and travels through Gypsum to Interstate 70 – approximately 5 miles. Turn left (west) and travel 7 miles on I-70 to the Dotsero exit 133.

By Plane: Denver International Airport: Follow I-70 West approximately 150 miles to Dotsero, exit 133. Continue west on the frontage road approximately 1 mile to the Colorado River Road. Turn right and follow the Colorado River Road approximately 3 miles to the Coffiepot Road – Forest Service Road 600. Turn left and follow the Coffiepot Road approximately 30 miles to Forest Service Road 614. Turn left on 614 and follow it approximately ¼ mile; the driveway to White Owl Guard Station is the first right hand turn you encounter.

Lodging

If you need lodging for Saturday evening there are a wide variety of hotels and motels available in Eagle County. Gypsum is the closest town to White Owl Ranger Station.

If you prefer, there are campgrounds and dispersed camping available in the area surrounding the White Owl Ranger Station.

In Case of Emergency

Please contact NOLS Headquarters at (800) 710-NOLS.

EQUIPMENT LIST

GROUP EQUIPMENT (provided by NOLS and course host)

- shelters - 3-4 tents or tarps
- cook stoves and fuel
- cook pots and frypans
- cooking utensils
- trowels
- bulk water containers
- water disinfection (chemical, if you prefer a water filter please bring your own)
- first aid kits
- repair kits
- maps

PERSONAL EQUIPMENT (provided by participant)

UPPER BODY CLOTHING

- **2 - 3 insulating layers for the upper body.** These garments should fit comfortably over each other so they can be worn simultaneously. Cotton fabrics should be avoided since they have little insulation value when wet. Synthetic fabrics such as Patagonia Capilene® or Extend® are preferred. A mid-weight and Expedition weight fleece is recommended
- **Fleece Pullover or Sweater** - any secondary layer of 100 to 200 wt. polar fleece.
- **Synthetic or Cotton T-shirt** - to wear on warm days. Lightweight polyester or Coolmax® is encouraged because it dries more quickly than cotton.
- **Wind Shirt** - Nylon wind shell, preferably with a hood, (not waterproof) that fits comfortably over all upper-body layers. Gore-Tex is acceptable.
- **Rain Parka** - Gore-Tex or other laminates are recommended. Coated nylon or waterproof breathable jackets and parkas are acceptable. Ponchos are unacceptable.

LOWER-BODY CLOTHING

- **Two insulating layers** that should fit comfortably over each other and underneath wind or rain pants. These should be medium weight base layer (long underwear) bottoms and either an expedition weight bottom or fleece pants.

- **Rain pants** - coated nylon or Gore-Tex rain pants. Gore-Tex pants may double as rain/wind pants.
- **Wind pants** - nylon shell pants.
- **Shorts** - lightweight cotton or nylon athletic shorts. These do not serve as an insulating layer.

FOOTWEAR

- **Hiking Boots** - lightweight lugged-sole hiking boots that provide sturdy ankle support. (Packs generally weigh 35-40 lbs.).
- **Camp Shoes** - sneakers or lightweight running shoes to wear around camp.
- **Socks** - 75 to 100% wool, Merino wool, heavy rag type or synthetic/wool blends. Avoid cotton blends.
- **Gaiters** - not required but strongly recommended. Gaiters with double closure (i.e.both zippers and snaps) or 2" velcro.

BACKPACKS/SLEEPING GEAR

- **Backpack** - Internal frame packs should have a volume of at least 5000 cubic inches. External frame packs should have a volume of at least 3500 cubic inches.
- **Sleeping Bag** - Down or synthetic bags with a minimum temperature rating of 20 degrees (depending on course location).
- **Sleeping Pad** - Thermarest® or closed-cell foam at least 3/8" thick.
- **Sleeping Bag Stuffsack** - compression stuff sacks are recommended for internal frame packs, and oversized stuff sacks are recommended for external frame packs.

MISCELLANEOUS CLOTHING

- **Sun hat**
- **Fleece or Wool hat**
- **Mosquito headnet**
- **Neckwarmer**
- **Fleece or wool gloves**

MISCELLANEOUS PERSONAL GEAR

- **Waterproof bag liners** - plastic trash compactor bags are sturdy and work well.
- **Personal Eating Utensils** - 1 each, cup bowl and spoon.
- **Disposable lighter or matches**
- **Water Bottle(s)**
- **Sunglasses**
- **Lip Balm and Sunscreen**
- **Insect Repellent**
- **Toilet Articles** - toothbrush, toothpaste, comb, brush, skin lotion, etc.
- **Bandanna**
- **Watch**
- **Flashlight or Headlamp**
- **Pocket Knife**
- **Notebook and pen/pencil**
- **Camera/Film**

CONTACT INFORMATION

NOLS Leave No Trace
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