This map is a representation of the world many of us are familiar with, but presents a view of the world that is centered on Europe and North America. While we’ve chosen to use this map for clarity, we invite you to educate yourself on different versions of maps and how these can impact your view of the world here.
What about the team?

NOLS alumni trips and courses are designed for busy folks who want to learn, explore, have fun, and connect in the outdoors.

Participants tell us that their groups are a very positive part of their NOLS travels and are a big reason why they so often return for other adventures. These teams are not random participants—NOLS grads consistently bring a “can do” attitude, a willingness to fully participate and help the team, a sense of humor and flexibility and an alignment of shared values.

“The groups draw me back—I know that NOLS people on the trip means we’ll have a great time together.”

— David Dulong 12-time NOLS grad
LIST OF TRIPS BY TYPE

Backpacking
Alaska’s Kesugi Ridge
Backpacking and Fly Fishing with Llamas in Wyoming
Bhutan’s Chomolhari Circuit
Bhutan’s Snowman Trek
Chile’s Torres del Paine National Park
Greenland’s Southern Coast
Iceland’s Laugavegur Trail
Ireland’s Coast
Italy’s Alps - Tour de Combin
Italy’s Dolomites - Alta Via #1
Italy’s Lakes District
Italy’s Tuscan Countryside and Ligurian Coast
Lightweight Backpacking
Nepal’s Manaslu Circuit
New Zealand’s Old Ghost Road
Portugal’s Fisherman Trail
Scotland’s Isle of Arran
Scotland’s Speyside Way
Slovenia’s Julian Alps
Sweden’s Kungsleden Trail
Thailand’s Northern Jungles
Utah’s Canyons
Washington’s Olympic Coast
Wyoming’s Wind River Traverse
Wyoming’s Wind Rivers–Peak Bagging

Mountaineering & Technical
Alaska’s Denali
Arizona’s Mount Lemmon Rock Climbing
Argentina’s Aconcagua
Tanzania’s Mount Kilimanjaro
Utah’s Technical Canyoneering
Washington’s Mount Rainier
Washington’s Mount Baker
Wyoming’s Gannett Peak

Water
Canoeing Utah’s San Juan River
Sailing in Greece’s Ionian Sea
Sea Kayaking along Croatia’s Dalmatian Coast
Sea Kayaking in the Bahamas
Sea Kayaking in New Zealand

Unique Experiences
Backcountry Skiing Japan’s Hokkaido Island
Nordic Skiing under Sweden’s Northern Lights
Safari in Tanzania
COVID-19 Considerations
The pandemic has disrupted many aspects of our lives, including travel. NOLS’ operations continue to evolve in response to our collective understanding of COVID-19 risks. Decisions about trip formats, logistical details, COVID-19 prevention protocols, and our ability to conduct specific expeditions are subject to change to maintain alignment with local, state, national, and international guidelines.

All of the alumni trips listed in this guide are in our plan. However, we ask that you be prepared for the possibility of changes in the plan. In the event these changes in risks, or exposure rates among our local partners and communities, and/or travel disruption lead us to scrub a trip, our goal is to cancel the trips with at least 60 days notice to participants. We appreciate your tolerance for this level of uncertainty and also your enthusiasm for our programs.

Please refer to the NOLS website for the most current information on which courses are scheduled. The website also details our COVID-19 practices and related expectations of all trip participants.

Throughout the pandemic, we are exercising flexibility with our booking and cancellation policies. If you have questions or concerns about these, please give us a call and we can talk through your situation.
Mountaineering on Tanzania’s
Mount Kilimanjaro

DATES
April 2-10, 2022
April 12-20, 2022

COST
$3,695
Includes pre- and post-trip lodging in Arusha

Join us for an attempt at the summit of Tanzania’s iconic Mount Kilimanjaro (19,340 feet). This expedition attempts Africa’s tallest peak while exploring the landscape and culture of Tanzania. The route travels on muddy trails, up steep rocky scrambles, across hard snow, and through thick jungles. Porters help carry the loads as well as preparing meals and sharing their culture with the group. More info

Physicality
Low activity, easy walking
High altitude, rough trails, long uphils, heavy packs

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
Mild
Difficult

Porters carry the heavy gear, but it's a long hike at high elevation.
Safari in Tanzania

**DATES**
March 30-April 1, 2022  
April 22-24, 2022

**COST**
$1,395  
Includes all expenses

Designed as an add-on adventure to the Kilimanjaro trip, this 3-day safari will take you to some of Tanzania’s most famous parks. You will have the chance of a lifetime to view African animals in the wild from the safety of a safari jeep and with the insight of our tenured NOLS staff. Ngorongoro Crater and Tarangire National Park are destinations for many travellers every year and adding these places onto your Kilimanjaro trip will make sure you get the most of your time in Tanzania. [More info]

**Physicality**

- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**

- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**

- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**

- Mild
- Difficult

This trip is mostly going to be riding in jeeps.
Join NOLS on this culturally-immersive trip to Bhutan and see for yourself why the “Land of the Thunder Dragon” is so enchanting. This hiking trip ascends gradually to a high point of 15,600 feet using horses to carry the bulk of the gear. The base of Chomolhari (24,000 feet), Bhutan’s holiest mountain, is your goal for the trek. Along the way you will visit the rural villages, farms, and people who thrive in the valleys of the Himalaya.

**More info**

| Physicality | Low activity, easy walking | High altitude, rough trails, long uphills, heavy packs |
| Sleeping & Eating | Hotel lodging, restaurant meals | Camping, simple meals |
| Weather | Moderate temps, little precipitation | Extreme hot/cold temps, lots of precipitation |

**OVERALL DIFFICULTY**

Mild [ ] Difficult [ ]

*High altitude and elevation gains make this a physically demanding trip.*
Backpacking Bhutan’s Snowman Trek

DATE
September 30-October 29, 2022

COST
$12,995
Includes round-trip flight to Bhutan from Bangkok

Fewer people complete Bhutan’s Snowman Trek each year than successfully climb Mt. Everest. This ambitious, month-long, 200+ mile route rarely dips below 13,000 feet and has a high mark of nearly 17,500 feet. The trail crosses eleven high mountain passes as it wanders along the trade routes of the Himalaya. Those that walk this route are rewarded with remote Himalayan vistas and villages that few others ever see. More info

Physicality

Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating

Hotel lodging, restaurant meals
Camping, simple meals

Weather

Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY

Mild
Difficult

Mule’s carry the bulk of the gear, but this high-altitude hike is extremely challenging.
The Manaslu Circuit is one of Nepal’s great treks and also one of its least popular because of the challenges to get to it. The route moves up two massive glacial valleys for the first 10 days, stopping in small villages to stay in tea houses. Then, cresting a 17,000-foot pass, you reach the pinnacle of the journey with the help of your team of NOLSies. Come along with NOLS as we smooth out the logistics and make this incredible journey truly the trip of your life. More info
Backpacking in Thailand’s Northern Jungles

DATE
Late January 2023

COST
TBD
Includes intra country flight and pre- and post-trip lodging in Chiang Mai

Explore the rugged mountains and villages in northern Thailand with NOLS. Local guides join NOLS instructors as the team travels through and stays in the small villages of the Karen people. The mountainous Mae Hong Son region is a must-see in Thailand. This beautiful province offers remote landscapes, jungle environments, Buddhist culture, and welcoming rural communities. More info

Physicality
Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
Mild
Difficult

Cultural immersion blends with challenging, trailed jungle backpacking.
Japan’s Hokkaido island is quickly becoming a world-class destination for skiers of all types. While most skiers stay in-bounds, coming with NOLS will allow you to get off-piste and ski terrain that most people only dream about. Stringing together hotels ensures creature comforts so bodies can recover from routinely robust and demanding days in the backcountry.

More info

DATE
February 11-19, 2022

COST
$4,395
Includes pre-and post-trip lodging

OVERALL DIFFICULTY
Mild
You will have to earn those downhill turns by skinning to the top of most runs.

Physicality
Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation
Bring your friends and family along!

NOLS Alumni trips are a great way to introduce your friends and family to NOLS. Most of our Alumni trips are appropriate for bringing guests along to join in the fun. Your job is to make sure they know what they are getting into: remember, NOLS Alumni trips are not guided vacations; folks have to pull their own weight in order to get to the places we go!
# Backpacking Scotland’s Speyside Way

## DATE
- May 7-15, 2022
- May 18-26, 2022

## COST
- $2,795

Includes pre- and post-trip lodging in Aviemore

Join a group of NOLS grads for spectacular walking from Scotland’s high Cairngorms peaks to the North Sea. We will trek ~70 miles between small hotels with light backpacks in the heart of pastoral whiskey country. Our final day includes a regional Highland Games where pipe bands compete, herding dogs work magic, and burly athletes toss the caber. [More info](#)

## Physicality
| Low activity, easy walking | High altitude, rough trails, long uphills, heavy packs |

## Sleeping & Eating
| Hotel lodging, restaurant meals | Camping, simple meals |

## Weather
| Moderate temps, little precipitation | Extreme hot/cold temps, lots of precipitation |

## OVERALL DIFFICULTY
| Mild | Difficult |

Enjoy light packs, lengthy hikes, a luggage shuttle, and inn living.

---

Rich Brame
Join us for a circumnavigation of Scotland’s remote Isle of Arran, a rugged island with such topographic diversity that it’s called “Scotland in miniature.” This 65-mile backpacking trip blends trails, beach/boulder walking, highland-like grassy peaks, and shuttles. Highlights include Goat Fell peak, comfortable inns, Brodick Castle, exploration of a Buddhist retreat, extensive Bronze-Age standing stones, and a wee whiskey tasting at the Arran Distillery. More info

<table>
<thead>
<tr>
<th>Physicality</th>
<th>Low activity, easy walking</th>
<th>High altitude, rough trails, long uphills, heavy packs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping &amp; Eating</td>
<td>Hotel lodging, restaurant meals</td>
<td>Camping, simple meals</td>
</tr>
<tr>
<td>Weather</td>
<td>Moderate temps, little precipitation</td>
<td>Extreme hot/cold temps, lots of precipitation</td>
</tr>
</tbody>
</table>

**OVERALL DIFFICULTY**

Mild

Enjoy light packs, challenging hikes, and inn living.
Backpacking Ireland’s Coast

**DATES**
July 10-16, 2022
July 17–23, 2022

**COST**
$2,995
Includes pre- and post-trip lodging in Ennis

Explore the trails of Ireland’s western coast from Ennis north to the Cliffs of Moher, the Aran Islands, and the Connemara region with a light backpack and a group of fellow NOLS grads, families, and friends. This trip stays in small inns where the music is traditional and the food is incredible. More info

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
- Mild
- Difficult

Enjoy variable hikes, light backpacks, and upscale inns along the Emerald Isle’s west coast.
Backpacking Iceland’s Laugavegur Trail

DATE
June 28–July 5, 2022
July 7–14, 2022

COST
$3,795
Includes pre- and post-trip lodging in Reykjavik

Join us for a challenging and immensely scenic backpacking trip in Iceland as we hike hut-to-hut under the midnight sun. This trip travels the Laugavegur route, one of Iceland’s most iconic trails. Highlights include dramatic and varied topography, Lake Alftavatn, incredible flora, and glaciers that drain into wild, raging rivers. More info

Physicality
Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
Mild
Difficult

Sleeping in huts lightens your backpack, but long trails and fickle weather make this trip challenging.
Greenland is perhaps one of the more remote areas on the planet with limited travel options, small population, and incredible beauty. We are very excited to run our first trip in Greenland this summer and would love to have you along. This backpacking trip is supported by local fishermen who ferry our gear from camp to camp on a daily basis so packs are kept light. This style of travel allows us to cover more mileage and truly explore a small corner of the world’s largest island.

**DATE**
July 17-30, 2022

**COST**
$7,495

*Includes round-trip flight from Reykjavik*

**OVERALL DIFFICULTY**
Mild

*Day packs only and not many altitude changes with coastal hiking.*
Join us on a spectacular hike in Slovenia’s Julian Alps where we’ll explore the steep trails, high passes, peaks, and rich cultural milieu of Triglav National Park. This unique trip merges rural mountainous landscapes with old-Europe charm and new-country independence. This hut-to-hut backpacking trip starts in Slovenia’s capital, Ljubljana, and includes a visit to Slovenia’s top tourist destination, Lake Bled. More info

### Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

### Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

### Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

### OVERALL DIFFICULTY
- Mild
- Difficult

Inn lodging means culture, comfortable rooms, cooked meals, and light backpacks on trail days.

---

Backpacking Slovenia’s Julian Alps

**DATES**
- June 17–25, 2022
- August 30–September 7, 2022
- September 19–27, 2022

**COST**
- $2,395
This trip is NOLS’ newest Italian hiking adventure and will explore the world-famous lakes district in north-central Italy. Spend seven days hiking the shores and nearby spires around spectacular Lakes Como, Lugano and Maggiore, while staying in a combination of hotels and “rifugi” (rustic inn-style lodgings). Explore the peaks, culture and cuisine of this iconic region with NOLS. More info
Backpacking Italy’s Dolomites - Alta Via #1

NOLS grads, friends, and families are invited to spend a week hiking in the awe-inspiring Dolomites. Traveling between “rifugi” (rustic inn-style lodgings), your group will savor Italian cuisine and culture with mostly European travelers. The team carries light backpacks on challenging daily hikes among the stunning peaks of northern Italy. More info

DATES
- June 18–25, 2022
- August 29–September 5, 2022
- September 8–15, 2022

COST
$2,995

Includes pre- and post-trip lodging in Bolzano

Rich Brame

Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
- Mild
- Difficult

Long trail days include steep up and down hiking, but hut living means backpacks are light.
Backpacking Italy’s Alps - Tour de Combin

Join a convivial NOLS team for spectacular hiking in the heart of the Alps—backpacking between “rifugi” and “cabanes” (rustic inn-style lodging) in the alpine high country. This challenging adventure starts in Italy, crosses the famed St. Bernard Pass, circumnavigates Switzerland’s Grand Combin Peak (elevation 4314 m.) and re-crosses the border into Italy. The group carries light packs on this demanding hike among iconic spires, glaciers, valleys, and peaks. More info

**DATE**
August 2022

**COST**
TBD
Includes pre- and post-trip lodging

**OVERALL DIFFICULTY**
Mild - Difficult
Steep up and down hiking with consistent long days, but hut living means back-packs are light.

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation
Join a group of NOLS grads, friends, families, and instructors for exploration and camaraderie along the Ligurian Coast and Tuscan countryside. We use a combination of trains, shuttles, and foot power to connect small hotels in Italy’s early autumn. This trip mixes backpacking with exploration of the region’s iconic towns, villages, rural areas, and ancient landmarks. More info

**Physicality**

- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**

- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**

- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**

- Mild
- Difficult

Inn lodging means culture, comfortable rooms, cooked meals, and light backpacks on trail days.
Backpacking Portugal’s Fisherman Trail

Join this new trip along Portugal’s stunning southwestern coast. The trip includes cultural connection in Lisbon and a daily gear transfer service to keep packs light on the trail. We’ll lodge in guesthouses and small hotels, dining on simple regional cuisine. It’s real hiking with long mileage, seaside cliff navigation, plenty of sand and beaches with jaw dropping vistas.

More info

<table>
<thead>
<tr>
<th>DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 14–23, 2022</td>
<td>$3,195</td>
</tr>
<tr>
<td>October 21–30, 2022</td>
<td></td>
</tr>
<tr>
<td>November 2–22, 2022</td>
<td></td>
</tr>
</tbody>
</table>

- Includes pre- and post-trip lodging in Lisbon

### Sleeping & Eating

<table>
<thead>
<tr>
<th>Hotel lodging, restaurant meals</th>
<th>Camping, simple meals</th>
</tr>
</thead>
</table>

### Weather

<table>
<thead>
<tr>
<th>Moderate temps, little precipitation</th>
<th>Extreme hot/cold temps, lots of precipitation</th>
</tr>
</thead>
</table>

### Physicality

- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

### OVERALL DIFFICULTY

- Mild
- Difficult

Long trail days include beaches, sand, and some country lanes, but a daily gear transfer keeps daypacks light.

Rich Brame
Backpacking Sweden’s Kungsleden Trail

DATES
September 8-17, 2022

COST
$2,495
Includes pre- and post-trip lodging in Kiruna

Hiking along Sweden’s Kungsleden trail and staying in backcountry huts allows this trip to carry easily manageable backpacks. This style of travel is common in Europe and our group will share time and space with Scandinavians along the route. The trail is spectacular, winding through northern Sweden and exploring Lapland on foot while the foliage transitions to stunning fall colors. More info

Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
- Mild
- Difficult

Hiking on uneven terrain with full packs is challenging.
Skiing under Sweden’s Northern Lights

NOLS has been operating in Sweden for years, but this trip is our first Scandinavian winter adventure. You will ski from heated hut to heated hut along Sweden’s national trail, the Kungsleden. This is true Nordic skiing according to the Swedes but cross country skiing is the most comparable style of travel on this well marked trail, no experience is needed. Anticipated highlights of this trip are the Northern Lights, Scandinavian culture, short hours of daylight, and miles of rolling trail.

More info

DATE
March 9-16, 2022
March 19-26, 2022

COST
$2,795
Includes pre- and post-trip lodging

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

Physicality
Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

OVERALL DIFFICULTY
Mild
Skiing with packs can be challenging.
Difficult
Paddle Croatia’s Elaphiti Island Archipelago and make nightly stops at guesthouses in picturesque villages. Sea kayaking and exploring the scenic southern Croatian coastline offers opportunities to indulge in traditional Adriatic culture and culinary specialties. You’ll also develop and practice technical paddling and rescue skills in the area’s renowned turquoise seas. More info

**DATE**
June 4-14, 2022  
September 20-27, 2022  
September 29-October 6, 2022

**COST**
$2,495  
Includes pre- and post-trip lodging in Dubrovnik

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
- Mild
- Difficult

Guesthouse lodging means light gear, but paddling on windy days and carrying boats takes effort.
Join us sailing along Greece’s Ionian Sea. This trip for novices and experienced sailors alike builds upon individual experience and adds more complex sailing skills, while exploring the islands’ incredible cultural histories and beautiful seas aboard a 40+’ liveaboard keelboat.

More info

Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
- Mild
- Difficult

Keelboat sailing in Greece means challenging winds and tight quarters.
Canoeing Utah’s San Juan River

The San Juan River in southern Utah provides an incredible opportunity to travel through stunning red rock canyon country. This canoe float trip will provide a family friendly environment for exploration of the geological and human history of the river valley. Appropriate for canoeists of all levels, this is a great adventure to share with your family and friends. More info

Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
- Mild
- Difficult

This trip is relaxed, but there is plenty to do around camp and on short hikes.

DATE
May 29-June 4, 2022

COST
$2,295

NEW NORTH AMERICA

Ashley Wise
Join us for an incredible trip just outside of Alaska’s Denali National Park. Staying outside of the park and traversing an incredible ridgeline will provide jaw dropping views of North America’s tallest peak. You will carry a full pack as you explore the stunning terrain around North America’s highest mountain. Wildlife is common—sightings of moose and bear are not unusual and the bird population is incredible. More info

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphill, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
- Mild
- Difficult

Carrying a full pack with a week of rations is challenging.

**DATES**
August 4-13, 2022

**COST**
$1,895
Coastal hiking in the Pacific Northwest means you will travel through one of the rare temperate rainforests in the continental U.S. This truly unique forest and tidepool environment is a playground for aspiring naturalists wanting to explore the zone where the sea meets the land. Backpack your way along the rocky coast, timing hikes with the tide while enjoying the camaraderie of a NOLS group. More info

### Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

### Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

### Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

### OVERALL DIFFICULTY
- Mild
- Difficult

Hiking on uneven coastal terrain with heavy packs is challenging.

### DATES
- September 11-19, 2022

### COST
- $1,895
Wyoming’s Wind River Range is calling! Polish your backcountry travel and camping techniques on an amazing and challenging traverse of one of America’s best mountain ranges. The team hopscotches the Continental Divide, reviewing all parts of the NOLS backpacking curriculum, including fly fishing. More info

**DATES**
August 7-15, 2022

**COST**
$2,195

Includes pre- and post-trip lodging in Lander

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
Mild
Difficult

This trip includes challenging hikes with heavy packs on an aggressive route.
Backpacking Wyoming’s Wind Rivers: Peak Bagging

“Peak bagging” means hiking up high, prominent summits, crossing steep slopes, navigating boulder fields, and doing what it takes to get safely to the summit and back. This is a non-technical expedition—you won’t need ropes or carry climbing gear. This challenging backpacking trip will attempt as many named peaks and high points as possible in the granite core of the iconic Wind River Mountains.

More info

Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
- Mild
- Difficult

This trip includes challenging hikes with heavy packs on an aggressive route.

DATES
August 18-27, 2022

COST
$2,295

Includes pre- and post-trip lodging in Lander
Who doesn’t want a lighter pack? This adventure offered in Arizona and beyond will introduce you to numerous strategies to implement and drop your pack weight on backcountry trips. The goal of this experience is to see a variety of ideas rather than being prescriptive on how to lighten your pack. Included in this experience is a bundle of lightweight and high quality gear that you can use on this trip and many more to come. More info

**Overall Difficulty**

- **Mild**
- **Difficult**

Packs should be lighter than you are used to, but you are still camping and hiking in the mountains!
Mountaineering on Alaska’s Denali

This is an expedition for ambitious, driven alumni looking to summit Denali, North America’s highest peak (20,320 feet). This challenging course includes long days with heavy packs, close living quarters, and extended time spent on glacier. If you’re aiming for a unique, hard-won experience, this is the course for you. For qualified alumni only (interview required). More info

**DATES**

With the surging Muldrow Glacier we are not sure when we will be able to schedule a climb of Denali again.

**Physicality**

- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**

- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**

- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**

- Mild
- Difficult

Heavy packs, high altitude, harsh conditions, and a short summit window.
Mountaineering on Wyoming’s Gannett Peak

Nestled deep in the wilderness, Gannett Peak (13,804 feet) is Wyoming’s highest summit. This fast-paced trip moves over steep trails and moraines with heavy backpacks. Your group’s training starts with the basics, so novice mountaineers are welcome. Participants will learn and practice glacier mountaineering, rock, and snow skills for the mixed-route summit. More info

**DATES**
July 17-24, 2022

**COST**
$2,295

Includes pre- and post-trip lodging in Lander

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
- Mild
- Difficult

Long hikes, full packs, and steep terrain make a challenging trip.
Mountaineering on Washington’s Mount Rainier

This fast-paced trip attempts to summit Mount Rainier (14,410 feet), one of the best mountaineering training grounds in Washington. Prior mountaineering experience and a high fitness level are encouraged. You’ll traverse steep terrain and glaciers with a heavy backpack and learn glacier mountaineering skills needed to reach this high summit. Expedition graduates only but all levels of mountaineers are welcome. More info

DATES
Late June, 2022 - exact dates TBD

COST
$2,495
Includes pre- and post-trip lodging

More info

Physicality
Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
Mild
Difficult
Full packs, high altitude, and a short summit window provide challenge.
Mountaineering on Washington’s Mount Baker

DATES
June 24-30, 2022

COST
$2,195

This technically focused, physically demanding trip on Washington’s Mount Baker (10,781 feet) provides fantastic opportunities to learn and practice mountaineering and glacier travel skills. Your group will concentrate on rope work, crampon and ice axe use, snow and ice protection placement, and crevasse rescue training. This is a great trip for novice to intermediate mountaineers. More info

Physicality

Low activity, easy walking

High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating

Hotel lodging, restaurant meals

Camping, simple meals

Weather

Moderate temps, little precipitation

Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY

Mild

Difficult

Full packs, high altitude, and glacier travel make this a challenging trip.
Refine your NOLS skills while embracing new ones like fly fishing, photography, and llama packing in Wyoming’s beautiful Wind River Range. Instructors will help with the technical skills while you soak in the scenery and experience of this trip. Relive fond memories of NOLS by bringing your family along on this adventure! More info

**DATES**
July 24-30, 2022
July 31-August 6, 2022

**COST**
$1,695
Includes pre- and post-trip lodging in Lander

**OVERALL DIFFICULTY**
Mild

Llamas carry some of the weight, but mountain backpacking is challenging.
Plan a Private or Custom Trip with NOLS Alumni

Interested in taking your family or a group of friends on a NOLS adventure? We would love to build a private or custom trip for your team!

You can choose from any of our trip options and request a private departure or we could build something different and unique for your crew. Drop us a line and we would be happy to help shape your next vacation and build the trip of your dreams.
Mount Lemmon is NOLS’ playground in the Southwest. It is the local crag for folks working at the NOLS Campus because of its year-round climbing and outstanding routes. Tailored for climbers of all experience levels, this base camping trip focuses on climbing techniques, knots, rope handling, belaying, anchors, protection placement, traditional and “sport” climbing systems, rappelling, and lead climbing theory. More info

**DATE**
February 13-19, 2022

**COST**
$1,895
Includes pre- and post-trip lodging in Tucson

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
- Mild
- Difficult

Base camping is comfortable, but daypacking rock gear and steep climbs are hard work.
Technical Canyoneering in Utah

DATES
March 27-April 2, 2022

COST
$1,895

This physically demanding trip explores tight canyons using ropes to navigate slots and manage risks. This is a base-camping, vehicle-supported expedition to maximize your opportunities to rappel, scramble, wade, and use creative rope skills in remote canyon terrain. After challenging days, enjoy camaraderie, natural history, and technical systems practice back at camp. More info

Physicality

Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating

Hotel lodging, restaurant meals
Camping, simple meals

Weather

Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY

Mild
Difficult

Rope work and creative body movement through tight canyons is challenging.
Backpacking in Utah’s Canyons

Spend a week with NOLS exploring some of the fabled canyons in Central Utah. This trip will establish a connection with the ancient people that called these canyons home and thrived in their protection. Building upon your current backcountry skills, the group will work as a team to move through the canyons and enjoy many dark nights under the stars together. More info

<table>
<thead>
<tr>
<th>Physicality</th>
<th>Low activity, easy walking</th>
<th>High altitude, rough trails, long uphills, heavy packs</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Sleeping &amp; Eating</th>
<th>Hotel lodging, restaurant meals</th>
<th>Camping, simple meals</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Weather</th>
<th>Moderate temps, little precipitation</th>
<th>Extreme hot/cold temps, lots of precipitation</th>
</tr>
</thead>
</table>

**OVERALL DIFFICULTY**

Mild | Difficult

Canyons hiking can be challenging, but the weather tends to be very comfortable.
Sea Kayaking in the Bahamas

Paddle the Bahamas’ pristine waters in the Out Islands and Exuma Cays. Experience white sand beaches, palm trees, and warm, sunny weather on this weeklong paddling expedition. This trip focuses on paddling skills, snorkeling, and exploring the coastline. Reconnect with your NOLS roots and build paddling skills in a relaxed and beautiful place. More info

DATE
November 12-19, 2022

COST
$2,495
Includes pre- and post-trip lodging in Georgetown

More info
Sea Kayaking in New Zealand

DATES
February 24-March 2, 2022

COST
$2,795

We are ditching the tents for this lodge-to-lodge coastal kayaking trip on New Zealand’s South Island. A bit more comfortable than most of our expeditions, this style of expediting allows you to paddle light boats and minimizes time-consuming boat loading. NOLS has kayaked along this stunning coastline for many years, but this is a pilot trip for our alumni programs. More info

Physicality
Low activity, easy walking
High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
Hotel lodging, restaurant meals
Camping, simple meals

Weather
Moderate temps, little precipitation
Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
Mild
Difficult

Sea kayaking can be tiring, but ending each night in a hotel or lodge adds comfort.
Join NOLS on one of New Zealand’s hidden trails! The Old Ghost Road is a hut-to-hut hiking experience that few but locals ever experience. We smooth the way for you to have a lighter pack, sleep indoors, but still experience the rugged beauty of New Zealand’s backcountry that as appropriately garnered so much attention. More info

**DATE**
March 5-10, 2022

**COST**
$2,295

---

**Physicality**
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

**Sleeping & Eating**
- Hotel lodging, restaurant meals
- Camping, simple meals

**Weather**
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

**OVERALL DIFFICULTY**
- Mild
- Difficult

*Rustic hut living means lighter backpacks but the trail is challenging.*
Backpacking in Chile’s Torres del Paine National Park, the “O” Trek

Patagonia’s “O” trek is the most immerse trek you can do in Torres del Paine National Park. The route is a loop moving from one established camp to another in order to minimize impacts on the surrounding land and provide some additional comforts in this very remote region. This is an extraordinary opportunity to experience Patagonian culture while backpacking through remote, rarely visited, and stunning wilderness. More info

DATE
April 3–12, 2022

COST
$3,295

Physicality
- Low activity, easy walking
- High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating
- Hotel lodging, restaurant meals
- Camping, simple meals

Weather
- Moderate temps, little precipitation
- Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY
- Mild
- Difficult

You’ll only need a day pack on this trip as horses carry most of the load.
Mountaineering on Argentina’s Aconcagua

Join NOLS as we climb South America’s tallest mountain (22,841’)! This non-standard offering is a unique opportunity for those questing after the tallest mountains in the world. Climbing Aconcagua will require intensive physical preparation before the trip, combined with extended time on the mountain for acclimatization. Spots on this challenging expedition are limited, so sign up early. More info

Physicality

Low activity, easy walking

High altitude, rough trails, long uphills, heavy packs

Sleeping & Eating

Hotel lodging, restaurant meals

Camping, simple meals

Weather

Moderate temps, little precipitation

Extreme hot/cold temps, lots of precipitation

OVERALL DIFFICULTY

Mild

Difficult

Full packs, high altitude, and long days.
ALUMNI BENEFITS

Jobsnetwork

Turn your outdoor passion into your profession. Join the NOLS Alumni Jobsnetwork, our free online outdoor jobs clearinghouse where NOLS grads are matched with employers. See www.nols.edu/jobsnetwork for employer and alumni details.

Equipment & Other Discounts

We’ve teamed with brands to provide lodging, education, and gear discounts for NOLS grads. Check out our evolving list of discounts here: www.nols.edu/benefits.

Alumni Reunions & Networking

The global NOLS alumni team is diverse, interesting, well-connected and large! No matter where you go, there’s probably a fascinating and adventurous grad somewhere near you. You can connect for social events, service, or ongoing learning with other grads at reunions in your community, via local loosely organized groups, or through numerous online communities. Join the NOLS conversation on Facebook, LinkedIn, Twitter and Instagram. Check out networking ideas here: www.nols.edu/stay-connected/.
GIVING BACK

Spread the Word
Share what you loved about your NOLS experience and help more people find out about NOLS. Ways to spread the word include flying NOLS colors with a sticker or t-shirt, telling your story on social media, submitting stories and photos to the NOLS Blog or The Leader, helping organize a reunion and donating to the NOLS Fund. Learn more at www.nols.edu/spread-the-word.

NOLS Ambassadors
NOLS ambassadors spread the word about NOLS in their communities and encourage others to explore wild spaces. We incentivize ambassadors who are excited about engaging with students, contributing to NOLS’ social media content, and participating in word-of-mouth marketing. Learn more at www.nols.edu/ambassador.

NOLS Fund
The NOLS Fund fuels our mission. It funds global scholarships, research, and outreach programs, and helps make NOLS more innovative and accessible. Learn more about the fund and how you can join our team at www.nols.edu/donate.
A NOLS course is just the beginning

Grounded in wilderness and backed by recognized expertise, with NOLS, you can find a course to give you the training to start a new career, a certification to get your foot in the door, an immersive experience to deepen your education, or an investment in the future of your organization.

A NOLS education can include a progression of complementary skills that build personal and team capacity. You might start backpacking in the mountains, add a dollop of wilderness medicine, layer on a dose of rock climbing and wrap it all up with one of the Seven Summits.