Come travel the world with NOLS!

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](#).
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### ACTIVITY SCALE

This is a subjective rating of anticipated physical difficulty for alumni trips. Weather, route, and group dynamics can combine to make alumni trips more or less difficult.

- [ ] Moderate
- [ ] Difficult

*Cover photo: Shannon Givens*

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**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.

“I knew that reconnecting with NOLS would give me a chance to explore a new part of the world, but the delightful surprise was the chance to build meaningful and lasting new friendships with fellow alums.”

— Susan Mitchell 7-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 Patagonia
- 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 Dolomites - Alta Via #1 - Women Only
- Italy’s Lakes District
- Italy’s Tuscan Countryside and Ligurian Coast
- Lightweight Backpacking
- Nepal’s Manaslu Circuit
- New Zealand’s Heaphy Track
- 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
- Washington’s Olympic Coast
- Wyoming’s Wind River Traverse
- Wyoming’s Wind Rivers – Peak Bagging

**Mountaineering & Technical**
- Alaska’s Denali
- Argentina’s Aconcagua
- Arizona’s Cochise Stronghold Rock Climbing
- 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
- Rafting Utah’s Gates of Lodore
- Sailing in Greece’s Ionian Sea
- Sailing Longboats in Mexico’s Sea of Cortez
- Sea Kayaking along Croatia’s Dalmatian Coast
- Sea Kayaking in Alaska’s Prince William Sound
- Sea Kayaking in the Bahamas
- Sea Kayaking in New Zealand
- Sea Kayaking Skills Seminar in Mexico’s Sea of Cortez

**Unique Experiences**
- Backcountry Skiing Japan’s Hokkaido Island
- Horsepacking in Wyoming’s Wind River Range
- 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. If such changes lead NOLS to decide to cancel a trip, our goal is to do so 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 1-9, 2021
April 11-19, 2021

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 prepare meals and share their culture with the group. 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

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

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

DATES
March 29-31, 2021
April 21-23, 2021

COST
$1,195
Includes all expenses

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 our first 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

**Backpacking Bhutan’s Chomolhari Circuit**

**DATE**
- October 24-November 4, 2021
- March 14-25, 2021

**COST**
$6,195
Includes round-trip flight to Bhutan from Bangkok

**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

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

DATE
September 24–October 23, 2021

COST
$12,495
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.
Backpacking Nepal’s Manaslu Circuit

**DATE**
November 8–23, 2021

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

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

**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

You will carry a 25-35 lb pack and hike into high elevations.
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**

<table>
<thead>
<tr>
<th>Physicality</th>
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<th>Weather</th>
<th>OVERALL DIFFICULTY</th>
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<td>Extreme hot/cold temps, lots of precipitation</td>
<td>Difficult</td>
</tr>
</tbody>
</table>

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

**DATE**

Late January 2022

**COST**

$3,995

Includes pre- and post-trip lodging.
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

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

**DATE**
May 8-16, 2021
May 7-15, 2022

**COST**
$2,450
Includes pre- and post-trip lodging in Aviemore

**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.
Backpacking Scotland’s Isle of Arran

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

DATE
April 27-May 4, 2021
April 26-May 3, 2022

COST
$2,595
Includes pre- and post-trip lodging in Brodick

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

**DATES**
July 11-17, 2021
July 18-24, 2021

**COST**
$2,595

*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 29–July 6, 2021
July 8–15, 2021

COST
$3,595
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 fisherman 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 the world’s largest island.

More info
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

**Backpacking Slovenia’s Julian Alps**

**DATES**
- June 18-26, 2021
- August 31-September 8, 2021
- September 10-18, 2021

**COST**
$2,095

**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 Italy’s Lakes District

DATE
June 9-16, 2021

COST
$3,295
Includes pre- and post-trip lodging

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

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
There are a few long days with elevation gains, but also light packs and comfortable lodging.
Backpacking Italy’s Dolomites - Alta Via #1

DATES
June 19-26, 2021
August 30-September 6, 2021
September 8-15, 2021 Women only
September 9-16, 2021

COST
$2,695
Includes pre- and post-trip lodging in Bolzano

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

Physicality
High altitude, rough trails, long uphills, heavy packs

Low activity,
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.
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

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

Steep up and down hiking with consistent long days, but hut living means back-packs are light.
Backpacking Italy’s Tuscan Countryside and Ligurian Coast

DATE
September 20-28, 2021

COST
$3,495
Includes pre- and post-trip lodging in Milan

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.
Join this pilot 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

Backpacking Portugal’s Fisherman Trail

DATE
October 22-31, 2021

COST
$2,595
Includes pre- and post-trip lodging in Lisbon

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 beaches, sand, and some country lanes, but a daily gear transfer keeps daypacks light.
Backpacking Sweden’s Kungsleden Trail

DATES
September 9-18, 2021

COST
Check our website for most up-to-date pricing

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 pilot 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 19–26, 2022

**COST**
$2,795

Includes pre- and post-trip lodging

**OVERALL DIFFICULTY**

Skiing with packs can be challenging.

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**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

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Tim Nordstroem
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
May 29–June 5, 2021
September 21–28, 2021
September 30–October 7, 2021

COST
$2,395
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**

**DATE**
May 11-22, 2021  
September 26-October 7, 2021

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

Keelboat sailing in Greece means challenging winds and tight quarters.

**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
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.

DATES
May 30–June 5, 2021

COST
$1,995

Ashley Wise

NORTH AMERICA
Rafting Utah’s Gates of Lodore

Designed for families but great for anyone, this trip floats the Green River through Utah’s Gates of Lodore Canyon. Bring the kids along (ages 12+) and have a rafting adventure through one of the most scenic river canyons in the U.S. Your instructors will help navigate the Class III river in rafts and possibly inflatable kayaks, ensuring that fun is had by all. 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

Participants are expected to paddle, but life on this river trip isn’t too strenuous.
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]

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</tr>
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</table>

**OVERALL DIFFICULTY**

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

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

**DATES**
Check our website for future dates

**COST**
Check our website for most up-to-date pricing

**NORTH AMERICA**
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

**Backpacking Washington’s Olympic Coast**

**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 coastal terrain with heavy packs is challenging.

**DATES**
Check our website for future dates

**COST**
Check our website for most up-to-date pricing

Mauricio Clauzet
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 1-9, 2021

### Cost
$1,495
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.
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

### 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**

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

**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.

Dates
No trip for 2021, we will return to the mountain in 2022

Dave Hill
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 18-25, 2021

**COST**
$1,995
Includes pre- and post-trip lodging in Lander

**OVERALL DIFFICULTY**
Mild
Long hikes, full packs, and steep terrain make a challenging trip.

Zach Snively

- **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
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, 2021 - exact dates TBD

COST
$1,995
Includes pre- and post-trip lodging

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
Full packs, high altitude, and a short summit window provide challenge.

Difficult
Mountaineering on Washington’s Mount Baker

DATES
June 20-26, 2021

COST
$1,750
Includes pre- and post-trip lodging

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

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<td>OVERALL DIFFICULTY</td>
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<td>Difficult</td>
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Full packs, high altitude, and glacier travel make this a challenging trip.

Reece Robinson

Hotel lodging, restaurant meals

Camping, simple meals

Moderate temps, little precipitation

Extreme hot/cold temps, lots of precipitation

Low activity, easy walking

High altitude, rough trails, long uphills, heavy packs
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 25–31, 2021
August 16–22, 2021

**Cost**
$1,495
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

Llamas carry some of the weight, but mountain backpacking is challenging.
Throughout history, Wyoming’s Wind River Range has been explored largely on horseback. This trip is a chance to experience the work and benefits of traveling in this time-honored way. Travel into the Winds with a train of horses to camp, fish, and ride. Your group focuses on western horsemanship activities, including herd dynamics, tack, horse behavior, camp and feed selection, pacing, and Leave No Trace camping. More info
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.
Rock Climbing in Arizona’s Cochise Stronghold

DATE
February 14-20, 2021

COST
$1,750
Includes pre- and post-trip lodging in Tucson

Cochise Stronghold is a wonderland of granite cliffs, world-renowned desert climbing, and excellent multi-pitch 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 14-20, 2021

**COST**
$1,750
Includes pre- and post-trip lodging in Tucson

**OVERALL DIFFICULTY**
Mild
Base camping is comfortable, but daypacking rock gear and steep climbs are hard work.

**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

Matt Hage
Technical Canyoneering in Utah

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.*

DATES
Check our website for future dates

COST
Check our website for most up-to-date pricing
This trip explores one of the most iconic sea kayaking destinations in the world. You will stare up at glaciers and mountains while floating among icebergs, whales, and other marine mammals. Instructors tailor the kayak instruction to any level of experience so that first time paddlers can enjoy a new type of expeditioning alongside their more experienced peers. More info

**DATES**
Check our website for future dates

**COST**
Check our website for most up-to-date pricing

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**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

Cold water and challenging weather are almost guaranteed, but long sunlight hours keep spirits up!
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 13-20, 2021

COST
$2,095
Includes pre- and post-trip lodging in Georgetown

OVERALL DIFFICULTY
Mild
Caribbean paddling is beautiful, but windy days and beach surf can be challenging.
Sailing Longboats in Mexico’s Sea of Cortez

Sail aboard unique 22-foot Drascombe Longboats on the Sea of Cortez. These versatile, open cockpit centerboard boats sail well in a wide variety of conditions, making them a great avenue for learning important elements of sailing and seamanship. This trip camps on and explores Baja’s beautiful and remote desert beaches. More info

DATES
Check our website for future dates

COST
Check our website for most up-to-date pricing

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

Baja’s weather can be challenging, but life aboard longboats is generally a relaxed affair.
This seminar will improve the paddling skills of all levels of sea kayakers. Participants base camp on the edge of the Sea of Cortez at our NOLS Mexico campus near Mulegé. Base camping allows us to focus on skill development, one-on-one coaching, and advanced paddling techniques, as well as Spanish language lessons and cooking lessons with our local staff. More info

**DATES**
Check our website for future dates

**COST**
Check our website for most up-to-date pricing

This trip involves lots of time in kayaks and desert camping.
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 expeditioning 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

**DATES**
Check our website for future dates

**COST**
Check our website for most up-to-date pricing

**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.
Backpacking New Zealand’s Heaphy Track

Join NOLS on one of New Zealand’s great, classic walks, the Heaphy Track. This 50-mile hut-to-hut route winds its way along the coast’s stunning scenery. Alpine tussock, limestone caves and cliffs, and beech forests are all part of the terrain to soak in with your fellow NOLSies. More info

**DATES**
Check our website for future dates

**COST**
Check our website for most up-to-date pricing

**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 Patagonia

The spirit of Patagonia is off the tourist path and in the hands of local cowboys, the gauchos. On this trip NOLS takes you away from the crowds for six days of backcountry travel in Chile supported by horses and gauchos. This is an extraordinary opportunity to experience Patagonian culture while backpacking through remote, rarely visited, and stunning wilderness. 

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

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

DATES
Check our website for future dates

COST
Check our website for most up-to-date pricing

Betsy Winston
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

**DATE**
December 2021

**COST**
$5,795
Includes pre- and post-trip lodging and climbing permit

**OVERALL DIFFICULTY**
Mild
Full packs, high altitude, and long days.

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

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

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

**Overarching Skills**
Liam Haines
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.