

Rock-N-Water

A Christian Adventure Camp

A Secret Backpacker Paluza Itinerary for Leadership

Leaders: Understandably you tend to like having an idea of what is happening, and so we give you this rough outline of what *normally* happens. Please keep two thoughts in mind as you read this. 1) This is an outline of the way things generally work, and is customized each trip based on your group, elements of nature, and the specific guides leading your group. 2) Sometimes not know exactly what to expect can add to the anticipation and excitement surrounding a trip. So please use care as you decide what specific details to share with others.

Sunday 7 PM you arrive at our main camp, located on the side of the American River in Coloma (Lotus), California. We meet each other, and start to set up camp for the night. As dark draws in we gather around the campfire for worship, teaching, devotions, and a look forward at what the week holds in store for us. [Campfire time can be lead by you, by us, or by a combination of you and our staff. It's all included, just let us know in advance so our guides can prepare in advance]

Monday we wake up, and go through our backpacks pulling out the stuff we don't need, and making sure they are packed correctly. After breakfast you load up in your cars and follow us on a 1.5 hour drive to the trail head (around 6400 feet above sea level). We have lunch, and split up the food between everyone's packs. [Rock-N-Water packs in as much nonperishable food as we can at the start of the summer, to help keep the food weight down for you. We also have our kitchen equipment, tents, and climbing gear already at our backcountry base camp, so you don't need to carry that stuff either.] It's about a 5-6 mile hike to our backcountry base camp, where we will be staying the next few days. It's a hike, and you'll be tired, but pretty much anyone could do it. As the sun goes down, we rest our tired feet, and enter our campfire time surrounded by God's creation, miles away from other people and the distractions of life.

Tuesday morning we spread out for a morning devotional and time alone with God. Then it's off we go on a 5 mile day hike exploring the area around us. We find natural water slides to slide down, rocks to jump off (into water) and maybe even a waterfall to swim behind (if you're adventurous). If we have extra time and energy after dinner, we often take to the hills for some solid games of capture-the-flag or sardines. Then it's back to camp for campfire.

Wednesday is a more "restful" day, as we stay closer to our base camp, challenging ourselves with a day of top rope rock climbing after our morning devotional. We cap the day off with a 90 foot rappel. Then it's dinner, games, swimming, and campfire as we spend our last night in the backcountry.

Thursday we pack up after our morning quiet time, and with our backpacks on our backs we hike back to the cars. We typically arrive back at Rock-N-Water's main camp shortly before dinner, which give enough time for a shower, though for some reason no one typically takes one. Maybe it's that the dirt bonded to our skin represents the bond that has formed between us.

Friday we load up into rafts for Class III whitewater rafting [high school groups can upgrade to Class IV for a little extra]. The basic Paluza has us sadly waving goodbye to you on Friday by 5 PM, though groups with a long drive can sign up to stay one more night and leave Saturday morning.

This trip is perfect for groups of 12-20 people looking to challenge themselves to grow as individuals, as a team, and to:
Realize God through Adventures in Creation!

