



FOR IMMEDIATE RELEASE:
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Breathtaking Adventures Offered this Spring Break

What better way to utilize a week of freedom than to explore the great outdoors and see what all those rambling nature poets you read about in your American Literature class were talking about? UCSB Adventure Programs brings you a wide array of adventures to choose from for this spring break. This year's trips include: AdventureFest, Grand Canyon Backpacking, The Lost Coast Backpacking Trip, The Colorado River Canoe, and The Santa Cruz Island Stewardship Adventure.

Take the grand tour of the glorious southwest with AdventureFest. From March 25th to April 2nd, this nine day trip features the exploration of Joshua Tree National Park, the Colorado River through Black Canyon, and Zion National Park. This trip will test the limits of your mind and body with a variety of excursions, including canoeing, hiking, camping, and rock climbing! You must have a belay test and be able to swim for the trip. While no hiking experience is necessary, you must be in good physical condition to handle the nonstop adventure of this trip, so make sure you have been hitting the gym!

Camping and hiking inside the sky-high walls of the Grand Canyon is something that few people get to experience in their life. The Grand Canyon backpacking trip takes place over the course of a week from March 26th to April 2nd. You will meet early on the first day at UCSB to drive to the canyon. On the second day you hike for over 9 miles into the canyon and spend the next five days hiking, camping, and exploring in the canyon. Then spend the next two days hiking back up out of the canyon and drive back on the last day. The hike in and out of the canyon is strenuous, especially carrying your backpack, so previous experience is recommended. You must register by March 22nd, first come first serve.

As you follow the breathtaking Northern California coast carrying everything you need on your back, your eyes will open to the beauty and passion all around you. The Lost Coast Backpacking Trip spends March 25th to April 2nd backpacking along the coast. Take advantage of this opportunity to hike among the redwoods, with mountains to one side and the ocean to the other. The registration deadline is March 22nd on a first come, first serve basis. The trip will meet at UCSB on the first day and drive to Big Sur, hiking and camping one night at Point Reyes and one night at the Humboldt Redwoods State Park. You then spend the next four days in The Lost Coast of Kings Range Conservation Area. Strong physical condition is necessary and backpacking experience is encouraged!

Hankering to travel in the water instead of just beside it? The Colorado River Canoe Trip offers the opportunity to canoe on the river through the Black Canyon, below the Hoover Dam. Enjoy the desert environment of the canyon from the cool waters of the river. Naturally, good physical condition and the ability to swim are necessary for this trip. There are two available dates for this trip: March 25th to 28th, or March 30th to April 2nd. The trip meets on the first day at 8am, drives to the canyon, and spends the night. The next day you canoe 8 miles upstream. On day 3 you



have time to take in the full experience by exploring up river, hiking around the area, and relaxing around camp, before travelling back on the last day. Take this chance to see what lies just around the river bend!

The Channel Island Stewardship Adventure brings you the perfect balance of recreation and service. Spend your break in the natural paradise of Santa Cruz Island while partnering with Channel Islands Restoration Environment projects to protect the island ecosystem. The trip fee includes a boat ride to and from the island, where you will be trail building, restoring the habitat, gardening, and removing invasive plants. Not only will you help restore the island, but you will also have time to hike the national park trails, kayak, explore the marine life and wave-carved caves, and relax at camp. What better place could there be to help the environment and get to know a like-minded group of people? Don't miss this trip from March 26th to April 2nd.

While students do get a discounted rate for trips, registration is open to all members of the community as well. Fees for all trips include round trip transportation, camping, group gear, instruction, permits, and all breakfasts and dinners. You must supply your own lunches, money for meals on the road, and personal gear. Sleeping bags, backpacks, and tents are available to rent while supplies last. For more information on the trips visit <http://recreation.sa.ucsb.edu/adventure-programs>.

The amazing opportunity of these trips is well-known and they fill up fast, so make sure to snatch your spot while it is still available. To be added on the waitlist for full trips email: donald.wise@recreation.ucsb.edu. Make sure to include: your name, email address, phone number, and the name and dates of the trip you are interested in.

Get a taste of the adventure life. Travel day by day over land and water to your next destination, basking in the beautiful landscapes of the Western United States. Connect with your fellow adventurers over the majestic beauty of the outdoors, the exhilaration of the activities, and the physical exertion demanded of you. By bedtime, we guarantee you'll fall asleep as soon as your head hits the pillow (or ground, more accurately).