PLEASE NOTE: All program descriptions that follow are subject to change due to forces of nature, student group composition, or unforeseeable circumstances.

KROKA SLIDING-SCALE TUITION FEES ARE BASED ON YOUR FAMILY'S COMBINED HOUSEHOLD ANNUAL INCOME:

<table>
<thead>
<tr>
<th>Income Range</th>
<th>7-day programs</th>
<th>14-day programs</th>
<th>21-day programs</th>
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<td>$185,000 or more</td>
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<td>up to $29,000</td>
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NOTE: In addition to our sliding scale tuition system, we also offer financial aid scholarships specific to individual family needs. Our intention is to make it possible for any family to come to Kroka.

Please see our website for specific Ridges and Rapids of the Trinity tuition rates.
Children of Kroka Village
With Jodi Harris and Karina DeJesus
Ages 9-10
Session I July 14-20
Session II July 28 - August 3

Come and play at Kroka Village! Roast bread-on-a-stick over a fire, pick berries, wade in the brook, and float boats downstream! During this exciting week, young campers will join in the life of the farm and garden at Kroka while staying at our basecamp in earthen lodges (also known as “Hobbit Holes”). This is an introductory program aimed at cultivating imagination and wonder. The long summer days will be filled with canoeing, fort building, working on traditional crafts, splashing in the pond, singing and story telling. Each day we will immerse ourselves in a simple life, spending lots of time exploring the woods and visiting the animals on the farm. Children of Kroka Village is the perfect experience for young adventurers for whom this is their first time at sleepaway camp.

Introduction to Adventure
With Karina DeJesus and Abigail Diehl-Noble
Ages 10-11
Session I June 30 - July 6
Session II August 4-10

Kroka’s classic “Introduction to Adventure” program has introduced countless children to the wonders of the wilderness since its inception in 1995. It is the perfect program for campers who are ready to participate in their very first expedition. The week begins at basecamp doing useful work around Kroka’s village and the farm. We will go rock climbing, study plants and animals in the forest, and learn new wilderness skills. All of this is in preparation for a three-day mini canoeing expedition during which we settle into the backcountry rhythm of campfire meals, stories, and songs. Days will be filled with swimming, fishing, exploration and crafts. Activities will differ from session to session. This means children can attend both weeks!

Farm Magic
With Lynne Boudreau and Tricia Bennett
Ages 9-11
August 11-17

Do you love taking care of animals, helping others and digging in the dirt? Kroka’s farm program may be just the program for you! Farm Magic promises to be filled with extraordinary adventures both on the farm and in the forests. Together we will uncover the mystery of how, from tiny seeds, we grow amazing things to eat. The magic of the living earth will present itself in front of our eyes as we sow seeds, water, weed, and harvest the gifts from our organic gardens. Our mornings will be spent on the farm. We will visit the animals, collect eggs, observe the bees at work, make yogurt and cheese, and work with Brita, our horse. Afternoons will be filled with swimming, canoeing, games and searching for hidden treasures in the forest. There will be time for crafting, singing, telling stories and, of course, making new friends. Come and join us on this farm and forest adventure!
Introductory Programs

NEGUS MOUNTAIN TRAVERSE
AGES 11 - 13
AUGUST 4-10

Prerequisite: Students should be comfortable swimmers, and be physically fit to carry an overnight backpack up and back down the mountain with a smile!

Join us on this exciting expedition of white water paddling, rock climbing and exploring the rugged canyons of the Upper Deerfield River Valley. This introductory multi-element adventure will begin by rafting down class II and III rapids on the Deerfield River as we learn to paddle, read the river, and practice swimming in white water. The next day we will summit Negus Mountain. From here we will hike across the plateau before descending a steep ravine to a Tyrolean traverse across the river. Throughout, we will sing songs, roast bread-on-a-stick, and tell stories around the camp fire cultivating a strong community of explorers.

BRIDGE TO KROKA
AGES 13 - 15
JULY 21-27

Experience the thrill of adventure and wilderness, while creating a close circle of new friends. This program is designed as an introduction to Kroka and will cover the basics of our curriculum: navigation, backpacking, canoeing, camp craft, and rock climbing. After two days of “Kroka 101” training at the base camp we will depart on foot, descending to the Connecticut River in two days; switching to canoes we will paddle down the river for two days, enjoying swimming and campfire evenings. This program is designed as a bridge for students who are new to Kroka’s expedition lifestyle, and participants will be able to enter any intermediate Kroka program with competence and confidence.

“It seems there was something for everyone in this program, and it was a wonderful way to be introduced to Kroka.” -Parent
Programs for Adults and Families

TRANSFORMATIONAL EDUCATION IN NATURE
WITH MISHA GOLFMAN
ADULTS
JULY 2-6

Kroka Expeditions invites experienced and aspiring educators to join a five-day professional development course. Educators will gain first-hand experience in outdoor living while exploring, with other educators, ways to bring the power of nature into their curriculum. During the first two days we will focus on the daily farm and adventure life, at Kroka. Projects will include orienteering, rock climbing, preparing farm food for our expedition, making leather-bound journals, and developing fire-by-friction skills. During the following three days we will embark on a paddling expedition. Education in Nature affords a rich opportunity to envision an experiential curriculum in the areas of humanities, earth sciences, sustainability education, leadership, and the development of community and altruistic will in young people. Participants will gain inspiration and practical skills to make transformational changes in education!

IT TAKES A VILLAGE: KROKA FAMILY CAMP
WITH MARCEA MACINNIS, THOMAS DAMMER & THEIR FAMILY
FOR FAMILIES WITH CHILDREN AGES 12 & UNDER
AUGUST 4-10

Join Kroka senior leaders Thomas and Marcea and their three children Naya (6), Nina (4) and Timo (1) on an adventure of cooperative parenting in nature. We will garden, farm, wander in the forest, make crafts, and practice ways of living simply and deliberately. We will cook together and share delicious campfire meals. Each family will stay in their own tent (provided by Kroka) while sharing a kitchen and community gathering area. We will begin each day with an adventure that may include canoeing, rock climbing, mountain biking and map and compass orienteering. In the afternoons we will hold parenting workshops with discussions on vital topics of technology, healthy risk taking, free play, schooling choices, setting boundaries, natural consequences and the challenges of working with your parenting partner. You will make new friends, learn new skills and leave with a renewed commitment to your work as a parent. Single parent families and grandparents with grandchildren are more than welcome!
INTRO TO WHITE WATER, LEVEL I
WITH LARA WEISE
AGES 11 - 13
JUNE 23-29

This program is an entry-level course designed to teach the skills of paddling and river camping. It is recommended for all Kroka students ages 11 - 13, as it builds a foundation for the many years of Kroka experiences ahead of you!

This is an unforgettable week of canoeing, kayaking, and swimming! The journey will take you down the Battenkill River flowing swiftly through Vermont’s Green Mountains and the Taconics of New York. Skill building begins at Kroka’s pond, after which we will embark on a 4-day river expedition. Our unique paddling progression is rooted in developing paddling skills in both canoes and kayaks, as well as comfort swimming in moving water. In addition, we will simply soak in the joys of river life in the summer. Our afternoons will include camp set-up in the woods or on sandbars, fishing, roasting bread-on-a-stick, and time for rope swings and river play. Days end with spoon carving and stories around the campfire.

INTRO TO WHITE WATER, LEVEL II
WITH JACKSON ENNIS
SECTION ONE: AGES 11 - 13 | JUNE 30 - JULY 6
SECTION TWO: AGES 13 - 15 | JULY 7-13

A sequel to Intro to White Water I, this program can also be a point of entry for those with previous white water paddling experience as well as students seeking to start at a higher level of challenge.

Become part of the infamous Kroka white water paddling crew! Upon arrival you will jump right in with your first kayaking lesson on Kroka’s pond. Traveling to our wilderness home on the Deerfield River in the Berkshires, we will camp in a magical forest by the side of a clear mountain stream. Each day we will hike down to the river to practice kayaking, canoeing, river reading, and white water swimming. Working in small groups allows us to focus on the individual needs and learning styles of each student. Students will learn skills enabling them to have a blast in Class II white water. The week will culminate with a run down the famous class III Zoar Gap! This program will prepare students for the next white water challenge: Paddlers Journey Up North.
White Water Paddling

PADDLERS JOURNEY UP NORTH
WITH THOMAS DAMMER & ROB PALMER
AGES 13 - 15
JULY 14-27

Our intermediate/advanced level training program is for everyone who loves the sport of white water paddling. Students without prior paddling experience will be asked to complete Intro to White Water II (both programs can be done as a three week experience).

After spending a day and a half practicing kayak rolling, helping on the Kroka Farm and preparing for our expedition, we will depart for the West Branch of the Penobscot River. Hidden deep in the Northwoods of Maine, we will set our basecamp at the bottom of Seboomook Rapids. This stretch of the river is as good as it gets anywhere in the world with classic class II-III drop-pool rapids, gorgeous scenery, and warm water. Here, surrounded by a majestic boreal forest, we will train for five days culminating with our infamous adventure race. Next, we will move downstream to the Ripogenus section of the West Branch, where the river is much larger. While advanced students will be ready to kayak and canoe this section, beginner and intermediate students will migrate to the safety of the raft for the larger class IV and V drops. To round out our journey, we will summit Mount Katahdin, Maine’s highest peak, at dawn!

CANADIAN EXPEDITION – RIVIERE COULONGE
WITH JACKSON ENNIS
AGES 15 - 18
JULY 28 - AUGUST 17

This expedition is open to all Kroka students who have completed at least one two-week expedition. Previous white water experience is not required, but strength of character, physical fitness and community skills are. All candidates will be interviewed before being accepted into the program. Students accepted into this program are required to raise/earn $300 towards the cost of expedition travel as well as dehydrate expedition food and take on other advanced preparation tasks before the start of the expedition.

The Coulonge River originates in La Verendrye Provincial Park, north of Montreal, and empties into the Ottawa River. We will gather at Kroka Village, form our expedition community and pick a truckload of blueberries before heading to Canada! Paddling west through a maze of interconnected lakes and streams we will search for the river’s headwaters. Pristine water, sandy beaches, excellent fishing and small rapids between the lakes will provide a warm up for the river challenge that lies ahead. Once on the Coulonge, we will turn south, catch the current and enter 180 kilometers of river with 84 rapids ranging in difficulty between class II and IV! This is one of the classic Canadian canoeing routes. As we negotiate our way downstream we will live the stories of the First Nations and Couriers du Bois, the famous voyagers. On the way home we will celebrate the end of another great summer with community service and a brief visit to Ottawa or Montreal.
INTRO TO ROCK

WITH MORGAN URQUIA AND ADAM MARCINKOWSKI

LEVEL I: AGES 11 – 13  |  JUNE 23-29
LEVEL II: AGES 13 – 15  |  JUNE 30 - JULY 6

We are all climbers in our hearts, whether we scamper across boulders, monkey up trees, or gaze at the tops of cliffs in wide-eyed wonder. This week of adventure will be dedicated to playing above ground. Our first days at the Kroka basecamp will set us to the rhythm of the farm as we care for the animals and pick strawberries. We will rock climb by day and join together in laughter and songs by the campfire at night. At the end of the week, we will journey into the wilderness and set camp at the foot of a tall climbing wall. With boundless opportunities to explore and discover, we will splash in swimming holes, and quest for the most amazing cracks, holds, and chimneys to climb. We will return to basecamp to share our stories and celebrate the joy of climbing rocks!
Wilderness Climbing and Caving

CAVES, CLIFFS, AND WATERFALLS
AGES 11 - 13
JULY 28 - AUGUST 3

Prerequisite: Students should be physically fit to carry an overnight backpack up and back down the mountain with a smile!

Don’t miss this unique adventure that combines rock climbing and underground exploration! Our expedition begins with a hike to an impressive rock face hidden deep in the woods. After a day and a half of climbing, we will continue on our hike, ending at a spectacular waterfall. Refreshed by plunging into crystal clear pools it is time for caving! We will search the woods for caverns that take us deep into the glittering underground world. As we gain experience, we will scurry through tunnels, wade through underground streams, and witness beautiful rock formations that showcase millions of years of geologic history. To wash off the cave mud, we will spend our afternoons swimming in a mountain river and at our wilderness camp learning to live in harmony with nature. Each day concludes with campfire stories and songs.

IN SEARCH OF LOST CAVERNS
WITH EZRA FRADKIN
AGES 13 - 15
JULY 14-27

Warning: Caving requires a love of tight, dark, wet, and muddy spaces as well as a thirst for adventure and discovery of secret places. Students should be physically fit to carry an overnight backpack up and back down the mountain with a smile!

There is no adventure sport more secretive and alluring than caving. Hidden deep in the Berkshires of Western Massachusetts are miles of underground passages with hidden entrances off the beaten track. Many of these caves were only discovered within the past 10 years! We begin the week at Kroka Village exploring abandoned mines and practicing vertical rope skills. From here we head west and establish a wilderness camp at the base of Mount Greylock. With map and compass and our traveling gear we will set out each day to explore the region’s known caves and search for those that have not yet been found. We will swim in pristine waterfalls, descend into abandoned quarries, and visit natural marble bridges. We will cook delicious meals over the fire, share stories and learn a wilderness craft. We will finish our journey with a 3-day expedition to the summit of Mount Greylock, a day trip through the longest cave in the Northeast, and a white water paddle down the Deerfield River.
Wilderness Climbing and Caving

CLIMBER’S JOURNEY UP NORTH
WITH DAVID SILVA AND ADAM MARCINKOWSKI
AGES 13 - 15
JULY 7 - 20

For students who have completed Climbing Rocks and those with independent climbing experience. Students should be physically fit to carry an overnight backpack up and back down the mountain with a smile!

Living in the woods, swimming, crafting, and climbing remote cliffs will fill our lives and strengthen our spirits. The first part of the week will be spent reviewing the basic skills of belay techniques, knot tying, and anchor placement. Then it’s off to the peaks of the Adirondack Mountains where we will continue to advance our technical skills. In addition to top roping and bouldering, students will practice following a leader on multi-pitch sport and traditional climbs up to 5.8. At the culmination of the training we will climb a magnificent 2,500-foot slab with breathtaking views all around. Our climbing expedition will end at the foot of the renowned Hudson River Gorge where we will paddle Kroka’s Russian 4-person cataracts down class III and IV rapids. Climbing is not just a sport: it is a way of life in which we connect with nature and our inner selves. Bring your spirit and determination and challenge yourself to take the next step. You are sure to experience the rewarding feelings of accomplishment, pride, and connection.

BLUE RIDGE MOUNTAINS
CLIMBING EXPEDITION
WITH DAVID SILVA & MARGA CORDOSO
AGES 15 - 18
JULY 8 - AUGUST 17

Open to students with previous rock climbing experience. Students are required to raise/earn $300 towards the cost of expedition travel as well as dehydrate expedition food and take on other advanced preparation tasks before the start of the expedition.

Join world-class climbers and mountaineers David and Marga in an exploration of classic Appalachian rock. Virginia’s New River Gorge is the east coast’s largest, most diverse and highest quality climbing area with over 3000 established climbing routes in super hard sandstone. Traveling to Appalachia means enjoying traditional folk music, working on farms tucked into the folds of the mountains and experiencing the rich and tragic history of the region with the exploitation of its indigenous people and natural resources. In addition to climbing and service work, we will also explore the area’s extensive caves and cataract down the rapids of the New River Gorge.
Wilderness Bikepacking

NO BRAKES
WITH TAYLOR HUNTLEY
AGES 11 - 13
JUNE 23-29

Join us in discovering the adventure of backcountry bikepacking! After tuning up our bikes and practicing riding techniques on Kroka’s bike course, we will head into the forest for a week filled with spectacularly wild mountain bike adventures. The rich local history of southern New Hampshire has left our forests full of wondrous dirt trails alongside abandoned root cellars, mines, and wilderness lakes. We will return to Kroka for campfire meals and cozy dwellings during the first half of the week. Our next adventure will be a two-day overnight expedition. Each day will include discovering and playing in wild swimming holes, games, and evening stories by the campfire. In addition to technical riding, students will learn how to take care of their bikes and participate in community service projects. This introductory program is excellent preparation for our Mountain Bike Expeditions!

SINGLETRACKS
WITH ADAM MARCINKOWSKI
AGES 13 - 15
JULY 21 - AUGUST 3

This is a moderate, vehicle-supported expedition on a combination of single and double tracks with a mix of dirt roads. Students will carry light loads. For students who have completed No Brakes or have other prior mountain biking experience.

This unique adventure links together several exciting trail networks in New Hampshire’s Piedmont and southern Green Mountains. Its route, running through the heart of Kroka’s adventure area, has a unique variety of terrain and rich cultural features. After two days of conditioning on local trails and preparing for expedition, we will begin a 10-day journey northwest. Along the way, we will pick berries, cliff-jump in refreshing swimming holes, scramble up rock faces, and share nourishing meals cooked over the fire. We will also face many challenges: ferrying our bikes across the river in a canoe, helping neighbors with a service projects, and testing our navigation skills as we wind our way from one forest trail to the next. Finally, we will reach a spectacular underground cave, which will test our bravery, skills, and teamwork, inspiring a sense of wonder and awe for the world.

GREEN MOUNTAIN BIKEPACKING EXPEDITION
WITH HANNAH BILLIAN
AGES 15 - 18
JUNE 30 - JULY 13

For students with interest in self-propelled exploration off the beaten track who have completed No Brakes or have prior mountain biking experience.

From twenty-nine inch fat tires to frame and saddlebags, mountain bikepacking has evolved into a unique technical adventure sport. Traveling in and out of the wilderness allows us to experience nature and those dwelling in it, thus developing a strong connection to place. There is no better setting to practice mountain bikepacking than in Vermont with its extensive network of trails and forest roads connecting quaint villages, farms, mountain peaks, and clear streams. As a community, we will travel along the spine of Vermont’s Green Mountains. This self-sustained route will require learning bike mechanics, careful menu planning, and packing efficiently so that we travel light. Along the way, we will boulder along the rock faces we find, jump into refreshing mountain streams, work on farms in exchange for the bounty of fruits and vegetables that are in season, and meet fascinating people working towards social and environmental change. At the end of the expedition, we will return to Kroka to celebrate our accomplishments and the joys of summer living!
Wilderness Skills

LOST TRIBE OF THE ASHUELOT
AGES 11 - 13
JULY 21-27

Students should be physically fit to carry a small overnight backpack up and back down the hills with a smile!

Become the Lost Tribe: the wild children of the forest! Experience the pure fun and magic of living in and from the woods. The forest will fuel our projects, providing saplings for bows and arrows, dry wood for friction fire, pine for bowl carving, and wild plants for food. We will fish and learn stealth while observing the life of the woodland animals. As the earth provides, we will form new friendships with her and each other. We will become a community, a tribe. Yes, we are the Lost Tribe, the wild ones, adventuring and learning the secrets of the earth.

WILD CRAFTS
WITH MICHAEL KOHOUT
AGES 11 - 13
JULY 14-20

Have you ever wondered what it would be like to live in a time when all the necessities of life were made by hand from the raw materials of the earth? During this exciting week of adventure and discovery we will settle into traditional dwellings made from poles and sod. We will learn the names of trees as we search for the perfect branches that will become our bows and arrows. Days will be filled with playing forest games, swimming, lighting fires, learning to cook wholesome feasts, and experiencing a day of rock climbing. Venturing deep into the forest we will set up a wilderness outpost and learn a variety of primitive crafts. Come celebrate the wonder of craft - producing useful things from the gifts of the forest - and return home with your own creations.

“Thank you for such an enriching and confidence building experience.”
-Student
KEEPERS OF THE FLAME
WITH OLIVER MEDNICK
AGES 13 - 15
JULY 7-13

You cup it gently in your palm, the most powerful force on Earth, the source of life. This miniature sun spun to life with wood gathered from the forest has been enlivened from your gentle breath to become fire. During this adventure we will learn to make fire as was done in ancient ways with friction and flint and steel. As we travel the forest, we will learn to carry the fire with us, and to bring it to life in the wet and rain. Coals from the fire will burn the branches that become our spoons. As we deepen our relationship to this sacred element, we will learn to make, tend, use, celebrate, and care for it. We will come to know Fire as a sacred part of our lives. More than this, traveling through the wilderness will teach us to connect with the living Earth, be it gathering wild edibles or building an overnight shelter. We must all come prepared to carry an overnight backpack through the mountains, leaving modern conveniences behind, and proudly carry our inner flame of community.

NORTHERN FOREST CANOE TRAIL EXPEDITION
OFFERED IN PARTNERSHIP WITH NFCT
WITH LARA WEISE
AGES 15 - 18
JULY 28 - AUGUST 17

This expedition is open to all students. Previous expedition experience is not required, but strength of character is; paddling skills will be taught during the program. All candidates will be interviewed before being accepted into the program. Students are required to dehydrate expedition food and take on other advanced preparation tasks before the start of the expedition.

For thousands of years, rivers and lakes were the highways of Northern New England as the First Nations traded food, tools and objects of beauty. These items were transported by birch bark canoes across the vast land, known to us as the Great Northern Woods. The Northern Forest Canoe Trail is a 740-mile trail recreated by the hands of many volunteers following a path of antiquity. This paddling expedition will start on Lake Richardson in Western Maine. We will paddle up the lake to the mouth of the Rapid River. Switching to Kroka’s white water cataracts, we will negotiate its exciting class III & IV rapids before crossing Lake Umbagog and starting down the Androscoggin River. Next we’ll portage to the Ammonoosuc which will take us down to the Connecticut River. Saying goodbye to the Northern Forest Canoe Trail, we will turn south on the Connecticut and paddle all the way back to Kroka. From encounters with moose and bald eagles and fishing in clear water lakes, to helping on farms and visiting a paper mill this expedition will immerse students in both the past and present of Northern New England as we envision a sustainable future for the region.
PIRATES OF LAKE CHAMPLAIN
AGES 11 - 13
JUNE 23-29
For beginning buccaneers

Ahoy! Bring your bandanas and your fearless sense of adventure as we take to the water as a band of scruffy pirates. We begin our adventure at Kroka Village making eye patches, a pirate flag and preparing for our expedition. With all of our provisions, we will head north to the infamous Lake Champlain. Traveling in our hand-made voyageur canoes we will create a wilderness outpost for the week. The Champlain Valley holds an immense history, which we’ll learn about as we travel through waters filled with more than 300 shipwrecks. Each day we will embark on a mini-adventure: exploring the coastline by canoe, going for long swims, creating wilderness crafts, scrambling up rocks, fishing from shore, cliff jumping, and sailing the “sea,” weather permitting. We will enjoy magnificent sunrises over the Green Mountains and admire the spectacular skylines of the Adirondacks. Come join our rowdy band!

TREASURE ISLAND
AGES 11 - 13
AUGUST 4-17
For novice - intermediate buccaneers

Come one and all for a two-week treasure-hunting adventure! We will form our crew and head to the coast of Maine where we will take to the sea in voyageur canoes modeled after those that have been navigating northern waters for thousands of years. On the first day, we will travel a short distance across a sheltered bay to our first wilderness island home. We will sail from camp to camp, practice fire building, and create wilderness crafts. There will be islands to overtake and explore, coves to brave cold waters in, and tidal pools to investigate. We will forage for mussels, fish for mackerel, and harvest shells and special seaweed. Everyone will come away from this week having witnessed beautiful sunsets and made lasting new friendships. Sign up to uncover some of the mysteries of the sea!

CAPE COD SURFING BONANZA
WITH MISHA GOLFMAN
AGES 13 - 15
JUNE 23-29

Back after 12 years! Join us for an extraordinary week of adventure sports, sun and sand at the amazing ocean of Cape Cod. This trip is a must! In partnership with our friend Eric Gustafson of Fun-Seekers, we will surf on surfboards and kayaks, windsurf when the winds allow, swim and paddle across the bay to Provincetown for dinner and ice cream. Camping in the forest of the Massachusetts Audubon Sanctuary we will travel everywhere by bicycle. Proven to be a fantastic experience, this trip is an awesome way to start your summer.
SEARCHING FOR CAPE NORTH
A CIRCUMNAVIGATION OF THE CAPE BRETON HIGHLANDS BY SEA KAYAK
WITH MIRON GOLDFMAN
AGES 15 - 18
JUNE 23 - JULY 13

Open to all students who are willing to work hard and embrace life in community. All candidates will be interviewed before being accepted. Students are required to raise/earn $300 towards the cost of expedition travel as well as dehydrate expedition food and take on other advanced preparation tasks before the start of the expedition.

Join us on this new expedition to Atlantic Canada filled with remote and beautiful wild places. Traveling by tandem sea kayak, we will follow the shoreline of Nova Scotia’s Cape Breton Island. Here, great cliffs cascade dramatically from the highlands down to the open ocean. For thousands of years, the land and waters of Cape Breton have been home to the Mi’kmaq (pronounced “mick-mack”) people, and for the past 500 years French settlers called “Acadians.” A rich Acadian heritage is still alive and thriving on Cape Breton. Along our journey, we will stay in pastoral rural villages at the heart of the famous folk music tradition, harvest local seafood, and sample famous Acadian cuisine. As we approach the infamous Cape North, the point where the St. Lawrence Seaway meets the Atlantic Ocean, we will put to test our nautical navigation, paddling skills and teamwork as we round the cape with its tumultuous currents. We will camp in remote coves among the sea cliffs and on beautiful cobble beaches under starry skies. When the weather is right, we will raise sail and cruise along through open waters! Traveling together, we will become a close-knit and interdependent community as we gain leadership, confidence, and a love of adventure.
Rites of Passage

Wilderness Adventures for Girls on Somerset Reservoir. Anyone out there remember what year this was?

Attention all spirited, fun, and adventurous girls!

Come join us as we journey into the outdoors. We will form lasting friendships as we live, play, share stories, and laugh together. We will begin hiking along a river trail to where our canoes will await us. Here we'll set about paddling across a remote lake reaching a magical hidden cove where we will create our wilderness home. Days will be spent swimming, practicing paddling skills, making wilderness crafts, singing, and exploring the lakeshore to see what lies beyond our camp. In the evenings, gathering together around the campfire to reflect on our experiences will end our days. This fabulous adventure cannot be missed and can be continued on into the future with our Wild Girls program.

Wilderness Adventures for Girls
WITH TRICIA BENNETT
AGES 11 - 13
SESSION I: JULY 7-13
SESSION II: AUGUST 11-17

Wild Girls
WITH HANAH LABARRE
AGES 13 - 15
JULY 14-27

This program is a sequel to Wilderness Adventures for Girls, but can be attended separately. Students should be physically fit to carry an overnight backpack up and back down the mountain with a smile!

Wild Girls unite! As a unique community of adventurous, supportive, and collaborative girls we will embark on a journey full of poetry, sunshine, water, and beautiful views. We will backpack through the Mahoosuc Mountains down to the Rapid River where we will travel white water by cataraft. We will continue across Lake Umbagog to the outflow of the Androscoggin River and end our expedition with yet another exciting set of rapids. Along our journey we will visit Mahoosuc Guide Service, where we will meet a family of 36 loving huskie sled dogs. Throughout our experience we will make sure to leave time for journaling, singing, swimming and observing wildlife. We will create special wilderness camps at night, handcraft, tell stories and form a trusting community.

Wild Girls

BOYS RITE OF PASSAGE
AGES 13 - 15
JULY 21 - AUGUST 3

A call to all boys who wish to become the best that they can be! Join us in meeting a challenge that could change how you grow into a man. During this two-week expedition we will challenge our minds, bodies, and spirits while immersing ourselves in the beauty of the Vermont wilderness. Like the ancient school of the Samurai, we will wake early in the morning with exercises that build our concentration and dexterity, our strength, and our will. The coming expedition will test us. We will carry everything we need on our backs. The mountains and river valleys will be our guides, the wind and the rain our teachers. We will not follow trails but blaze our own way, relying on maps, compasses, and our intuition. At night, we'll gather around the fire to share wisdom and tell stories. As boys crossing the threshold into manhood, we will experience ceremony, build a joyful community, speak from our hearts, and have an opportunity to be alone in the wilderness. Will you join us?
RIDGES AND RAPIDS OF THE TRINITY
WITH LEAH LAMDIN AND MIRON GOLDFMAN
AGES 13 - 15
AUGUST 9-18

Few have heard of, let alone traveled through, the Trinity Alps, a true gem of California’s Pacific Coast Range. After preparing for our expedition at Kroka’s Redwood Valley basecamp, we will enter into the magical Trinity Alps wilderness, where crystal clear lakes, lush forests, and jagged peaks, which we will summit, await. After hiking through this landscape for three days, we will drop down to the Trinity River, which flows out of the Trinity Alps, and transition from backpacks to dry bags, continuing our journey by boat. Weaving through beautiful coniferous and hardwood forests, we will learn to read the water, navigate the river’s rapids, and float through emerald pools. Along the way, we will also learn, discuss, and reflect on the challenging history of the indigenous people of the Trinity River valley as we paddle through the current and ancestral tribal waters of the Hoopa and Yurok Tribes. Our journey ends as the Trinity River merges with the great Klamath River, waving goodbye to waters that will soon flow out into the Pacific Ocean.

REDWOOD VALLEY BASECAMP AT FREY RANCH

Located in California’s beautiful Mendocino County and home to Kroka’s west coast basecamp, Frey Ranch is home to a multigenerational community of people working to live together in harmony with the land. After four decades of organic stewardship, the landscape is rich in biodiversity with a wide array of wildlife who grace the land with their presence. In 2017, the fall wildfires raged through the property, burning much of the farm infrastructure and personal homes. Along with this devastation has come incredible resilience and new growth within the community and landscape.

The landscape is filled with mystical creeks, mineral springs, and spectacular redwood forests. Students participate in farm work with the animals, tend the garden beds, and shape the forest landscape through holistic forestry practices. After this hard work, there is a refreshing pond to cool off in, and much to explore. Here at our basecamp we join in community with the Frey family, cook our meals over the fire, and sleep under the stars at night.
SEMESTER SCHOOL

A Kroka semester is a uniquely transformative experience. We embrace risk, we welcome discomfort, and we experience the vulnerability that arises with challenge and interdependency. In doing so, we have the opportunity to shed the layers between ourselves and the world and to wake up to what it is to be fully human.

We offer two semester programs for high school and gap-year students: Ecuador in the fall, and Arctic to Manhattan in the spring. Students may enroll in one or both semesters. Both journeys are based on extended wilderness travel, participation in vibrant community life, and an accredited academic curriculum. Students receive full high school and/or college credit for completing a semester with Kroka. Federal financial aid is available.

PROGRAMS FOR SCHOOLS

Each year schools from across the country partner with Kroka for custom class trips and expeditions. A Kroka program strengthens the class community and brings learning alive in ways that are not possible in the classroom. Our unique wilderness journeys integrate expedition travel, service-learning, farming, crafts, and experiential academic curriculum. Programs range from 3-10 days and are offered for all grades.
“We truly felt that our daughter was nurtured, cared for and led by competent, creative, loving, caring and compassionate staff.” - Parent
KROKA SUMMER 2019
thirty-five wilderness expeditions in twelve unique ecosystems

COULONGE RIVER
SOUTHERN QUEBEC
WHITE WATER PADDLING

REDWOOD VALLEY BASECAMP
AT FREY RANCH, CALIFORNIA
(3,000 MILES WEST)
BACKPACKING, PADDLING

LAKE CHAMPLAIN
ROWING, SAILING & PIRATING

ADIRONDACK MOUNTAINS
CLIMBING & BACKPACKING

GREEN MOUNTAIN NATIONAL FOREST
CAVING & MOUNTAIN BIKING

KROKA LOCAL
ADVENTURES OF ALL SORTS...
(too many to name!)

NORTHERN BERKSHIRES
WHITE WATER PADDLING & CAVING

NEW RIVER GORGE
FAYETTEVILLE, WEST VIRGINIA
(760 MILES SOUTH WEST)
CLIMBING

PALUGO FARM, ECUADOR
NAHUAL EXPEDICIONES
(3,000 MILES SOUTH)
ECUADOR SEMESTER: CLIMBING, MOUNTAINEERING, EXPEDITION BIKING & CROSS-CULTURAL EXPERIENCE

WHITE MOUNTAIN NATIONAL FOREST
CLIMBING & SCRAMBLING

KATAHDIN WILDERNESS
BACKPACKING & PADDLING

MAHOOSUC RANGE
BACKPACKING & PADDLING

CAPE BRETON ISLAND
NOVA SCOTIA, CANADA
(600 MILES EAST)
SEA KAYAKING

COASTAL MAINE
OCEAN PADDLING & SAILING

CAPE COD
SURFING & KAYAKING

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