



# Overnight Camps

## Taking Flight and On the Wing

### Enrollment Pack





# Taking Flight and On the Wing

## Bird Conservancy's Overnight Camps

June 11 - 16 & June 20 - 29, 2018

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### ***2018 Taking Flight and On the Wing Parent Info Packet***

#### **Instructions**

To complete registration for your child(ren) for Bird Conservancy's overnight camps, please legibly complete and return the following items by June 1, 2018. These forms are **required by law** for all licensed residential camps in Colorado; failure to return them will result in your camper being barred from participation, and will not result in a refund.

- Camper Health History Form 1 (must be completed by a parent/legal guardian)
  - Required – an additional contact other than the parent/legal guardians in case of an emergency.
  - Be sure to put initials on the line for over-the-counter list of medications the camp nurse has on hand, crossing out any medication you do not authorize for your camper, on page 2 of Form 1.
  
- Camper Health-Care Recommendations by Licensed Medical Personnel Form 2 (must be completed by a parent/legal guardian AND the child's physician)
  - **New standard – A physical examination MUST have occurred & been dated within the past 12 months of camper's arrival date at Highlands.**
  - Required – a doctor's signature for all current medication, including any over-the-counter medication the camper will be bringing to camp. **IMPORTANT** – all dosages/medications on Form 2 must be correct and the most current – matching the prescription the camper brings for registration.
  - Any medication brought to camp must be **brought in its original container with the child's name and instructions on when to administer**, and be given to the camp health care provider at check-in.
  
- A copy of the front and back of the youth camper's insurance card must be submitted with Forms 1 and 2.
  
- A current and updated Immunization History/Record must be submitted with Form 1.
  
- Activity and Photo General Release of Liability for Highlands
  
- Behavior Expectations Agreement, signed by both camper and a legal guardian
  
- Overnight Camp Travel Itinerary – IF NEEDED
  
- Anaphylaxis Emergency Action Form – IF NEEDED
  
- Additional Information About Camper Asthma Form – IF NEEDED
  
- Additional Information About Camper Diabetes Form – IF NEEDED

## Payment and Additional information

To complete the registration process please:

Register, pay online, and upload forms to your online account at <https://campscui.active.com/orgs/BirdConservancyoftheRockies>

**or**

Register, pay online, and mail or email the completed forms to:

Bird Conservancy of the Rockies  
Attn: Summer Camp  
14500 Lark Bunting Lane  
Brighton, CO 80603

Email: [allison.fowle@birdconservancy.org](mailto:allison.fowle@birdconservancy.org)

If you would like to make payment via check or cash, please contact Allison Fowle at 303-659-4348 ext. 18 or [allison.fowle@birdconservancy.org](mailto:allison.fowle@birdconservancy.org).

For additional information or if you have questions, please contact Allison Fowle at 303-659-4348 ext. 18 or [allison.fowle@birdconservancy.org](mailto:allison.fowle@birdconservancy.org).

## Information to Read in the Information Packet Prior to Arrival

- About *Taking Flight* and *On the Wing*: Program Overview
- Introducing the Overnight Camp Staff
- Logistics
- Health and Safety
- Camp Life
- Camp Activities

### **About *Taking Flight*...**

If your child likes to spend time outdoors, this camp is for him or her! This overnight camp is the next step for budding birders who also enjoy outdoor adventure and nature exploration. For 6 days and 5 nights, campers will call a rustic lodge near Rocky Mountain National Park their home, and they will have the opportunity to explore the ecosystems of Colorado's Front Range, while honing their bird identification and leadership skills, gaining independence and responsibility, making new friends, and making a difference in the world around them.

*Taking Flight* was developed to provide a transition between Bird Conservancy's Day Camps and its historic research and trip-based program, *On the Wing*. While not as intensive or research-focused, *Taking Flight* will focus on the education of campers, and has been designed to take campers' birding, identification, outdoor, and leadership skills to the next level.

### **About *On the Wing*...**

This particular camp is the capstone experience for Bird Conservancy campers, as it is for 15-18 year-olds, many of whom have grown up attending Bird Conservancy's Summer Nature Camps. *On the Wing* was developed in 1993 and has offered hundreds of participants the opportunity to learn first-hand about birds and the research process. In the past, campers have come from all over the United States, and as far away as Canada and Mexico, to take part in this unique program.

During *On the Wing* programs, campers study Colorado ecosystems, meet and work with professional biologists and researchers, and observe birds while exploring Colorado's diverse array of habitats. The main focus of *On the Wing* is camper research projects, which are designed, performed, and presented to the public by the campers. Campers work with Bird Conservancy staff and other professionals to become familiar with different research techniques and methods for presenting results. Research projects are generally conducted in small groups of 2-4 campers, who work together to form a question, develop a hypothesis, design a data-collection form, gather and interpret their results, and write a technical paper. Campers present their work to Bird Conservancy staff members and the general public at the end of their session.

## **Program Overview**

Although based out of Highlands Presbyterian Camp and Retreat Center in Allenspark, CO, many overnight camp activities will be held off-site, during field trips and hikes in Rocky Mountain National Park (RMNP) and other local open spaces. When not exploring the nearby wilds of RMNP, campers will have the opportunity to participate in a number of Highlands Camp's traditional camp activities and programs, along with other off-site, adventure-based activities. The following is a nearly comprehensive list of activities that may be part of Bird Conservancy's overnight camps:

- Hiking
- Challenge Course (Low-ropes)
- Rock Climbing
- Horseback Riding
- Canoeing
- Archery
- High Ropes Course
- Whitewater Rafting
- Night Hikes/Owl Prowls
- Various Evening Activities
- Solo Sits and Hikes
- Assisting Research of Bird Conservancy/RMNP Technicians and Scientists

Note: Please indicate on your Camper Health or Informed Consent form if you would NOT like your child(ren) to participate in any of the above activities. Read the section on Camp Activities to learn more about each activity.

## **Introducing Bird Conservancy's Overnight Camp Staff**

### Allison Fowle, Bird Camp Director

A native of Brooklyn, New York, Allison became enamored with the outdoors through her experiences attending overnight camp as a child in the Blue Ridge Mountains of Virginia. She has worked as an instructor and an administrator for nature camps since 2010, including the camp she attended growing up. Allison has also taught for outdoor science school programs across the country, including the Glen Helen Outdoor Education Center, Nature's Classroom, and the University of Idaho's McCall Outdoor Science School. She holds a Bachelor of Arts in English from Colby College, as well as a Master of Science in Natural Resources and Environmental Education from the University of Idaho. Allison wrote her thesis on science communication while based out of the Frank Church-River of No Return Wilderness, living seventy days in a wall tent at the most remote year-round residence in the Lower 48. She is certified in Wilderness First Aid and Medication Administration, and she speaks Spanish. Allison has

completed the National Outdoor Leadership School's (NOLS) Risk Management Training for Program Administrators, and recently attended their Wilderness Risk Management Conference. She is passionate about curriculum design, scientific inquiry, and place-based education. In her spare time, Allison enjoys swimming, backpacking, and writing.

#### Jen Watson, Education Program Manager

Born and raised in Colorado, Jen graduated with a bachelor's degree from the University of Colorado in Ecology and Evolutionary Biology. While there, she gained extensive knowledge of various biological fields including animal behavior, ecology, and conservation, as well field techniques at CU's Mountain Research Station. Fostering her love of nature from a young age, she initially joined Bird Conservancy's team as a volunteer to pursue her interests in environmental education and now serves as Program Manager for the education team. Jen directs Bird Conservancy's Leaders in Training Program, providing transformative experiences in science and leadership for teens. In her free time, Jen enjoys hiking, drawing, and playing music.

### **Logistics**

#### Arrival

**CAMP BEGINS** with registration from 11 a.m. – 12 p.m. for local campers and from 11 a.m. – 2 p.m. for out-of-town campers on the first day of each overnight camp, at Bird Conservancy's Environmental Learning Center (ELC) at 14500 Lark Bunting Lane, Brighton, CO 80603. Upon arrival, all campers should proceed to the basement classroom to complete the check-in process. Please plan to arrive early, as we will be utilizing the first hour to double check all paperwork, intake medications, perform basic health screens, pack vans, and ensure that participants are completely prepared for their experience prior to departing for our base camp destination at Highlands Presbyterian Camp and Retreat Center in Allenspark.

At 12 p.m., camp will formally begin for local campers with a picnic lunch (**EACH CAMPER MUST BRING A SACK LUNCH FOR THIS FIRST MEAL**), introductions, icebreakers, and a basic orientation of Bird Conservancy and the week's activities. We will then begin our journey toward Highlands Presbyterian Camp no later than 2 p.m.

Note: Campers must arrive no later than 1 p.m. to ensure that all paperwork and logistics are in order before camp officially begins. Please contact Bird Conservancy staff if there is a chance that you might be late.

#### Departure and Closing Celebration

**CAMP ENDS** at 7 p.m. on the last day of each overnight camp, after a BBQ, Potluck, and Closing Celebration at Bird Conservancy's Environmental Learning Center. Campers will arrive back at the ELC early that day in order to prepare presentations of their experiences, projects, and memories from the week, which they will be presenting to their parents, families, Bird Conservancy staff and volunteers, and members of the science/conservation community between 4:30 and 5:30 p.m. Afterwards, campers will continue reuniting and sharing with their parents and families during a BBQ and Potluck from 5:30-7 p.m.

As a result, **parents and families are invited to join us at 4:30 p.m. on the last day of camp for this time of celebration and are encouraged to bring a side dish to share with everyone.** As a special "welcome home" to your son or daughter, please bring a side dish that is one of his or her favorites! Bird Conservancy will provide the main BBQ dishes of hot dogs, hamburgers, grilled veggies, and other grilled items. Please RSVP by the first day of each overnight camp by contacting Allison Fowle at 303.659.4348 ext.18 or [allison.fowle@birdconservancy.org](mailto:allison.fowle@birdconservancy.org) to let us know how many parents, family members, and/or friends are planning to attend the presentations and Closing Celebration.

Note: Regardless of whether or not parents and families attend the Closing Celebration, all local campers must be picked up from the Old Stone House by 7 p.m. In the event that a child is not picked up within 15 minutes of the end of the program under normal circumstances, and Bird Conservancy staff have not been contacted by the parent, staff will make every attempt to contact the parent or guardian before taking steps to arrange alternative transportation. A message will be left if they are not reached.

In addition, any parent or guardian picking up their child after the 15-minute grace period and has not been in contact with Bird Conservancy staff will be charged a late fee of \$1 per minute per child, which is due at that time.

In the event that a child is not picked up within 30 minutes of the end of the program, Bird Conservancy staff will notify each person on the authorized pick-up list until someone contacted can pick up the child. When no authorized emergency contacts listed are available, a guardian cannot be reached, and it is one hour past the end of the program, the Brighton Police Department office will be contacted and the staff will release the children to them.

### Arrival and Departure Location

Bird Conservancy of the Rockies Environmental Learning Center  
14500 Lark Bunting Lane  
Brighton, CO 80603

Directions from I-76 (for those coming from Thornton, Commerce City, Denver, Aurora, etc.): Take I-76 North toward Brighton/Fort Morgan. Take Exit 22 for Bromley Lane. Turn East (Right) onto Bromley Lane. Continue about ¼ of a mile to Lark Bunting Lane (immediately after the railroad tracks). Turn South (Right) on Lark Bunting Lane. Continue South on Lark Bunting Lane, which will turn to gravel. Follow the gravel portion to a parking lot next to the Environmental Learning Center where the road ends.

### Payment/Cancellation Policies

■ Final Payments: In all instances, remaining balances and total camp fees are to be paid in full NO LATER than June 1, 2018 for overnight camps.

■ Overnight Camp Refund/Cancellation Policies: All cancellations must be made in WRITING. Cancellations received more than thirty (30) days prior to the first day of camp will be charged a 10% administrative fee. Cancellations received more than fourteen (14) days prior to the first day of camp will be charged a 25% fee. Any cancellations made within fourteen (14) days of the first day of camp will result in a full forfeiture. If a camper is asked by Bird Conservancy to leave camp for behavioral reasons, ALL of his/her tuition for the camp will be forfeited. Deductions are not permitted for late arrivals or early departures. However, if any camper is forced to leave the program due to injury or illness, a pro-rated refund, not to exceed 50% of the tuition, will be given. A full refund will be given to the customer if Bird Conservancy cancels camp for any reason.

### Transportation

Each camper is responsible for getting to and from Bird Conservancy's Environmental Learning Center in Brighton at the beginning and end of camp. In both instances, you do NOT have to pay the Barr Lake State Park entrance fee, as these fees are covered by your camp registration. Bird Conservancy will provide transportation to and from Highlands Presbyterian Camp and Retreat Center and for all field trips away from our base camp during the camp session.

### Program Locations and Facilities

In 2018, overnight camps will be based at Highlands Presbyterian Camp and Retreat Center in Allenspark, CO.

Highlands Presbyterian Camp and Retreat Center  
1306 Business Hwy 7  
P.O.Box 66  
Allenspark, CO 80510  
Phone: 303-747-2888  
Fax: 303-747-2889

Directions from Ft. Collins and the northeast plains: Starting at I-25, proceed south to Longmont, exit 243 and turn west on CO Hwy 66 toward Longmont/Lyons. Proceed west on 66 through Lyons to the stop sign and turn left on CO Hwy 7 toward Allenspark. Approximately 18 miles beyond Lyons, watch for signs directing travelers to turn left

on the Hwy 7 business route to Ferncliff/Allenspark. Turn left on Hwy 7 business route, and proceed about 1/8 mile just past the large rock. The sign marking the entryway to Highlands is on the left.

Directions from Denver, Colorado Springs, Pueblo, and southeast plains: From I-25, proceed north to Longmont, exit 243 and turn west on CO Hwy 66 toward Longmont/Lyons. Proceed west on 66 through Lyons to a stop sign and turn left on CO Hwy 7 toward Allenspark. Approximately 18 miles beyond Lyons, watch for signs directing travelers to turn left on the Hwy 7 business route to Ferncliff/Allenspark. Turn left on Hwy 7 business route, and proceed about 1/8 mile just past the large rock. The sign marking the entryway to Highlands is on the left.

### Emergency Numbers

In case of an emergency or you wish to get a message to the program, the best way to reach Bird Conservancy Overnight Camp staff is by calling the main number of Highlands Presbyterian Camp and Retreat Center: 303-747-2888. If a call comes in outside of normal business hours, please leave a message, and the receptionist will pass it along to Bird Conservancy staff. In addition, you can try Allison's cell phone number, which is 718-744-5538. However, reception at Highlands and in areas of field trips will be spotty, at best.

If you need to contact Bird Conservancy staff for any reason outside of an emergency, you may send an email to [allison.fowle@birdconservancy.org](mailto:allison.fowle@birdconservancy.org). Staff will be checking emails intermittently throughout the week. In addition, staff will be checking voicemail at Bird Conservancy's headquarters in Brighton at least once daily. The number to leave a message there is 303-659-4348 ext. 18. If you would like to speak directly with a Bird Conservancy staff member at the Brighton office, please contact Sherry Nickolaus at 303-659-4348 ext.11.

### Communication With Your Child During Camp

You are encouraged to correspond by mail with your child during his/her week at *Taking Flight* or *On the Wing*. However, please know that campers will be extremely busy during their entire session and will, therefore, have very little opportunity to reply or give much attention to correspondence. **All letters and/or packages should be sent no later than the third day of the camp session and addressed to your child as indicated below:**

Camper Name  
c/o Bird Conservancy of the Rockies  
Highlands Presbyterian Camp  
P.O. Box 66  
Allenspark, CO 80510

Please refrain from sending packages with food, candy, gum, snacks, etc. A great alternative is to send your child a non-food care package. Campers are allowed to take ONLY non-food item packages to their cabin or group areas.

You may also email your child at [campermail@birdconservancy.org](mailto:campermail@birdconservancy.org). Emails will be printed and distributed daily.

**NOTE: PLEASE DO NOT TELL YOUR CHILDREN TO CALL YOU IF THEY ARE HOMESICK!**

### Bird Conservancy of the Rockies Summer Camp Licensing information

Most licensed facilities make every effort to provide a safe and healthy environment for children. Unfortunately, on rare occasion, an incident of physical or sexual abuse may occur. If you believe that your child has been abused, you should seek immediate assistance from the county Department of Social Services. The telephone number to report child abuse in Boulder County is 303.441.1000.

Child Care services play an important role in supporting families, and strong families are the basis of thriving community. Your child's education, physical, emotional, and social development will be nurtured in a well-planned and well-run program. We invite you to observe our program, especially with regard to children's health and safety, equipment and play materials, and staff.

For additional information regarding licensing or if you have concerns about a child care facility, please consult the Colorado Office of Early Childhood at 1575 Sherman St., Denver, CO 80203-1714 or by phone at 303.866.5958 or 800.799.5876.

## Health and Safety

It is our first priority to make sure your child's experience is safe and enjoyable. As a result, please read and pay close attention to the following information:

### Health Forms

Health needs of our campers are diverse, ever-changing, and demanding. Having health forms in-hand prior to your camper's arrival at Bird Conservancy's overnight camps is critical to ensure the health care staff has adequate time for thorough review. Please send in your health form, physician-signed health form, and the rest of your forms packet NO LATER THAN June 1, 2018. **It is EXTREMELY IMPORTANT that ALL sections of these forms are completed in their entirety.** In addition, please make sure that a copy of the front and back of your insurance card is sent back to Bird Conservancy as soon as possible, so that the health care administrator can be prepared for your child's check-in.

Campers attending Bird Conservancy's overnight camps must have health and accident insurance. We will be in the field for a majority of the time during these programs. In case of an accident, we will be able to transport the individual to a nearby clinic. Cost of treatment arising from an accident or injury, however, is the responsibility of the parent or guardian. It is important for you to indicate on your medical form a proof of insurance and policy number, and to include a photocopy of your insurance card. Please let your insurer know that your child will be attending *Taking Flight* or *On the Wing*.

**Note: Campers that do not return a completed forms packet will not be allowed to participate in the program.**

### Health Care on Check-in day

Your child's check-in will include a basic health evaluation performed by a nurse practitioner at Bird Conservancy's Environmental Learning Center. This consists of, but is not necessarily limited to, a lice check, temperature check, and questions regarding your child's current health condition. All medications brought to camp must be given directly to the nurse practitioner at this time. The only exceptions allowed by CO state law are an inhaler and an epinephrine pen. **All medications must be in their original containers and clearly marked with the child's name, dosage, administration instructions.**

### Health Care During Camp

Highlands Presbyterian Camp and Retreat Center has a well-equipped and modern Health Center on camp grounds with a RESIDENT NURSE in charge of all medication and first-aid needs. In addition, Bird Conservancy's Education Director is certified as a Wilderness First Responder and in American Red Cross Emergency Response, and he is trained in Medication Administration. He will be the primary Health Care Provider during off-site field trips and will be carrying necessary medications and a first aid kit with him at all times. The Resident Nurse will delegate medication administration to him in these instances.

Medications will be dispensed only by the Highlands Presbyterian Camp Resident Nurse or Bird Conservancy's medical administration trained staff member at the Health Center daily at breakfast, lunch, dinner, and before bedtime. Highlands and Bird Conservancy will supply all necessary over-the-counter medications for common ailments and illnesses per standing orders from the camp physician at Timberline Medical.

In all cases, health care staff is available or on call 24 hours a day for general first-aid. Parents will be contacted by the health care staff if a camper's illness or injury requires treatment beyond the scope of the camp health center and more definite medical care must be sought at a local clinic. The Resident Camp Nurse will be in communication with both the clinic and parents regarding the diagnosis, any necessary medications, and the necessary after care treatment. Should such a situation arise, two medical clinics are within a 30-minute drive from camp in Estes Park.

In most instances, campers are usually taken to Timberline Medical, LLC, which is an urgent care center that is open Monday-Friday, 8:00am-6:00pm, and Saturdays, 9:00am-1:00pm. The address for Timberline Medical is 131 Stanley Ave., Ste 202, Estes Park, CO 80517, and the phone number is 970-586-2343.

Should medical attention be required outside of these hours, campers will likely be taken to Estes Park Medical Center, which is fully staffed 24 hours a day, and located at 555 Prospect Ave., Estes Park, CO 80517.

Transportation to and from the clinic is provided by Bird Conservancy staff for non-emergency trips. Ambulance service is provided by Boulder or Larimer County EMS services for emergencies. A Bird Conservancy staff member will be with your child at all times during his/her transport and throughout their entire clinic visit.

### Altitude Sickness

Some individuals experience negative effects from the higher elevations for the first few days of the program, especially those coming from very low elevations. Symptoms our campers have experienced include everything from fatigue and headaches to nausea.

To lessen the effects of altitude sickness or to prevent it entirely following the following pieces of advice:

- Progress to higher altitudes slowly.
- Drink plenty of fluids (3-4 quarts per day).
- Drink plenty of fluids prior to leaving for camp.
- Get a week's worth of good sleep prior to your arrival at camp.

## **Camp Life**

### Lodging

During Bird Conservancy's Overnight Camps, all campers will be living in a rustic lodge, with bedrooms and restrooms separated by sex. Two female staff members will stay with the girls, and two male staff members will stay with the boys at night. Basic up-keep and cleanliness of the lodge and bathroom facilities is the responsibility of the whole group. Campers will work, play, and live together. As a result, your child will learn about the give and take of group living, have opportunities to develop understanding of other people, and make new friends. *Our staff to camper ratio will be maintained at 1 to 10 or lower, with most instances having at least a 1 to 5 ratio.*

### Food

In most instances, food will be provided by Highlands Presbyterian Camp and Retreat Center staff, and breakfast and dinner will be served in the main lodge. A well-balanced, varied menu will be served, and a vegetarian menu is available. Campers will share in the responsibility of setting the table and post-meal clean-up. Most lunches will be a sack lunch since we will be out hiking during most lunch times. Snacks will be provided by Bird Conservancy most mornings and afternoons. Food kept in the rooms/tents attracts rodents and other animals, and is therefore prohibited. Please leave candy, gum, and soda at home.

### Conduct

Because *Taking Flight* and *On the Wing* are conducted primarily in the field, campers must understand that we will be living in close quarters with the same individuals. Males and females will be separated by different rooms of the same cabin at night, and will have access to gender separate restrooms.

In addition, campers will be asked to participate in a wide variety of activities in many different environmental conditions. At times, Bird Conservancy overnight campers may be cold, hot, wet, tired, or even irritated with themselves or other group members; however, they are asked to recognize that these stresses will be good to experience since they resemble real life situations with which we all must learn to successfully cope. Furthermore, campers will be asked to remember that there is a time for everything (a time for fun, a time for work, a time to be serious, a time to be loud, a time to be quiet, etc.), and to therefore be aware of and act accordingly with "what time it is."

At all times, campers must listen to, and abide by, the rules and requests of *Bird Conservancy* and *Highlands* staff for protection of themselves, the group, and the environment. They will be responsible for taking care of themselves and others and at all times and cooperate with program leaders to help the group attain its goals. They will be expected to attend all events throughout the duration of the camp and be responsible for making sure they are at the appropriate place at the appropriate time.

Campers must recognize that *Bird Conservancy Summer Nature Camps* and *Highlands* are substance-free programs (i.e. no alcohol, drugs, tobacco, etc.) and that *Highlands* is a safe place. Therefore, weapons are prohibited. If a camper suspects that someone is in possession of these items at camp, he/she should immediately notify a staff member. Campers are expected to not steal, be disruptive, or destructive to other campers, Bird Conservancy staff, *Highlands Camp* staff, or their property, and to take responsibility to keep *Highlands* clean and in good condition.

In summary, we ask that campers conduct themselves in a manner that shows consideration and respect for others. If at any time a camper violates these conditions, parents will be contacted to meet with Bird Conservancy staff and/or the Director of Summer Camp and Youth Events at *Highlands*. In cases where either repeated or gross violations are made by a camper, he/she will be dismissed from camp, sent home at the staff's discretion, and picked up at the parent's expense. Campers sent home in violation of *Bird Conservancy Summer Nature Camps/Highlands* rules will not receive a refund.

## **Camp Activities**

### Hikes

Hikes for overnight camps will generally be 1 to 5 miles in length, although they may be longer or shorter depending on the day. Campers should be prepared for a variety of hikes of differing difficulty levels, from beginner to advanced. Each hike has a difficulty range from 1-5. We will begin with easier hikes and work our way up to level 5 expeditions.

- 1- Beginner – Basically flat, level terrain.
  - Riparian and Aquatic Hikes
- 2- Beginner/Intermediate – Slightly more difficult than a level 1 hike, with small hills and some rough terrain.
  - Montane and Aspen Hikes
- 3- Intermediate – Most of the hike is hilly with some difficult sections.
  - Montane and Subalpine Hikes
- 4- Intermediate/Advanced – More difficult hike, involving some steep terrain and rough paths to negotiate.
  - Subalpine and Alpine Hikes
- 5- Advanced – hardest hike. Expect to exert yourself! Steep/rough terrain involving boulders and often snow.
  - Subalpine and Alpine Hikes

### Archery

Highlands Presbyterian Camp has an archery range that Bird Conservancy's overnight campers may have the opportunity to utilize under the direct supervision and facilitation of Highlands and Bird Conservancy staff who have sufficient training and experience to lead this activity.

### Canoeing

Highlands Presbyterian Camp has a lake that may be utilized to offer an afternoon session of Canoeing to Bird Conservancy's overnight campers. This activity will be led by trained Highlands or Bird Conservancy staff, and the lake will be supervised by a certified lifeguard at all times during this activity.

### Challenge Course/Low Ropes Course

Highlands Presbyterian Camp has a low ropes course, for which both Highlands and Bird Conservancy staff have been given training to facilitate its various activities. Campers may have the opportunity to take part in one afternoon session on the Challenge Course during their session at camp.

### Rock Climbing

Highlands Presbyterian Camp has an on-site, outdoor rock climbing area that may be utilized to offer an afternoon session of rock climbing to Bird Conservancy's overnight campers. This activity will be led by trained/certified Highlands staff, and will be supervised by Bird Conservancy staff at all times during this activity.

## **Questions?**

Please contact Bird Conservancy's Camps and Family Programs Specialist, Allison Fowle.

Office Phone: 303-659-4348, ext. 18

Email: [allison.fowle@birdconservancy.org](mailto:allison.fowle@birdconservancy.org)

Mail: 14500 Lark Bunting Lane, Brighton, CO 80603