The objective is to teach the student to see the land, to understand what he sees, and to enjoy what he understands.

Aldo Leopold
What follows is an excerpt from the commencement speech given by Willi Unsoeld to the graduating class of National Forest Service Park Rangers in 1974. They were at the Albright Training Center in Grand Canyon National Park. Willi Unsoeld died in 1979 in an avalanche on Mt Rainier, but his life was filled with outdoor experience. An Outward Bound instructor, a founding faculty member of Evergreen State College, the Director of the Peace Corps, and most notably, a member of the first American expedition to summit Mt Everest in 1963, Unsoeld spent his life pondering why we go outside and what we find there.

The speech is called *Wilderness and Spirit*. It is a bit uncouth in places, but so was Willi, and it is not without purpose:

And in the wilderness, there sure is a sense of power. Maybe I’m prejudiced, I may be a skewed sample because I come from a mountaineering background and you’re dealing with raw power. I get the biggest kick out of the cats who talk about “conquering” Mount Everest. “Oh man. We string her very nose tip.” (laughter) I plead forgiveness that I’d associate with anyone who could use such a phrase, because you DON’T conquer Mount Everest. You are so keenly aware of the pent up raw power in any mountain mass that when you’re doodle bugging around amidst the carvasses and the arêtes and the alphshoons and all the other paraphernalia mountains come equipped with, the moment you’re granted the privilege – the extremely rare privilege – of standing on any summit, you don’t waste time asking why people climb mountains. You’re just so keenly aware of that cocked little female finger “Chomalooma” – God is mother of the world – just keep it cocked for another second, would you, babe? Because you know if she ever let it go, pckchoo. You’d be obliterated because of the power that’s there that you’re face to face with. The raw face of it. And you’re not in control.

And I’ll throw in just an additional enormous theory that there’s a gradation of this experience as you traverse other wilderness modes. The feeling of power over against you is a characteristic of the religious experience available to all. In many different levels. You don’t have to climb Mount Everest. You don’t have to climb. You can just stand there and feel it vibrate. And, of course, accompanying it is the fascination. The fascination, which keeps drawing you back to the wilderness. There’s a feeling for the beauty of it, a feeling for the solitude, and ultimately in the experience of a very few, the experience of unity.

Let me take one last long-shot flier. This is where my talk really ought to begin because for me it’s the key, it’s the nub, it’s the core of why there are national parks and why there are people. That’s all. It’s
what happens in those rarest of all moments when the experience of the wilderness coalesces into a total awareness, the vision of unity. You get it in the eastern religions, you can find traces of it in Christianity and in all great world religions. So let me analyze it. (laughter) I really feel like a desecrator, but you got to keep coming up with something new to say or they won’t ever ask you back. (laughter)

So, one characteristic of the feeling of unity, I say aggressively, I say fanatically, I say with deep humility, is the loss of ego. That’s hard for us Americans to wrap our heads around. How in the ever-living world do you get rid of your ego. And I’ve provided a kind of quick yoga, an imaginary performance using the wilderness as a vehicle. I don’t think I can do it. I’ll do it. It’s crazy as hell, but let me just take you with me on this imaginary experiment.

It’s known as Hubba Yoga in san– I invented the term. Hubba means wind and I’ve had some people say it’s very appropriate. (laughter) But you’ve all experienced the wind in your face, haven’t you? Just the delicate touch of its fingers on your skin. And it’s kind of pleasant until it gets a little stronger, of course. And at a certain level, we could probably plot another curve of wind velocity compared to orientation angular – orientation of the man’s face. And at a certain point, you just duck your head. You just plain do. Because it’s really strong and it takes your breath away. So in the experiment, duck your head. And we tend to block it now. We want to block out that wind. Wind can be a drag if you’ve been exposed to it for a period of hours and you wish it would go away and… I’m asking you to open yourself to it and one simple gimmick is to open your mouth. Orient it. (sound of almost a whispering “oooooooooh awwwwww”). You get fascinating looks. You go past that orifice and it sort of reverberates down in the diaphragm. And now point it right into the wind. And here it comes. First, your uvula starts vibrating, that little flap at the back. That’s a kick. (laughter) Adjust your epiglottis, it goes straight down your esophagus and extends your stomach. (laughter) Relax your pyloric sphincter. (laughter) By now, if the velocity is sufficient, your up there flapping. (laughter) Now, in the gut, you’ve only got one barrier left. (laughter) The anal sphincter. Loosen it. (laughter) And it’s going through straight pipes. (laughter) At this point, you address yourself to bones – bye bye. (Sound of blblblblblblb)

They’re right out the rear end and you’re a big blob of just hanging on. What’s left? You. Ego, clinging to the stump. Let it go. Let it blend with the wind. And it’s gone.

Enjoy this season’s panoply of outings and this season’s outings catalog. All of the unattributed quotations you will find in the margins are of Willi Unsoeld. Get outside, MA.

Peter Poutiatine
Marin Academy Director of Outings
SEPTEMBER 10-11, 2011

Thursday-Saturday
September 8-10, 2011

BOAT DIVING AND UNDERWATER PHOTOGRAPHY:
SCUBA IN MONTEREY
John & Tom Hicks

If you are a certified SCUBA diver, you can join us to explore the incredible kelp ecosystems of the Monterey Coast. We will leave Thursday after school and return Saturday night by 7 PM. We will camp in tents (intense, get it?) at Veteran’s Memorial Campground. We will have a 2-tank boat dive on Friday. After diving on Friday morning other possible SCUBA dive sites include reefs off the aquarium, Hopkins Marine Lab, or even a night dive at San Carlos Beach. We will have two underwater cameras for student use. You won’t forget this otherworldly experience. Come see why California is one of the richest marine environments on earth. Students must supply their own mask, snorkel, booties, and fins.

Your trip fee includes boat charter, SCUBA equipment rental, and all outings costs.

6 students
Cost: $300
PE credit available

Risk is at the heart of all education.

SEPTEMBER 17-18, 2011

Friday-Sunday
September 16-18, 2011

CANOE THE RUSSIAN RIVER
Glenn Stanfield and Jared Baird

September is a magical time on the Russian River and there are few activities more enjoyable than a day of canoeing. We’ll leave after school on Friday and camp beside the river in a developed campground where we’ll enjoy campfire dinners and improvised games. On Saturday we’ll launch from near our campsite and enjoy a leisurely 4-6 hour paddle downriver, checking out the wildlife, having a
picnic, and stopping to swim. We will return to campus on Sunday by 5p.

This is a fun trip both for expert paddlers and those new to it. All are welcome. No previous experience is necessary – we will teach you the skills and awarenesses you need to enjoy the river safely. All canoes and canoeing equipment provided. Please bring clothes for camping and canoeing.

6 students
Cost: $175
PE credit available

SEPTEMBER 24-25, 2011
NO HOMEWORK WEEKEND

Thursday-Sunday
September 22-25, 2011
MEDITATION AND ADVENTURE IN THE LOST COAST
Patrick Ford ‘02 & Adam Moss ‘02

There is nowhere more beautiful than the Lost Coast. The scenery is dramatic – thousand foot cliffs overlooking expanses of redwoods, black-sand beaches, and the endless pacific ocean. We’ll camp at a cove which pirates once used as a hide-out, make a campfire from drift-wood, and attempt to meet up with seals and elk.

We’ll leave after school Friday (late afternoon/evening) and drive up to the lost coast. we’ll head back on Monday (somewhere between 5-7pm). This means you will miss your regular classes on Monday (but not on Friday).

Patrick and Adam both have taught meditation and yoga and hope to share these experiences with their lucky trail companions. We’ll start out mornings and end our days with meditation and yoga, listening to the crashing waves.

6 students
Cost: $100
PE credit available

Humanity is cutting down its forests, apparently oblivious to the fact that we may not be able to live without them.
Isaac Asimov
Thursday–Sunday  
September 22–25, 2011  
**HIGH SIERRA BACKPACKING**  
Jen Coté & Scott Ebke

Join Jen and Scott for another epic adventure in the High Sierras. Depending on the conditions, we’ll be heading to either Desolation Wilderness or Emigrant Wilderness. Either way, we’ll get up high, scramble around on some granite, and take in the amazing vistas of the Sierra Nevadas. We’ll leave on Thursday, at lunchtime, drive to the trailhead, and backpack a bit in before we make camp for the evening. On day 2, we’ll backpack the rest of the way to our base camp. Saturday, we’ll explore nearby wonders and hang out at the lakes. If we’re feeling ambitious and the weather agrees, we can summit the closest peak! On Sunday, we’ll hike out and return to MA by early evening, 6p at the latest.

NOTE: The Sierras are still feeling the effects of record precipitation this past year, so be prepared for the occasional river crossing or boot-wetting. Both Jen and Scott are experienced mountain guides and can do that sort of thing safely.

Because of the mileage (at least 14 miles total with a full pack) and conditions, participants should be in good cardiovascular shape and possessed of an adventurous spirit.

6 students  
Cost: $95  
PE credit available

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**After you have exhausted what there is in business, politics, conviviality, and so on - have found that none of these satisfy or permanently wear, what remains? Nature remains.**  
Walt Whitman

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Friday - Sunday  
September 23-25, 2011 – NO HOMEWORK WEEKEND  
**CAR CAMPING AND CANOEING THE RUSSIAN RIVER**  
Hideko Akashi & Ellie Brockman

This trip is for those of you who love the beauty of nature, but still want to enjoy the comforts of home. It’s called car camping, and it’s the best of both worlds! Join Hideko and Ellie, on a 3-day, 2-night camping trip and canoe on the Russian River. We’ll be leaving MA on Friday at 230p and setting up camp Friday night. Saturday we’ll be taking a beginning canoe trip down the Russian River (no previous experience necessary.) Forget those backpacking meal-in-a-bag
dinner! We'll be preparing the best meals you've ever had in the great outdoors. At night we'll enjoy a campfire under the stars, roasting marshmallows, and some great company. Sunday morning we'll pack up the site and head home, stopping for lunch on the way. We'll be back at MA by 3p.

You must be able to swim.

Included in the price is transportation, camping, canoe rental and equipment, 2 dinners, 2 breakfasts, 1 lunch, and a whole lot of fun. Please bring a little cash for one lunch on the road.

6 students
Cost: $175
PE credit available

Friday–Sunday
September 23-25, 2011
YOSEMITE BACKPACKING: MAY LAKE (OLE)
Peter Poutiatine & Julie Barnes, with Ryan Johnson, student


What sounds does the word Yosemite evoke in one’s mind? A quite, far-off river. A strong wind through the trees. A clap of thunder. A crackling campfire. A silence not found in the cities.

What smells does the word Yosemite evoke in one’s mind? The sweet smell of a ponderosa pine. The fresh breeze. Marshmallows over a fire. The smell of a shirt worn for three consecutive days.

What tastes does the word Yosemite evoke in one’s mind? Relatively good camp food, and plenty of it.


We will walk into the wild to experience all these things, and more, first-hand.

We will leave MA on Friday, as classes begin, and return on Sunday, not later than 7p. This trip will include hiking on trail and camping at an established campsite, as well as off-trail travel and remote backcountry camping. No experience necessary – but participants should be physically able to comfortably travel a few miles per day with a full pack.

5 students
Cost: $75
PE credit available
Saturday–Monday  
September 24– 26, 2011

**INTRODUCTION TO WHITESTWATER BOATING**  
Seth Chanin and Glenn Stanfield

This outing will focus on teaching the basics of whitewater boating while running a gentle class II section of river. Using oar-driven rafts and inflatable kayaks, we will learn to read water, scout rapids, and utilize proper angles and momentum to safely and smoothly navigate a section of the South Fork American River. Flow permitting, we may also run the class III “Gorge” section of the American to practice paddle-guiding techniques in a raft.

Please note: This is NOT a traditional rafting trip. Though no prior river experience is required, participants should be committed to attempting new skills and taking risks. Strong swimming skills and comfort in cold water are a requirement as everyone will be swimming at one point or another. Before the trip, we'll have an hour-long classroom session to discuss proper river running technique, hydrology, safety protocols, and trip logistics. The trip will depart MA on Saturday evening and return on Monday evening around 9p.

This is an amazing opportunity not just to float the river but also to learn some basic river guiding skills from experienced raft guide and MA alumnus Seth Chanin.

6 Students  
Cost: $160  
PE credit available

**About Willi Unsoeld:**

He didn’t climb a mountain merely “because it was there.” His task was to know himself better, to test himself. Unsoeld was instrumental in establishing the Outward Bound program, premised on the notion of pushing beyond one’s personal comfort zone to gain a deeper grasp of the soul. He was once asked by a fearful mother if he could guarantee her son’s safety; no, he told her. But by sheltering her son from risk, he added, she would guarantee the death of his soul.
Monday
September 26, 2011

**GLEANING WEST MARIN #1**

Mark Stefanski & the Staff of Marin Organic

Join us as we travel to West Marin for a hands-on opportunity to explore the dynamics of organic farming. Our co-leaders will be staff members of Marin Organic, a nonprofit organization promoting sustainable agriculture and a preference for locally produced food. We will be devote our time to GLEANING - harvesting food that would otherwise be left in the field. This food will be used to help feed kids throughout our county, supplementing local school lunch programs. We will therefore be part of a Marin Organic program that enables 10,000 students to choose nutritious, local options, while their schools stay within tight budgets. We will also gain a deeper awareness and understanding of the benefits of eating local, organic food. Can you dig it?

We will leave MA at 315p and return not later than 645p – the same evening!

14 students
No cost

*This outing is generously co-sponsored by MA’s own EcoCouncil in an emerging partnership between MA Outings and MA’s sustainability-based student groups.*

**OCTOBER 1-2, 2011**

Friday–Saturday
September 30–October 1, 2011

**MENDOCINO MYSTERY OUTING IX**

Randi Martin & Liz Gottlieb

Come join Randi Martin and Liz Gottlieb for this *ninth* annual special overnight adventure. We’ll drive up to mysterious Mendocino and hike... camp at Van Damme State Park... walk along the bluffs... explore the pygmy forest... play football/Frisbee/fly kites on the beach... make fun meals... and explore the wonders of the coast... There will be numerous opportunities to run on the trails with Liz. We’ll leave Friday at 9:30a and return Saturday evening not later than 5p.

This trip is not to be missed!

14 students
Cost: $45
Friday-Monday  
September 30 - October 3, 2011  
**EMIGRANT WILDERNESS OUTDOOR SKILLS**  
Peter Poutiatine & Julie Barnes

This experience is first and foremost for the current Outdoor Skills class. We can take students not currently enrolled in Outdoor Skills only if space permits. Our goal is to go into the wilderness and use our freshly-minted skills and awareneses that we have worked so hard to gain in class. We will be evaluating campsites, cooking meals over a stove, practicing minimum impact techniques, setting up shelters with tarps, and navigating off trail.

We will leave MA at 330p on Friday, drive to the trailhead, hike the first 2 miles in the dark. Headlamps are a must.

Our time in the wilderness promises to be beautiful, challenging, and fun.

6 students

No cost for current Outdoor Skills students. $100 for others

PE credit available

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Saturday & Sunday  
October 1 & 2, 2011  
**SCUBA CERTIFICATION – CLASSROOM AND POOL SESSIONS**  
John Hicks & Pinnacles Dive Center

If you would like to learn how to SCUBA dive this is the outing for you! John Hicks, a certified SCUBA instructor, will be teaching the PADI Open Water Diver class. This first weekend is spent at the Pinnacles Dive Center in Novato conducting the classroom and pool sessions needed for you to learn how to SCUBA dive. Loaner books, wetsuits, and SCUBA equipment are supplied for this class. Students are responsible for transportation to and from Novato, and they must supply their own swimsuit, mask, fins, snorkel, and booties. This equipment can be rented or purchased. Class meets from 9a to 6p on Saturday and 9a to 5p on Sunday.

After successful completion of classroom and pool skills the first
weekend, students are eligible to participate in the open water sessions conducted in Monterey. The open water portion of the class is offered two weekends after the pool and class weekend. See description below. To become certified Open Water SCUBA divers, students must complete both weekends.

The cost for this outing covers all outings expenses for both weekends.

10 students
Cost: $520
PE credit available

Monday
October 3, 2011
GLEANING WEST MARIN #2
Mark Stefanski & the Staff of Marin Organic

Join us as we travel to West Marin for a hands-on opportunity to explore the dynamics of organic farming. Our co-leaders will be staff members of Marin Organic, a nonprofit organization promoting sustainable agriculture and a preference for locally produced food. We will devote our time to GLEANING - harvesting food that would otherwise be left in the field. This food will be used to help feed kids throughout our county, supplementing local school lunch programs. We will therefore be part of a Marin Organic program that enables 10,000 students to choose nutritious, local options, while their schools stay within tight budgets. We will also gain a deeper awareness and understanding of the benefits of eating local, organic food. Can you dig it?

We will leave MA at 315p and return not later than 645p – the same evening!

14 students
No cost

This outing is generously co-sponsored by MA’s own EcoCouncil in an emerging partnership between MA Outings and MA’s sustainability-based student groups.

Take long walks in stormy weather or through deep snows in the fields and woods, if you would keep your spirits up. Deal with brute nature. Be cold and hungry and weary.

Henry David Thoreau
Friday–Sunday
October 14-16, 2011

INTRODUCTION TO CAMPING: SANTA CRUZ MOUNTAINS
Hideko Akashi & Cherie Lockwood

You don’t want to miss this trip to the stunning Big Basin State Park where you’ll be surrounded by old-growth redwoods in a forest that looks almost exactly as it did 200 years ago. This trip is a perfect opportunity for those with little or no camping experience. This is not a strenuous backpacking experience, but more like family camping with full bathroom and shower amenities. We will take an easy hike through the forest of redwoods to see some waterfalls and also take a small road trip down to the beach to enjoy the sun. In the evenings, we’ll cook, eat, play games together, chat and appreciate the amazing scenery together.

We will leave MA on Friday at lunch time and drive down to Santa Cruz to set up camp. Saturday we will enjoy all that this state park has to offer and on Sunday morning we’ll pack up and head home, stopping on the way for lunch. We’ll return to MA by on Sunday 4p and with no school on Monday, you’ll still have time to relax and enjoy an extra day in the weekend.

Included in the price is transportation, camping, 2 dinners, 2 breakfasts, 1 lunch, and a whole lot of fun. Please bring a little cash for one lunch on the road. If you don’t have camping equipment, the MA Outings Department can supply you with what you need.

6 students
Cost: $120

You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know.

Rene Daumal
Sunday
October 16, 2011

**EARTHEN ART, NATURAL BUILDING, AND URBAN PERMACULTURE**

Jen Coté, Ellie Brockman, and the women of Villa Sobrante

Join us at Villa Sobrante, an in-process East Bay urban permaculture community, for a day of earthen art, natural building, and ecological gardening. We’ll be working on some really cool cottages, focusing on the preparation, mixing, and application of earth plaster over earthen and clay,straw walls. This is an amazing opportunity for anyone who wants to learn more about sustainable living practices and witness a remarkable example of an urban eco-dwelling. Come ready to work and get dirty!

Lunch is included. We will leave MA at 9a and return by 4p.

Check out the site at: [www.villasobrante.blogspot.com](http://www.villasobrante.blogspot.com).

- 14 students
- Cost: $35
- PE credit available

Saturday–Monday
October 15-17, 2011

**BACKPACKING AND SIERRA NARTING**

Seth Chanin and another narting leader

Fall in the Sierras is a largely underappreciated season. With the goal of capturing the feel of this season, we’ll combine a moderate overnight backpacking trip with plenty of free time during which we will interact with our surroundings. The creation of natural art (think Andy Goldsworthy), poetry, photography, song, dance, and any other sort of artistic expression will be the focus of this time. We’ll also practice some backcountry gourmet arts, pushing the envelope of what can be cooked over a Whisperlite stove.

The trip will depart MA for Kirkwood, CA on Saturday evening. We’ll get an early start Sunday morning, and hike about 4 miles to Round Lake north of Highway 88. After an evening of art, we’ll pack up on Monday morning and return to MA by 8p Monday evening. Prior backpacking experience is not required, but participants should be ready to hike a reasonable distance with a heavy pack.

- 6 Students
- Cost: $75
- PE credit available
SCUBA CERTIFICATION #2 – OPEN WATER SESSIONS
John, Tom, & Karen Hicks

This outing is the second half of the SCUBA certification program. However, room permitting, students that are already certified are also eligible to participate on this outing.

We will leave for Monterey on Thursday after classes using school vans and camp at Veteran’s Memorial Campground in Monterey. There will be four SCUBA dives at San Carlos Beach in Monterey Bay. Completing skills and seeing fish, kelp forests, star fish, sea otters and sea lions are student experiences in this extraordinary underwater world. Students must supply swimsuit, mask, fins, snorkel, and booties. SCUBA equipment and wetsuits are included in the price.

Cost:
- 10 students: included in the Classroom Sessions
- $150 for others
- PE credit available

Saturday
October 22, 2011
FOOD NOT LAWNS
Mark Stefanski & Lindsay Daily

Join us as we transform a typical lawn into a permaculture food forest! Throughout the course of the day we will create a thriving edible garden full of berries, fruits, and habitat for a diversity of life. We will work in the suburban front yard of a Marin Academy family to design and install a beautiful, low-maintenance and low-water consuming food forest that will provide an abundance of delicious produce for years to come. In the process of performing this transformation, we will explore and discuss the principles of permaculture, a practice that brings our species into a mutually enhancing relationship with the rest of nature.

We will leave MA at 830a and return by 5p. A nutritious lunch will be provided.

Cost:
- 14 students: No cost
- PE credit available
This outing is generously co-sponsored by MA’s own EcoCouncil in an emerging partnership between MA Outings and MA’s sustainability-based student groups.

Saturday–Sunday
October 22-23, 2011
A NEW HABITAT FOR HUMANITY
Jen Coté & Massey Burke

Interested in natural building, community revitalization, and pioneering policy? Then join us for a 2-day natural building outing in Clearlake Oaks, two hours north in Lake County.

Much of the housing in this area of Lake County consists of rundown trailers and the people there are in immediate need of affordable ecological housing. With Massey’s guidance, we will employ natural building skills to help the community of Clearlake Oaks continue Phase 1 of Clarks Island, an EcoPark designed to showcase practical, accessible solutions to the housing shortage that also allow for the restoration of wild habitat around Clear Lake.

This event is part of a precedent-setting collaboration between the UCSF Architecture Department, Lake County Public Services, and Clarks Island Sustainability Initiative. Come revitalize the habitat, deepen your understanding of natural building, and be on the frontlines of helping redefine what community housing looks like and how it happens! Prior experience with natural building is helpful, but not required.

7 students
Cost: $150
PE credit available

OCTOBER 29-30, 2011

Thursday–Saturday
October 27-29, 2011
INTRODUCTION TO SIERRA FLY FISHING
Peter Poutiatine & Glenn Stanfield

The many rivers and lakes the flow from the Sierras offer a variety of fly fishing opportunities. This outing is designed as an introduction to the art. As such, there will be one or more pre-trip learning sessions intended get you casting and rigging your gear.

Our specific destination depends on river conditions and weather, but
more than likely we will by plying the waters of either the Stanislaus, the Yuba, or the Sacramento.

No experience is necessary. A rod, a reel, and tackle will be provided, as will a 3-day fishing licence. Veteran casters Glenn and Peter will start by teaching you to assemble, rig, and cast a fly rod. Then we will cover a bit of swift water hydrology and aquatic entomology. We can offer no guarantees on catching fish but that is what makes it worthwhile; life itself is uncertain.

We will camp depart MA at 330p on Thursday and return no later than 6p on Saturday

6 students
Cost: $125
PE credit available

Keep close to Nature's heart, yourself - and break clear away once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.  

John Muir

Saturday–Sunday
October 29-30, 2011

STARGAZING & NIGHTTIME PHOTOGRAPHY
Jon Bretan & Evelyn Tseng

Come and partake in the oldest science humanity has practiced. To gaze at the stars is truly to look back in time.

We will leave MA at 3p on Saturday and head for our camp out at Briones Regional Park, east of Berkeley, spending the night looking at the sky through binoculars and a telescope, and will also learn how to photograph some of the brighter objects we see in the heavens. A tour of the Leuschner Observatory, a facility managed by UC Berkeley is also planned, if the UC undergraduate-use schedule permits. We will return to MA by 1p on Sunday

Please note: This outing is entirely dependent upon the weather. If inclement weather prevents a clear view of the sky we will cancel or postpone this outing, maybe at the last minute. Please be advised.

14 students
Cost: $35
DO SALMON REALLY RUN?
Glenn Stanfield & Scott Ebke

Join us for this one-day trip up to the American River (Gold River area) to swim with the salmon.

We’ll depart from MA early in order to join the folks from the Pinnacles Dive Center at the Nimbus Dam fish hatchery between Sacramento and Folsom Lake. We’ll tour the hatchery and prepare to get into the water. After donning our wetsuits (yes, you’ll need one, an equipment list will be available at the pre-trip meeting) we’ll float the river for a couple of hours observing salmon at different stages of life. Afterwards, we’ll have lunch (provided - be sure to notify leaders about any food allergies, preferences, likes and dislikes) by the riverside and talk about the river and the fish. We’ll leave the Sacramento area and be back to Marin Academy not later than 6p.

14 students
Cost: $90 (includes rental gear)
PE credit available

BOAT DIVING AND UNDERWATER PHOTOGRAPHY – SCUBA IN MONTEREY
John Hicks, Tom Hicks, Peter Poutiatine

If you are a certified SCUBA diver, you can join us to explore the incredible kelp ecosystems of the Monterey Coast. You won’t forget this otherworldly experience. Come see why California is one of the richest marine environments on earth. Students must supply their own mask, snorkel, booties and fins.

We will leave Thursday after school and return Saturday night by 7p. We tent camp at Veteran’s Memorial Campground. We will have a 2-tank boat dive on Friday. After diving on Friday morning, other possible SCUBA dive sites include reefs off the aquarium, Hopkins
Marine Lab, or even a night dive at San Carlos Beach. We will have two underwater cameras for student use.

Trip cost includes boat charter, SCUBA equipment, wetsuits, outings costs.)

6 students
COST: $300
PE credit available

Friday–Monday
November 11-14, 2011
SYKES HOT SPRINGS
Patrick Ford ‘02 & Adam Moss ‘02

Anyone who has ever been to Big Sur and the Ventana wilderness has made plans to come back again, and there’s a very good reason for this: IT’S ABSOLUTELY AMAZING! Whether it’s the natural hot springs, the gorgeous beaches, the enormous forests, the stunning canyons, the rushing rivers, or your awe-inspired traveling companions, you’ll be amazed.

From the trailhead, we’ll hike 7 miles to our campsite nestled alongside a rushing stream under the canopy of a Redwood grove. Once we’ve situated ourselves, we’ll day-hike ~4 miles to the Hot Springs with day packs and bathe in the pools and pristine Big Sur River. On our last day, we’ll hike back out and get back to MA in time for dinner.

We’ll leave after classes on Friday evening and drive down to Big Sur. We’ll head back on Monday not later than 7p. This means you will miss classes on Monday (but not on Friday).

The entire distance of this adventure is approximately 24 miles (over 3 days). The hiking is moderate and partly strenuous at times. The experience is unforgettable. This is a traditional MA trip and fills up quickly. Make sure to have the permission slip in on time!

6 students
Cost: $100
PE credit available

You’ve climbed the highest mountain in the world. What’s left? It’s all downhill from there. You’ve got to set your sights on something higher than Everest.
Sunday
November 13, 2011

**NATURE AWARENESS & WILDCRAFTING**
Jen Coté & Evelyn Tseng

Head to the woods for the day to awaken your senses and explore the stories of our local landscapes. We’ll spend the morning settling in to nature, learning how to expand our awareness to more deeply connect to our surroundings. The afternoon will be filled with wildcrafting medicinal and edible wild plants. We’ll feast on delectable treats made with local plants such as acorns and bay nuts, and learn to make a basic herbal medicine preparation. These skills and practices develop our intuition, connecting us strongly to place and enriching all aspects of our lives.

We will leave MA at 10a on Sunday and return by 5p the same day. We will be joined and led by experienced naturalists Lindsay Daily and Leith Carstarphen.

14 students
Cost: $35
PE credit available

**DECEMBER 3-4, 2011**

Thursday-Saturday
December 1-3, 2011

**PINNACLES ROCK CLIMBING**
Peter Poutiatine & Evelyn Tseng

Pinnacles National Monument is a stunning wilderness area south of Gilroy. The cobbled conglomerate peaks, ridges, and spires are what remains of a volcano that traveled from LA nearly to SF in the past, oh, say 23 million years or so. In the much more recent past, many of this country’s rock climbing pioneers got their start at Pinnacles – John Salathé, Lynn Hill, Yvon Chouinard. You could, too.

We’ll leave MA right after school on Thursday, and we will drive the 3+ hours to the Pinnacles East Side campground, where we’ll stay Thursday night and Friday night. We will climb as much as we can, eat food in a bowl and return to MA by Saturday evening – 6p at the latest.

If you are interested in the MA Rock Climbing Club this year, this is as
close to required as you can get. MA Outings can supply rock shoes and harnesses, but if you have your own feel free to bring them - your own gear is likely to be more comfortable.

Friday–Sunday
December 2-4, 2010
TAHOE SNOW ADVENTURE
Scott Ebke & Glenn Stanfield

Join us for MA’s first snow outing of the year. This is a “Fab 2” trip. We’ll leave on Friday after school from the circle, drive to our cabin near Homewood. Day one, depending on snow coverage, could include anything from x/c skiing up in Meeks Canyon along the west shore of Lake Tahoe to a Rubicon Peak bagging day hike.

Rental gear is available for the skiing, if needed, for a reasonable price in Homewood.

On day two, also depending on coverage and group experience level, we’ll have a choice of A) a beginning snowboarding lesson (new boarders can rent and take a lesson in the morning and practice new skills after lunch) or either a backcountry ski for experienced backcountry skiers (as in having been on our Backcountry Ski Minicourse or equivalent) or B) Castle Peak day hike.

All meals, lodging and transportation are included in the cost. All Skiers and snowboarders are welcome

DECEMBER 17-18, 2011
Thursday – Saturday
December 15-17, 2011
POST FINALS DOWNHILL SKIING / SNOWBOARDING TRIP
Hideko Akashi and Jared Baird

YAY!! FINAL EXAMS ARE OVER! Let’s get a jump on winter vacation and get up to the slopes early! Hideko & Jared want to bring a group
of kids up to Tahoe to enjoy the outdoor experience of snowboarding and/or skiing, as well as the indoor group experience of cooking and sharing a cabin together.

We will depart from MA on Thursday after the last final exam at 130p and drive up to North Lake Tahoe to check into a rental house. We’ll spend the first night planning for and preparing a home-cooked meal together. Friday and Saturday, we’ll head to Northstar or Squaw Valley Ski Resort for some downhill snowboarding or skiing (your choice). This trip is also open to beginners who would like to take a lesson at the resort. In the evenings, we’ll prepare meals together and watch movies or play games. After a full day on the slopes on Saturday, we’ll head back to the Bay Area, stopping on the road for dinner and getting back to MA by 9p.

It’ll be a fun way to celebrate the end of the 1st semester and kick off your winter break.

The trip fee includes transportation, 2 nights lodging in a nice cabin, and all meals cooked and prepared in the cabin. You will need to provide or rent your own equipment, and pay for lift tickets and/or lessons, and any meals bought on the road. Any equipment rentals will need to be done up in Tahoe.

12 students
Cost: $300
PE credit available

Why don’t you stay in the wilderness? Because that isn’t where it is at; it’s back in the city, back in downtown St. Louis, back in Los Angeles. The final test is whether your experience of the sacred in nature enables you to cope more effectively with the problems of people. If it does not enable you to cope more effectively with the problems - and sometimes it doesn’t, it sometimes sucks you right out into the wilderness and you stay there the rest of your Life - then when that happens, by my scale of value; it’s failed. You go to nature for an experience of the sacred...to re-establish your contact with the core of things, where it’s really at, in order to enable you to come back to the world of people and operate more effectively. Seek ye first the kingdom of nature, that the kingdom of people might be realized.
ELECTRONICS AND CELL PHONES
Use of cell phones and other electronics is not permitted on MA Outings without permission from the outings leaders. As a standing rule, students may not text or make calls or receive calls from the vans or while on an outing. If communication with home or elsewhere is necessary, check with your MA Outings leader first.

SIGN UPS AND PERMISSION FORMS
MA outings are open to everyone, but each outing has a maximum number of students it can safely accommodate. To sign up for an outing, return a completed permission form to Peter Poutiatine, MA’s Director of Outings in the MA Outings Office in Thacher Hall. Sign ups are registered in the order in which the permission forms are received. Permission forms may be obtained online from the MA Outings webpages, the Outings bulletin board in the café, or the MA Outings Office.

Sign ups and waiting lists will be posted several times a semester on the MA Outings bulletin board in the café. However, sign ups and waiting lists change daily as permission forms trickle in. The best way to find out if you have a spot on an outing is to contact Peter directly via email or in person. Stop by the Outings Office in Thacher to check your status.

In most cases, you will be notified of your status - registered participant or wait listed - via email about two weeks before your outing departs. Nonetheless you are encouraged not to assume your spot on an outing but to verify your status officially.

TRIP FEES
MA Outings leaders make every attempt to be frugal in running outings and to price them as affordably as possible. Student trip fees are calculated to cover only the necessary expenses. These include food, fuel, equipment rental, and permitting.

Once you turn in your permission form, your availability and your commitment to going on the trip is assumed. We ask that you confirm your availability and your commitment before you turn in a permission form. Cancelations complicate logistics and can raise the cost of the outings we offer.

Financial aid is available for those students who qualify through the Admissions Office and Dan Babior, Director of Admissions.
CANCELLATIONS
Cancellations are permisssible in the event of truly unavoidable circumstances that preclude a student’s participation on an outing. Such circumstances include illness, injury, death in the family, and other unforeseeable events. Such cancellations should be made with the Director of Outings directly. A change of heart, poor planning, or lack of scheduling foresight is NOT an acceptable reason to cancel going on an outing, and in some cases, where deposits have been made or prepayments levied, MA Outings may have to charge a family for an outing even if the student does not attend the outing in order to preserve the affordability of the outing for all students.

So, before you submit your permission slip, be certain that you are sure that you know that you can and want to go.

MISSING CLASSES AND PRACTICES
Students are responsible for pre-arranging their absences with their teachers and coaches. No prearranged absence form is required but clear communication prior to going on the outing is. Going on an outing is not an excuse for not completing one’s homework or missing tests, and extensions are not guaranteed. However, in the spirit of supporting MA’s cocurricular programs, teachers and coaches are asked to be as flexible as possible in allowing students to participate in outings.

Check with your teachers and coaches at least a week in advance and make every effort to complete required work ahead of time. You are still accountable for class assignments, assessments, and homework.

GEAR FOR LEND
The MA Outings Program maintains a collection of clean and quality gear available to students to borrow. Not owning the gear should not preclude a student from going on an outing. Talk to Peter about what gear you need and we will try to supply you with the necessary equipment. Borrowed gear should be returned promptly and clean. Students may be charged for lost, broken, or non returned gear.

PE CREDIT
PE credit is automatically granted for MA Outings carrying the “PE credit available” notation. Credit is awarded for outing with a strong skills basis and a clear athletic component. Credit is given at a rate of 0.25 credits for a qualifying multiday outing, 0.125 credits for qualifying day trips.