MARIN ACADEMY
OUTINGS PROGRAM
FALL 2013 CATALOG
Why Go Outside?

Why go outside? Maybe you go outside to get some fresh air, or to look at the stars – to climb a mountain or to wade in the ocean - to push your limits or to hide - to spend time with friends or to be alone.... It seems there are innumerable reasons that one might go outside.

Thoreau says “I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.” Maybe it is a desire to experience some primal piece of ourselves and our world that takes us to the wilderness.

Mary Oliver speaks about being among the trees. She says:

When I am among the trees
especially the willows and the honey locust
equally the beech, the oaks and the pines
they give off such hints of gladness.
I would almost say that they save me, and daily...

Maybe it’s for a sense of home, solace, or belonging that we go outside.

Perhaps, though, the most important question is not why other people – even the likes of Thoreau or Oliver - go outside, but rather why you might go outside. What might take you into a local park, onto a river, or up into the mountains? What is the draw for you?

I go outside because I find the wilderness to be a space that can hold it all – hot and cold, dark and light, life and death, the particular and the expanse, and everything in between. It is space where I can play like crazy – cross ridges, summit mountains and paddle rapids. It is also a place where I can lay still – for hours on end – just listening. As the wilderness holds
all of these realities I find in it space to become more present to both my whole self and the world of which I am an integral part. I go outside because I believe in the wisdom of the wilderness.

The wisdom of the wilderness – that may resonate with you, and it very well may not. My hope for you, and our community, is that in the course of each of our time at MA we will get a chance to explore for ourselves how each of us relates to the wilderness, to the world outside of the walls and boxes of buildings and schedules that define so much of our lives. This semester that exploration of the wilderness might look like going on every backpacking trip that Patrick Ford has to offer; it might also look like learning to surf with Ellie and Michael or “bagging peaks” with Scott Ebke; or maybe, for you, it will look like camping in our very own garden.

In the pages that follow you’ll find some old MA Outings’ standards, tried and true trips: SCUBA certification, explorations along the coast, and a full moon hike with James and Doreen. You’ll also find some new offerings, crafted from the rich soil that is formed by MA adults’ passions and creativity. The number of ways you can get outside this semester are almost as numerous as the number of reasons why you might go outside – so take, read, explore-- see what you are drawn to – and come join us... outside!

Julie Barnes  
Director of Outings  
Marin Academy, San Rafael, CA
SEPTEMBER 7-8, 2013

Friday to Sunday
Sept 6-8, 2013

YOSEMITE BACKPACKING AND ART
Patrick Ford (MA ’02) & Olivia Bronsin (MA ’09)

Yosemite is an international destination for people all over the globe for a very good reason: it is breathtakingly beautiful. This outing will give you the chance to experience Yosemite in a deeper way than what a typical tourist sees, as we’ll be exploring further into Yosemite on wilderness trails, with all our supplies on our backs. We’ll also be making time for your own personal artistic endeavors whether that be photo, drawing, painting, nature art, writing, underwater basket weaving... if it’s your art and you can carry it on your back, you’re invited to bring it!

I’ll leave it to John Muir to describe the spirit of this backpacking in Yosemite: “Camp out among the grasses and gentians of glacial meadows, in craggy garden nooks full of nature’s darlings. Climb the mountains and get their good tidings, Nature’s peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drop off like autumn leaves. As age comes on, one source of enjoyment after another is closed, but nature’s sources never fail.”

There is no need for backpacking experience for this outing. The most important attributes are being physically fit, being excited to get outdoors, and bringing supplies for your ART! We’ll leave Friday morning at 8:30 and drive to Yosemite. We’ll head back on Sunday (arriving back at MA somewhere around 6pm). You will miss school on Friday.

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
September 21, 2013

HARVEST MOON HIKE WITH THULE ELK!
Julie Barnes & Marissa Danney

The Harvest Moon - the full moon closest to the fall equinox – a time when the shifting seasons are at a point of balance. Experience this moonrise at the close of an evening hike in Point Reyes National Seashore with a group of kindred spirits seeking adventure and beauty. Amazing vistas of cliffs falling into the ocean, secluded beaches and shifting tides will accompany us as we take an evening walk through the Tule Elk Preserve. The Pacific will be on our left and Tomalas Bay will be on our right as the sunsets and the moon rises around us.

We will leave MA at 4 pm, and arrive at Point Reyes in time to go on a late afternoon hike that will end with a picnic dinner at our turn around point. We’ll then head back towards the trail head – keeping watch for the moonrise. We’ll finish our hike in the moonlight and be back to MA by 10 pm. You will need to bring a, windproof layer, a picnic/bag dinner, and a headlamp on this crepuscular adventure.

6 Students
No Cost
PE credit available

SEPTEMBER 28-29, 2013
NO HOMEWORK WEEKEND

Thursday - Sunday
September 26 – September 29, 2013

YOSEMITE BACKPACKING: TUOLUMNE MEADOWS TO YOUNG LAKES
Jen Coté & Scott Ebke

Join Jen and Scott for a wonder-filled weekend in the High Sierras. We’ll leave on Thursday, at lunchtime, and head up to Yosemite where the fall colors will be in full effect. We’ll make our base camp at Upper Young Lakes, a 7.5 mile hike from Tuolumne Meadows. On Friday afternoon and Saturday we’ll explore nearby wonders and hang out
at the lakes. If we’re feeling ambitious and the weather agrees, we can hike a route up Mt Conness (12,549 ft), a stellar peak that was summited by MA students many years back. On Sunday, we’ll hike out and return to MA by 6:30 pm.

Because of the mileage (at least 14 miles total with a full pack, not including day trips) and the late date in the season, participants should be in relatively good cardiovascular shape and be possessed of an adventurous spirit.

NOTE: Details of this trip may change in response to the Rim Fire. As of this posting, the park service believes that Tioga Road will be open later this month.

| 6 students |
| Cost: $110 |
| 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 to Sunday  
Sept 26-29, 2013  
**BACKPACKING IN THE EMIGRANT WILDERNESS**  
Patrick Ford (MA ’02) & Another Intrepid Explorer

Alpine lakes, raging rivers, the faint smell of vanilla from the local Douglas Firs. Mountains are awe-inspiring and holy places. From monks to mountain climbers to madmen, mountains have offered a certain refuge and fulfillment since the birth of humankind. The Emigrant Wilderness is an often unnoticed gem situated in the mountainous high sierras just north of Yosemite.

We’ll depart after school on Thursday, drive to the Emigrant Wilderness, and camp out under the stars. The next few days will be filled with beautiful sights, connection with our hiking companions, hearty trail-mix and gourmet lunches, and swimming in alpine lakes. During the evenings, we’ll cook a delicious dinner, marvel at the mountainous beauty, and enjoy a roaring campfire. On Sunday we’ll hike back to the van and get home in time for dinner, around 6 pm. You’ll miss school on Friday if you come on this outing.

| 6 students |
| Cost: $125 |
| PE credit available |
Friday - Saturday  
September 27-28, 2013  

**GARDEN CAMP IN-ING**  
Tony Mekisich & Another garden lover  

Experience the campus overnight!  
On Friday before sunset we will establish camp in the Garden. Once we’re settled we’ll make fire to cook pizza in Prometheus using herbs, tomatoes, chives and fruit from the garden and we’ll brew mint tea. After dark explorations will include: studying the response of our fruit trees and flowers to the change from day to night to day, looking for night critters in and nearby the garden. We’ll bring the evening to a close by talking story cozily in the greenhouse and discovering insights of the talking broccoli... A Saturday sunrise surprise will bring a smile and we’ll leave a gift by planting lettuce seedlings for a Thanksgiving harvest.

We’ll begin our time together on Friday at 4 pm in the garden, and will finish by 10 am on Saturday. Come, experience our first “in-ing” – the least-carbon-footprint version of an Outing. Become a part of the life of this place we call MA – at night!

8 students  
No Cost  

Friday – Saturday  
September 27 – 28, 2013  

**BEACH BUMMING AND CAMPING IN THE REDWOODS**  
Evelyn Tseng & Another Partner In Relaxation  

Enjoy the No-Homework Weekend and the early autumn with this kick-back and relax outing to the beautiful beaches up and down the San Mateo Coast along Highway 1. We’ll head down on Friday right after school and set up camp in the gorgeous redwood forest campground in Memorial State Park. In the evening, we’ll cook, eat, play games, roast marshmallows, chat and appreciate the amazing scenery. On Saturday, we’ll pack up a picnic and head to the beach for some genuine California soak-in-the-sun fun. In the afternoon, we will take an easy hike through the redwoods to lookout points with stunning views of the ocean. After the hike, we will head back to MA and be back by 7:30pm.

Included in the price are transportation, camp site fees, and all meals. If you don’t have camping equipment, the MA Outings Department can supply you with what you need. We will have a planning meeting on Friday, September 20th.

6 students  
Cost: $110  
PE Credit Available
SCUBA CERTIFICATION – CONFINED WATER AND POOL SESSIONS

John Hicks

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 session is spent at the Marin Diving Center in San Rafael conducting the academic and pool sessions needed for you to learn how to SCUBA dive. Loaner books and videos, wetsuits, and SCUBA equipment are supplied for this class. Students must supply their own swimsuit, mask, fins, snorkel, and booties. This snorkeling equipment can be rented or purchased. Class meets from 3PM to 8PM on Friday and 10AM to 7PM on Saturday.

After successful completion of academics and water 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.

6 students
Cost for both weekends: $520
PE Credit Available

TRINITY ALPS TRI-FECTA! – A Seasonal Exploration

Julie Barnes & Mikayla McVey (MA ’08)

The Fall is a time of deep color, change and slowing down. The light lessens around us and the air cools. What better place to experience these changes than in the remote and magical Trinity Alps, one of California’s best kept secrets. The Trinities provide a northerly mountain environment and offer countless hidden lakes and trails to explore.

This year you have the opportunity to visit this vibrant place three times – once in each school season: fall, winter and spring-- to see how a place changes through the cycle of a year. On each trip, including this one, we’ll head into the woods with packs on our back
an explorative spirit in our souls to see what we find. We'll explore on trails and off, keeping a central base camp next to an alpine lake, deep in the mountains. We'll cover some ground on this venture—upwards of 15 miles over the weekend. As we go Julie will offer the occasional contemplative practice to support our capacity to be present to the world around us, and how it might reflect where we each are in this particular season of our lives.

We'll leave school on Friday after lunch and return to campus by Monday in the early afternoon. Some backpacking experience is recommended but not required. You do not have to commit to all three of the Trinity tri-fecta to come on this outing... that said, keep your eyes peeled for the winter trip, coming in early January!

6 students
Cost - $150
PE credit available

Tell me the landscape in which you live and I will tell you who you are.

Jose Ortegy Y Gassett

Saturday
October 12, 2013

**NATURAL BUILDING AT VILLA SOBRANTE**
Doreen Clark, Olivia Bronson (MA ’09) & Massey Burke 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 continue to work on Massey’s little home, enhancing structures and fine-tuning the roof and water catchment system. If the weather’s disagreeable, we’ll work inside, plastering and adding details. 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. Previous experience not required- just come ready to work and get dirty! We will leave at 9am and return by 4pm. Lunch is included.

6 students
Cost $35
Sunday - Monday
October 13-14, 2013

**STARGAZING, NIGHTTIME PHOTOGRAPHY, & CAR CAMPING**
Jon Bretan & TBA

Come and partake in the oldest science humanity has practiced. We will camp at Lake Sonoma, spending the night looking at the sky, through binoculars and telescopes. We will also learn how to photograph some of the brighter objects we see in the heavens. No prior camping experience is necessary--this outing is also a great introduction to spending the night outdoors!

We will depart from MA at 3pm and return by noon the next day. THIS OUTING IS DEPENDENT UPON THE WEATHER.

14 students
Cost: $40

Mid Week Trip! - Wednesday
October 16, 2013

**LEARN TO DISC GOLF (PART 1 OF 2)**
Nicole Jensen & Michael Morris

No carts, no caddies, no clubs... no problem. This is disc golf (aka Frolf)! Yes, it’s just like it sounds: golf, but with discs (special frisbees).

In the first of two afternoon sessions you will learn the rules of the game and practice throwing different types of shots with a variety of discs. In our second session we will go out to play a full round of 18 holes at Crane Creek in Roehnert Park. The first session is Wednesday, October 16 from 3-4:45 pm. The Second session will be on Friday, October 25 from 12:30 to 4:45 pm. (See it’s entry for more details).

These outings are open to ANYONE regardless of experience or their ability to throw a frisbee. All you need is a desire to spend some time hiking around and throwing a disc every now and again. We will return to campus by 5pm for both sessions to ensure students that bus from East bay or SF can catch the late bus home!

6 Students
Total cost for both trips: $20
PE Credit Available
Thursday to Sunday
Oct 17-20, 2013

DESOPTION WILDERNESS
Patrick Ford (MA '02) & Theo Slomoff

Wild Desolation
There's something there we can't get here. So make there here.

Backpacking, Camp Fires,
Alpine Views, Delicious Meals,
Great Rugged Hiking!

Do a favor for
Yourself. Come on this journey.
Live your life alive.

You only live once. Right?!
I don't actually know that.
But still join this trip.

No experience
required. Be prepared to be
totally inspired.

We'll leave Thurs at 5
Return Sunday around 6,
You'll miss school Friday

If it turns out that
the mountains are too cold, then:
Lost Coast or Big Sur.

6 students
Cost: $125
PE credit available
Friday
October 18, 2013

FULL MOON TWILIGHT HIKE
James Shipman & Doreen Clark

What better way to celebrate the change of season than to get outdoors and take a hike! Join us for a special one-day hike across the gorgeous slopes of Mt. Tam or West Marin. Many trails and routes are possible so we will wait to decide our exact route in response to the whims of the moment. Wherever we wander, our aim is to see the full moon rise as we watch the sun set, and share a meal in some magical spot. This is an excellent way to get to know the trails that lie literally in our own back yard. We’ll go rain or shine, unless there’s a full-on deluge. Well leave at 3:30 from school and return by 8 pm.

You need to be in reasonable shape for this, but you don’t have to have much ‘hiking’ experience. Be prepared to make an offering and to bring a little extra food to share. You will also need clothes appropriate for the weather, good hiking shoes, a daypack (with “dish” to share, water and snacks), and your good energy.

6 students
No cost
PE Credit Available

OCTOBER 26-27, 2013

Thursday – Saturday
October 24-26, 2013

SCUBA CERTIFICATION – OPEN WATER SESSION
John Hicks & 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 school 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, starfish, sea otters and sea lions are student experiences in this extraordinary underwater world. Students must supply swimsuit, mask, fins, snorkel, and booties. This snorkeling equipment can be rented or purchased. SCUBA equipment and wetsuits are included in the price.

6 students
Total cost for both weekends: $520
PE Credit Available
LEARN TO DISC GOLF (PART 2 OF 2)
Nicole Jensen & Michael Morris

No carts, no caddies, no clubs... no problem. This is disc golf (aka Frolf)! Yes, it’s just like it sounds: golf, but with discs (special frisbees). This is part two of a two part trip. (See Oct. 16th for part 1). Today you’ll get to put your newly learned disc golf skills to the test on an 18 hole disc golf course in Rohnert Park. We’ll walk the course, take in the time outside together all the while striving for that hole in one!

These outings are open to ANYONE regardless of experience or their ability to throw a frisbee. All you need is a desire to spend some time hiking around and throwing a disc every now and again. We will return to campus by 5pm for both sessions to ensure students that bus from East bay or SF can catch the late bus home!

6 Students
Total cost for both trips: $20
PE Credit Available

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

Friday - Sunday
October 25 - 27, 2013
PEAK BAGGING, TAHOE’S WEST SHORE
Scott & Maryam Ebke

We will leave after school Friday, planning our menu in the car on the way up to our house camping spot at Meek’s Bay on Tahoe’s west shore. Saturday morning we’ll rise, eat a hearty breakfast, pack our daypacks, and drive to Fallen Leaf Lake, where we’ll begin our trek to the summit of Mt. Tallac, perhaps Tahoe’s most distinctive peak. The hike will take all day, and may include a celebratory dip in Gilmore Lake. We’ll then return to the cabin for dinner and a good night’s rest.

On Sunday morning we’ll get up early and climb the much easier and shorter, but just as distinctive, Rubicon Peak. The Rubicon Hike is an
MA favorite and 4 hours round trip, so we’ll be back for lunch. We’ll leave the Tahoe basin by 2:00 p.m., and will be home for dinner! This hiking outing will hone your outdoor travel skills, increase your appreciation for preparedness, and provide a prime example of what a group of well meaning flatlanders can do if they get up early enough and move well and safely through the woods.

This trip is open to hikers of all levels, no experience necessary. You will need to be able to hike 10 miles the first day and 5 the next.

6 Students  
Cost: $90  
P.E. Credit Available

Friday - Sunday  
Oct 25-27, 2013  
THE WORLD IS AMAZING: MENDOCINO COAST  
Patrick Ford (MA `02) & Another Amazed Human

The world is amazing. Sometimes we’re too busy to remember. This outing is about getting in touch with how awesome and special nature is as we explore the Mendocino Coast. There’s so much to see in even a tiny piece of the wild if you take the time to look closely. Trees, beaches, rocks, bugs, birds... ordinary things are only ordinary if we’re not putting in effort to see how incredible they are. This is an outing based on amazement, wonder, appreciation, and curiosity.

This outing will leave from MA after school on Friday, around 5 pm. We’ll be car camping and eating delicious food. There will be hiking, but we will focus on a gratifying journey and getting distracted by the miraculous things we find – not on any particular destination. We’ll return on Sunday around 5pm, in time to get home for dinner.

6 students  
Cost: $100  
PE credit available

Sunday  
October 27, 2013  
SURFING IN BOLINAS – BEGINNER/INTERMEDIATE  
Ellie Beyers and Michael J. Morris

Surfing? Yes, surfing! Join us out on the water at our local break in Bolinas. We will leave from MA in the early morning (7:40 am) to meet with our surfing instructor, Nick Krieger, who is the owner of a local surf shop in Bolinas. His basic surfing lesson will build your confidence whether you’ve never surfed before or you are the occasional surfer. After a shared picnic lunch we will return to MA around 2:30pm.
You must be a proficient swimmer for this adventure. Wetsuits and surfboards will be provided. Bring something to share for lunch, your swimsuit, towel, sunscreen, sun hat, warm layers and a wooly hat. Let’s go surfing!

14 Students
Cost: $95
PE Credit Available

You cannot stop the waves, but you can learn to surf.

Jack Kornfield

**NOVEMBER 2-3, 2013**

Friday - Sunday
November 1 – 3, 2013

**BIG SUR NARTING (NATURE + ART = NART)**
Seth Chanin (MA ’01) & Jeremy Franklin

Fall may very well be the best season to explore the California coast. After summer’s crowds have dissipated, the leaves start changing colors and mountain peaks are dusted with frost in the early mornings. 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 Big Sur on Friday evening. We’ll get an early start Saturday morning, hiking 4-6 miles into the Ventana Wilderness. After an evening of art, we’ll pack up on Sunday morning and return to MA by 8:00 pm that evening. Prior backpacking experience is not required, but participants should be ready to hike a reasonable distance with a heavy pack, and spend a potentially chilly night in the mountains.

6 students
Cost: $100
PE Credit Available
LADIES ON THE LOST COAST
Julie Barnes & Ellie Beyers

Julie and Ellie would love for you to join them exploring the cliffs and shoreline of the Lost Coast. There is nowhere more beautiful. The scenery is dramatic – thousand foot cliffs overlooking expanses of redwoods, black-sand beaches, and the endless Pacific ocean.

As people who identify as women we will be backpacking in to our first destination. We will start each day with some yoga on the beach and then see where the trails lead us to during the day. Opportunities abound for tide pooling, hiking to vista points and playing in the black sands of the Lost Coast. We will gather for time of reflection in the evening where we will let our natural surroundings be a mirror as we seek to deepen our experience of the wilderness together. We will let whatever is present for the group guide our conversation.

All students who identify as women are welcome. Backpacking experience is not essential. The Lost Coast is an exposed area; come ready for adventure! We will leave Friday after B block class and return on Monday (Veteran’s Day) in the early afternoon.

6 Students
Cost $125
PE Credit Available

A woman who can evoke her childhood experiences of gazing at the moon and stars on clear nights, or lying on the grass, or listening to the sea, or watching the sunset is Elementally inspired. When she can recall early experiences of the smell of leaves on an October day, the taste of raspberries at a picnic, the feel of sand warmed by the sun, she is empowered. Energized by her own unique Elemental memories, she can break through the maze of ‘adult categories’ and become herself.

Mary Daly
FROM TAP TO TAMALPAIS - SOURCING OUR WATER SUPPLY
Pic Walker & Scott Young

Water, water NOwhere, but lots of drops to drink.... half the year in Marin, we do not see a raindrop fall from the sky, but still we aren’t in a drought. We have no water restrictions, life - from a water perspective - is pretty good. During this outing we will try to answer one question: where does our water come from?

We’ll start the day in the morning, filling up our water bottles at school, and from there we will track the source of water as far upstream as we can in a day. From maps, and help from a friend at the Marin Municipal Water District, we’ll map out our journey, following the path of our water first by van, then on foot to somewhere in the Mt. Tamalpais watershed. Our pathway will depend on our guide - H2O.

Along the way, we’ll get a deeper understanding of what a unique landscape we live in and the history of how Marin developed a sustainable water source. We’ll explore Marin - from back roads to often used trails - with one goal; finding our source of water. Bring a daypack with lunch, a snack, water bottle, an extra layer and a waterproof jacket. We’ll leave early from school, around 8 am, and return in the evening after dinner, around 8 pm.

6 Students
No Cost
PE Credit Available

SWIMMING WITH SALMON
“Do Salmon really run? See them, up close and personal”
Glenn Stanfield & Nathan Ziebell

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 (bring your own) by the riverside and talk about the river and the fish. We’ll leave the Sacramento area and be back to Marin Academy around 5:00 P.M.

6 Students
Cost including rental gear: $90

N O V E M B E R  2 3 - 2 4 ,  2 0 1 3

Thursday - Saturday
November 21 –23, 2013

BOAT DIVING SCUBA IN MONTEREY
John Hicks, Karen Hicks & Michael Morris

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 at 5 PM. We tent camp at Veteran’s Memorial Campground. We will have a 2 Tank Boat Dive on Friday. After boat 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.

6 Students
Cost (Includes boat charter, SCUBA equipment, wetsuits.): $300
PE Credit Available

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is symbolic as well as actual beauty in the migration of the birds, the ebb and flow of the tides, the folded bud ready for the spring. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after the winter. The lasting pleasures of contact with the natural world are not reserved for scientists but are available to anyone who will place himself under the influence of earth, sea, and sky and their amazing life.

Rachel Carson
MUSHROOM IDENTIFICATION HIKE
Nicole Jensen & Ellie Beyers

Fungi make up a diverse Kingdom of over 1.5 million species that are more closely related to animals than plants. This Kingdom includes species that are medically important (penicillin), culinary delicacies (chanterelles), parasites of plants and animals (athlete’s foot) and deadly poisonous (death cap mushroom). If you are interested in learning more about fungi in general, or how to find and identify local mushrooms, this trip is for you!

In this quick afternoon outing we will hike through a variety of mushroom-rich habitats including oak woodlands and Douglas fir forests in search of some of the more than 450 species found in the area.

You will need to bring a day pack with water, a waterproof layer and a small snack. We will leave right after school (3pm) and return to campus by 5pm so students can catch the East Bay or SF buses.

6 students
No Cost
PE Credit Available

Friday to Sunday
December 6-8
CHOOSE YOUR OWN ADVENTURE
An OLE Experiential Trip
Julie Barnes & Pic Walker

The title says it all - this trip is a container for OLE (Outdoor Leadership Emphasis) students to imagine, plan and make manifest the trip of their choosing. The coast, the mountains, redwood forests and open meadow are all options, we’ll see where the group’s desires and decision making skills take them.

Over the course of the weekend each group member will try their hand
at leading the group as we hone the leadership principals we’ve been exploring this semester. Our time will be sprinkled with reflective practices as we continue to explore how our self and group leadership are interrelated. Oh yes – we’ll also eat delicious things, explore beautiful country, and perhaps most importantly, be together.

We’ll leave Friday mid-day and return by Sunday evening.

6 Students
Cost: $125
PE Credit Available

In every walk with nature
one receives more than one seeks
John Muir

Friday-Sunday
December 6-8, 2013
OUTING: TAHOE EARLY SNOW SEASON ADVENTURE
Scott Ebke & Glenn Stanfield

Join us for one of MA’s first snow outings 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 x/c skiing up in Meeks Canyon along the west shore of Lake Tahoe or a Rubicon Peak day hike. Day two, also depending on snow coverage, will include a choice of a snowboarding/downhill skiing day or a Castle Peak day hike. If we do ski/snowboard what we do will depend on students’ experience level. New boarders/skiiers could rent and take a lesson in the morning and practice new skills after lunch. Experienced backcountry skiers** could head out for a day in the backcountry.

All meals, lodging and transportation are included in the cost. All Skiers and snowboarders (new or experienced, novice or shredders) are welcome. Rental gear is available for skiing at a reasonable price in Homewood. Please feel free to speak with Glenn, Scott or Julie about additional cost of rentals, lessons or lift tickets if you are curious.

** Experienced backcountry skier means has been on MA’s backcountry ski mini-course or its equivalent.
Sunday  
December 15, 2013  
MIND CLEARING MEDITATION IN THE GARDEN  
Julie Barnes

Finals are upon us – come join Julie in the garden for an hour of mind-clearing meditation in this time when our minds can be quite full. Allow some quiet and stillness to seep through your body as you prepare for this round of exams. Nourish yourself, and support your studies, all at the same time.

We’ll meet in the garden at 9 am and be finished by 10am.

15 students  
No Cost

Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting  
over and over announcing your place  
in the family of things.

- Mary Oliver
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 recieve 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 accommodat. To sign up for an outing, return a completed permission form to Julie Barnes, 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 permissible 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 of your trip 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 Julie 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.
MARIN ACADEMY
OUTINGS

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1600 MISSION AVENUE
SAN RAFAEL, CA  94901
415-453-4550

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