



MIDDLEBRIDGE SCHOOL

Utah Leadership Expedition

The Experience:

Adventure is here! This Leadership Expedition will provide an opportunity to slow down and take in the splendor and grandeur of Utah's Green River as the expedition crew navigates Labyrinth Canyon through Canyonlands National Park. On expedition participants will work with supportive peers to learn that there is "more in you than you know". Every step of the expedition, participants will rise to meet exhilarating natural challenges, build friendships and have fun while exploring and developing leadership styles, communication, decision-making and problem-solving skills. Every day, the participants will push their own limits as an opportunity for individual growth. Throughout expedition, participants will take on increased leadership and decision-making responsibilities. Participants will apply new skills and achieve team goals during the expedition. Participants will increase individual resilience and discover increased self-confidence, improved leadership skills, enhanced decision making, and a sense of accomplishment. Our experiences are led by knowledgeable and highly-skilled professional guides. Course Objectives for this experience are:

Leadership:

Styles of Leadership, Leader of the Day, Navigation, Expedition Log.

Communication:

Group Development, Communicating as a Leader, Leadership Feedback, Expedition Living.

Technical Skills:

Canoe and Paddle Skills, Scrambling and Hiking Skills, River Hydrology, Understanding Leave No Trace Ethics.

The Leadership

In conjunction with veteran Middlebridge School staff, Breakwater Expeditions will be directing this expedition. We are a team of highly-skilled outdoor professionals with years of experience in developing and leading adventure programs and expeditions for young adults, teens and families.

Our staff: Veteran MBS staff member [Justin Bayles](#) will travel with our students and work with Breakwater Staff for the entirety of our Utah summer adventure. He will be joined by **2 additional Middlebridge** staff members.



Zach Burns, Lead Guide and Program Facilitator for Breakwater Expeditions, has over 15 years of experience designing and delivering diverse adventure-based and experiential programming with youth and adults nationally and internationally. He's a passionate educator and facilitator, dedicated to delivering engaging programming to maximize the clients experience and growth through an accelerated learning process. When Zach isn't working, he can be found with friends and family exploring "the playground that awaits" along the Northshore of Lake Superior.





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The Destination

Our journey will begin with students and staff flying into Grand Junction, CO. Upon our arrival in Grand Junction, we will shuttle through the desert to the mighty **Green River** of Utah. The calm waters of the Green River meander through the Stillwater and Labyrinth Canyon to the Colorado River, making up some of Utah's most beautiful scenery. We will paddle a scenic stretch of flat water that will follow the rolling desert hills of eastern Utah into the majestic depths of Labyrinth. The friendly waterways will promote skill building and teamwork as participants learn to paddle the desert landscape. We will travel through the ancient times and history of the landscape as we view the ruins and rock art sites of the Pueblo Indians. Red cliffs, desert sunsets, and warm days await this memorable experience. Upon finishing the river section, Middlebridge students and staff will then head to the old western town of Moab and enjoy a culminating experience with a day of whitewater rafting

FAQ's

- **Dates:** July 16th-July 29th, 2016 (Orientation Weekend at Middlebridge is July 16-17th, Leadership Reflection Days at Middlebridge are July 28th-29th)
- **Trip Cost Per Person:** \$7,500
- **Reservation Deposit:** \$1,000, due with contract to Middlebridge School
- **Cost Includes:** Flight, lodging, ground transport, expedition expense, tents, sleeping bags, gear
- **Participants:** 15 Middlebridge Students
- **Guides:** Breakwater Expedition's qualified guides will provide a safe, fun, and meaningful adventure. Veteran Middlebridge School staff will also attend the trip.
- **Climate:** July Utah Temperatures (70 - 95 degrees)
- **Tents:** We sleep in 2-3 person high quality tents.
- **Canoes:** We paddle sturdy expedition Royalex canoes, 17-21 ft.
- **Clothing:** See Packing List.
- **Gear:** We will provide sleeping bags and all necessary camping and paddling gear for students.
- **Cuisine:** Healthy fresh food, vegetables, fruits, nuts, grains and meats. We accommodate special dietary needs.

Join us on this amazing leadership expedition!

Please contact Shannon Leventhal; sleventhal@middlebridgeschool.org, or 401-788-0800

Question for the Guides? Email Shannon Leventhal, or:

Contact: Lars Hall

Call us: 208-263-0277

Email us: info@breakwaterexp.com

Web: www.breakwaterexpeditions.com





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Utah Leadership Expedition Itinerary:

July 16th-July 29th: 2016 (Orientation Weekend at Middlebridge is July 16-17th, Leadership Reflection Days at Middlebridge are July 28th-29th)

July 18th: Fly into Grand Junction Colorado

Participants will fly from Providence to Grand Junction and stay the night in Grand Junction, CO.

July 19th: Shuttle to the Green River

We will drive from Grand Junction to Crystal Geyser in Utah. We will host a Canoe class, finalize trip preparation, and launch our canoes on the river.

July 19th-25th: Canoeing Labyrinth Canyon on the Green River!

Over the course of the next few days, we will paddle 63 miles of river, seeing the beautiful red rock desert landscape, rock carvings left by past explores, experience the unique calmness and tranquility that only the desert can offer. We will swim, hike the slot canyons, and explore the area.

July 25th: Shuttle to Moab, Utah

We will get off the river and travel to the historic western town of Moab, where we will stay the night, enjoy a great meal and look forward to the next days adventure.

July 26th: Whitewater Rafting the Colorado River!

Water fun on the Colorado River will take place in the morning and afternoon. We will then shuttle back to Grand Junction and have a final meal together.

July 27th: Fly back to School, Grand Junction to Providence.

July 28-29th: Debrief and reflect on an amazing trip. Create an educational presentation to share with students returning in the fall, as well as a personal reflection journal to capture the essence of the adventure experience. Enjoy hot showers and laundry trips to clean clothes/gear. Middlebridge will host an off campus summer banquet the evening of July 28th, before all students depart on July 29th.