

## Outdoor School Programs with Cascade Mountain School

### Core Principles

At Cascade Mountain School, we believe in fostering a strong and lasting connection between people and the natural world through education, service learning, career development and research.

### Values & Methods

We share our core principles with students through experiential immersion, community engagement and reflection, which incorporates our values:

- |                          |                      |                                    |
|--------------------------|----------------------|------------------------------------|
| - Place based education  | - Citizen science    | - Climate change resiliency        |
| - Inquiry based learning | - Community building | - Adventure & Kinesthetic learning |
|                          | - Personal growth    |                                    |

### Curriculum & Activities

Cascade Mountain School offers place-based, experiential education in the Trout Lake Valley, around Mt. Adams, and throughout the Columbia River Gorge. Our curriculum explores how humans interact with the land, both historically and currently. We offer 3-5 day programs, with the option for schools to customize program length. Our programs focus on our core curricular themes, while recognizing that these topics have many components that crossover. Here are our core themes and activities:

#### Watershed Science:

Students camp, bike, hike, and backpack through amazing landscapes and engage in conversations and activities regarding water quality and quantity as they relate to agricultural irrigation, salmon habitat, plant health, recreation, and hydropower. Learn basic ecology and understand the impacts of climate change in the Pacific Northwest.

#### Sample Activities/Curricula:

- Monitoring water health through chemistry tests and macroinvertebrate discovery
- Backpacking and hiking to the source of a watershed on Mt. Adams and Mt. Hood
- Rafting (whitewater: White Salmon River, floating: Klickitat)
- Understanding of salmon biology, habitat and the effects of dams with Yakama Nation fisheries
- Take a bike tour of the irrigation ditch system in the Trout Lake Valley



#### Holistic Food Systems:

Students will explore a small agricultural valley in Trout Lake, WA specializing in organic milk production, animal husbandry, herbs, fruits and vegetables. Here students will engage in conversation and activities about food production, local and regional methods of agriculture, the importance of water access and quality in farming, personal food choices, food security and food equity issues. Students will learn through hands-on activities working with local farmers, scientists, engineers and other stakeholders who value their food choice.

#### Sample Activities/Curricula:

- Service projects on local organic farms
- Visiting farmers and local dairies to discuss local food economies
- Making fresh ricotta, mozzarella, and kifer with local cheese makers
- Climate change science through soil and watershed science
- Making farm-fresh meals and learning about nutrition



### Wilderness Experience:

Students immerse themselves in the wild of the Gifford Pinchot National Forest and the Mt. Adams Wilderness through an overnight backpacking or car camping experience. Students will learn the skills they need to survive in the backcountry, the ecological, geological and human history of the land. We will take time to contemplate why the wilderness is important to us all and how we can be stewards of the land in the face of climate change.

#### Sample Activities/Curricula:

- Study the geology of the Cascade Mountain range
- Learn to identify the flora and fauna of the Cascades
- Backpacking overnight in the wilderness and alpine ecology
- Glissade on the glaciers of Mt. Adams and discuss how climate change is affecting glaciers
- Build a strong community through team building challenges and backcountry travel



### Design Engineering & Tinkering:

Learn how to use the engineering design process and patterns from the flora and fauna of the natural world to create and design creative solutions to real world problems. Confront environmental challenges head-on in a playful way as you encounter design and challenge based scenarios to overcome.

#### Sample Activities/Curricula:

- Practice the engineering design process: ask, imagine, plan, create, test, improve, share
- Alternative power generation, such as hydropower, wind, bicycle, and solar
- Work with power tools to create something of your own design
- Place-based creative problem solving challenges
- Team building challenges



### Primitive Survival Skills:

Primitive skills curriculum incorporates native history and culture; primitive skills of fire, shelter, water, hunting, foraging and culture building (art, craft, food, gathering space & story sharing). Students will have time to slow down, focus on the essentials of survival and the importance of creating a community. By zooming in on each of the essential survival skills participants will appreciate a deeper connection with all that nature provides.

#### Sample Activities/ Curricula:

- Shelter Building
- The science of making bow drill fire
- Ethnobotany hikes will explore native plants and their uses
- Community village and culture building
- Practicing the skills of animal tracking



### Mindfulness:

Being aware and mindful of mental patterns and subtle energy is an important lesson for youth and adults alike. Cascade Mountain School works to guide participants towards positive mental attitudes and peaceful states of mind. In no way does Cascade Mountain School advocate that participants adopt any practice or religion. We simply use mindfulness to offer a pathway towards inner peace and self-discovery.

#### Sample Activities/Curricula:

- Mindful living activities and discussion
- Yoga, Qi Gong, and Meditation
- Contemplation practice



- Service work on organic farms
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## Campus Description

**Forest Campus (accommodates group size 60):** Our Forest Campus is a three-season, five-acre rustic camp facility in the Gifford Pinchot National Forest in Trout Lake, WA operating April through October. The beautiful Forest Campus includes three bunkhouses, a study hall, a dining hall, open fields, woods, and access to nature trails. The facility has beds to sleep 44 people, but additional participants can be accommodated on cots and, if the weather permits, camping outside. Our bunkhouses are clean, basic, and comfortable and include showers and bathrooms. We provide mattress covers, and participants bring their own pillow and blanket/sleeping bag. Our kitchen staff can feed participants healthy and hearty meals three times a day for an additional fee.



*In addition to our Forest Campus we use the following sites around Trout Lake for program activities:*

**Wild Campus:** We use the Mt. Adams Wilderness, Mt. Hood Wilderness, Indian Heaven Wilderness, Mt. Hood and Gifford Pinchot National Forest as our classroom.

**Farm Campus:** Broadfork Farm is a 20-acre working organic farm and homestead in the Trout Lake Valley. Broadfork Farm employs the principles of ecological agriculture to raise sheep, pigs, hens, meat birds, ducks, bees, fruits, and vegetables for friends and family.

**Contemplative Campus:** The Trout Lake Abbey is a 23-acre organic farm and spiritual retreat center located a few miles bike ride from our Farm Campus.

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## Program Details

**Dates and Reservations:** Cascade Mountain School is happy to host residential outdoor school programs for schools and other groups. Please let us know specific dates as soon as possible so we can plan appropriately and reserve lodging for your group. Most dates fill up at least 6 months prior. April-October are the best months to visit for a campus tour. Please email Interim Director, Erynne van Zee, at [erynne@cascademountainschool.org](mailto:erynne@cascademountainschool.org) or call 541-740-9951 to get started.

**Group Numbers & Facilities:** Cascade Mountain School can host groups large and small. Our Forest campus is our residential campus and holds up to 60 people. We also utilize the rivers, mountains, forests, and farms of the Columbia River Gorge in Oregon and Washington. During the summer we can camp in the Gifford Pinchot National Forest

**Transportation:** Schools provide their own transportation to our campus. Once programming begins, we use 15 passenger vans to get to program sites. Schools can realize additional savings if they are able to provide transportation for the duration of the program.





**Scope of Work and Contract:** We will work with you to develop a scope of work outlining the proposed itinerary, activities, and budget. After we have decided on the key elements of the custom program, we will draft a contract with you and require a 50% deposit. The contract will be between two parties: the Mt. Adams Institute (our nonprofit) and your group.

**Rate Sheet:**

Bunkhouse Rental (Per Person Per Night)	\$25/person
Use of Commercial Kitchen (Per Day)	\$50/day
Cleaning Fee	\$150/event
Room & Board (Per Night): Bunkhouse Rental with 3 meals/day prepped by our kitchen staff	\$45/night
Room, Board, & Local Programming for groups up to 60 people	\$125-160/day

Thanks to Oregon Measure 99, Oregon has created a Outdoor School Education fund to give all 5th or 6th graders, in Oregon, the opportunity to attend an outdoor school program. Learn more about how your school can apply for funding [here](#). Application for state funding are available in April.

**For questions and more information visit [www.cascademountainschool.org](http://www.cascademountainschool.org) or email [erynne@cascademountainschool.org](mailto:erynne@cascademountainschool.org)**