



CALIFORNIA: COASTAL CAMPING ADVENTURE

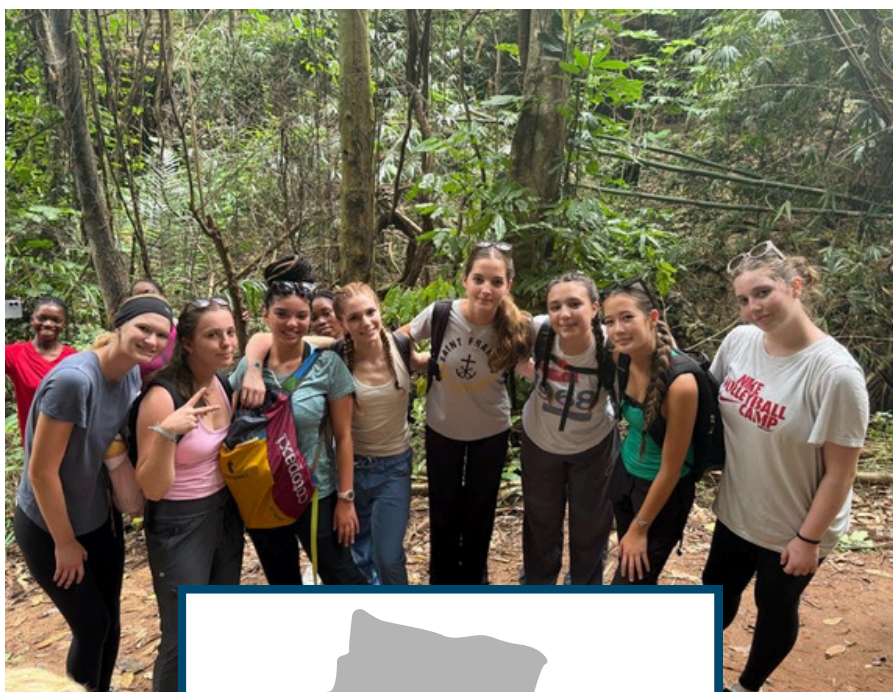
San Francisco,
California, USA

5-DAY PROGRAM



HIGHLIGHTS

- Explore California's stunning coastline and towering redwood forests through hands-on outdoor experiences like hiking, kayaking, and camping.
- Build essential life skills by cooking and navigating challenges as a group, fostering collaboration, responsibility, and confidence.
- Explore some of the most iconic landmarks and neighborhoods in San Francisco, California.



PROGRAM OVERVIEW

This program blends adventure and outdoor education through camping, kayaking and hiking along California's coastline and through beautiful redwood forests. Students will develop practical outdoor skills, strengthen teamwork and build leadership abilities as they prepare meals together and put techniques learned throughout the experience into practice.

Evenings bring mentor groups and campfire reflections that deepen learning, encourage meaningful connections, and strengthen community. The journey concludes with a return to San Francisco for urban exploration and a thoughtful program wrap-up, giving students time to reflect on their experiences and the connections they have built.





PROGRAM ITINERARY

Activities and the daily schedule may vary based on weather, local events, and group needs.

DAY 1: WELCOME TO CALIFORNIA!

Arrive in San Francisco and meet the GLA Groups staff, who will welcome you and help get the adventure underway. Shop for camp essentials with experienced leaders, making sure you have everything you need for the days ahead. Then, travel together to the campsite, where you'll set up camp, prepare and cook your first meal as a group, and settle into your new surroundings. End the day gathered around the campfire for program orientation and a preview of the exciting adventures and experiences to come.

DAY 2: ELKHORN SLOUGH NATIONAL ESTUARINE RESERVE

Kayak through the Elkhorn Slough National Estuarine Reserve, paddling through quiet waterways surrounded by mudflats and oak-covered hills while taking in the peaceful coastal scenery and spotting abundant wildlife, including sea otters, harbor seals, and migrating shorebirds along the paddle route. Hike scenic coastal trails and explore the surrounding landscape, then prepare and enjoy meals together through hands-on camp cooking. At the end of the day, gather around the campfire for reflection, connection, and meaningful mentor group time while sharing stories and experiences from the day's adventures.

DAY 3: WALK AMONG THE REDWOODS

Spend a full day walking among towering redwoods at a state park while learning about the natural ecosystem and taking in the beauty of the surrounding forest. Enjoy a packed lunch surrounded by nature, taking time to relax and appreciate the peaceful setting. Then, put the camp cooking skills learned during previous nights into practice as you work together to prepare and share dinner. Wind down with a campfire gathering and mentor group time, reflecting on the day's experiences and enjoying time together as a group.

DAY 4: SAN FRANCISCO EXPLORATION

Practice breaking down camp while putting Leave No Trace ethics into action and helping ensure the campsite is left clean and cared for. Then, explore the San Francisco urban landscape, with opportunities to visit iconic locations such as Fisherman's Wharf, Presidio Park, or the Golden Gate Bridge. Close the program with gratitude for the experiences we have shared, the lessons we have learned, and the meaningful bonds built throughout the journey by participating in an appreciation circle together.



DAY 5: DEPARTURES

Depart San Francisco and travel home, taking time to reflect on how the skills you learned, friendships you strengthened, and challenges you overcame throughout the experience can connect to your daily life and how you might share those lessons and experiences with others.





PROGRAM SAFETY



**SAFE
TRANSPORTATION**



**CARING SUPERVISION
& EXPERT LOCAL
KNOWLEDGE**



**24/7 SUPPORT &
EMERGENCY RESPONSE**



**GLA HOME BASE:
SAFE & SECURE
LODGING**



**HEALTHY MEALS &
PURE WATER**

**GLA'S
5 POINT
SAFETY
SYSTEM**



GLA HOME BASE

Home Base is a scenic campsite, offering students a true coastal adventure with essential comforts: flushing toilets, hot showers, and campsite-wide WiFi. Students stay in shared, gender-segregated tents. The program concludes with a stay at a comfortable, secure hotel in San Francisco, where students continue to share gendersegregated rooms for the final night.



CLIMATE

Northern California's coast enjoys a mild, marine-influenced climate year-round. Summers are cool and often foggy, while fall brings the clearest, warmest days of the year. Winters are cool and rainy, and spring sees a mix of sunny breaks and lingering showers as the fog begins its return.



FOOD

Meals are designed to be balanced, nutritious, and made with fresh, seasonal ingredients. Students will take an active role in cooking many of their meals as part of their camping experience. With advance notice, we can accommodate most dietary restrictions and preferences.



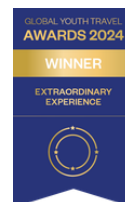
PROGRAM INCLUSIONS

Inclusions:

- Healthy Meals and Drinking Water
- Accommodations in a trusted GLA Home Base
- Safe Transportation - private and public
- Activities and entry fees
- Expert Staff to guide the group
- Secondary medical insurance & emergency evacuation insurance for every traveler

Exclusions:

- Airfare to and from the program
- Additional snacks or drinks outside of mealtimes
- Travel Insurance (lost luggage, etc)



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