



## Expeditions Fall 2024 BSAC High Adventure



The Massawepie Adirondack Trek Center, program provider for the Seneca Waterways Council in New York, offers all Scouts and Scouters canoeing, backpacking, and combination treks during the months of July and August. Trek groups can participate in established trek destinations throughout the 2.6-million-acre Adirondack Forest preserve, or can customize their own. Rock climbing, rappelling and mountain biking options are also available. For more information, search Massawepie Adirondack Treks.

## Griffin Bike Park, Indiana



Located in Terre Haute, Indiana, Griffin Bike Park is a world class mountain biking destination for riders of all ages, skill levels and experience. Among other trails, the premiere 22+ mile purpose built, progression-based, stacked loop trail system will include two multi-use core trails and beginner, intermediate and advanced bike specific trail networks. For more information, search [www.griffinbikepark.com](http://www.griffinbikepark.com).

## **Mount Brighton, Michigan**



Located 20 miles north of Ann Arbor, Mount Brighton is a great choice for skiers and snowboarders in southeast Michigan. Twenty-four runs can be found with varied terrain and a great split of beginner, intermediate and advanced options. For more information, search [www.mtbrighton.com](http://www.mtbrighton.com).

# Lehigh Gorge State Park



Lehigh Gorge State Park is located in the Pocono Mountains in northeastern Pennsylvania. Consisting of 6,107 acres, it is characterized by a deep, steep-walled gorge, carved by the Lehigh River, along with thick vegetation, rock outcroppings and waterfalls. The river provides class II and III rapids for whitewater rafting, a major attraction for many. In addition, there are a numerous hiking and bicycle trails to explore.

More information is available at <https://www.poconomountains.com>. Search for Complete Guide to Lehigh Gorge State Park in Pennsylvania.

# Lost Nation Game Area



Lost Nation State Game Area consists of approximately 2,375 acres in Hillsdale County, Michigan and is important ecologically because it provides critical habitat for a variety of plant and animal species. Within this area are 4 hiking trails, 2 of which are a part of the

North Country Scenic Trail as well as 2 others, Doty Cave and The Lake Number One and Two Trail. Low foot traffic can be expected.

For more information search Best Hikes and Trails in Lost Nation Game Area.

# Safety Moment

## Hiking



### SUMMARY

Hiking is a great way to spend your time in the outdoors. Hikes are also good ways to get into better shape for more strenuous activities. Hikes can range from covering just a short distance to the 20-mile hike required for the Hiking merit badge. Some hikes might be on maintained trails that are relatively flat; others are on rough terrain that is physically demanding. Regardless of how long a hike is, it is important to be prepared.

### GENERAL INFORMATION

- Decide where you will go and review the route on a map. Make sure the hike is within your capabilities and that you are prepared for the terrain.
- Recruit at least one buddy to hike with you. It will be more fun and safer, too.
- Always let someone know where you are going, when you are leaving, and when you will return. That will ensure that, if something goes awry on the hike, someone will know that you haven't returned and will start looking for you.
- Review the weather for the area you are hiking in. Will it be sunny, raining, snowing? Windy or calm? Plan accordingly, including considering postponing the hike if the weather is especially inclement.
- Bring the **10 Scout Basic Essentials** with you. Doing so will help you be prepared for most situations that might arise.

- **Pocketknife or multitool:** A clean, sharp pocketknife can come in handy for a variety of situations.
- **First-aid kit:** While a youth or adult leader will bring a group first-aid kit along, you should bring a personal kit, too.
- **Clothing:** Bring extra clothing to match the forecast and be ready for changes in the weather. You might bring an extra layer or two. Comfortable and appropriate footwear will help protect you. Break in new footwear before heading out.
- **Rain gear:** Besides protecting you from getting drenched, it can be used to block the wind.
- **Flashlight or headlamp:** Finding your way in the dark is critical.
- **Trail food:** Snacks like granola, dried fruits, and trail bars can give you the energy you need to complete your hike.
- **Water:** Staying hydrated is important, regardless of whether it is a hot or cold day.
- **Matches and fire starters:** You might not be planning to need a fire, but it might become critical in an emergency.
- **Sun protection:** Includes a wide-brimmed hat, sunglasses, and sunblock. Sun burns can happen even on cloudy days.
- **Map and compass:** Knowing where you are going and how to get back are absolutely critical. Know how to use the map and compass before you begin your hike. Plan how you will communicate with emergency personnel in the event of an emergency. This might be a satellite phone if there isn't cell service.

## RESOURCES

- [10 Scout Basic Essentials](#)
- [Troop Leader Resources for Hiking](#)
- [Cub Scout Six Essentials](#)



