



Coastal Ecosystems & Natural History

Pt. Reyes National Seashore

Example Itinerary (3-days/2-nights)

- Day 1** 1pm ARRIVE at Bear Valley Visitor Center (students arrive, get acquainted, games)
Mingle/Mingle, basic boundaries & expectations
1:30-3:30pm TRAIL HIKE (RIFT ZONE or KULE LOKLO or EARTHQUAKE TRAIL)
Divide into study groups, discuss hiking etiquette, and play additional group games. Students will explore the area and learn about local flora & fauna, geology, and the indigenous Coast Miwok people.
3:30-4pm Meet up & drive back to Olema
4:00-4:30pm GROUP SHARING of the day's experiences. Talk about camp life and the rules
4:30-6:00pm FREE TIME (chaperones supervise)
Set out sleeping gear, sports equipment & games available for student use.
6:00pm Dinner served, followed by clean-up (students & chaperones help)
7:45pm INFORMAL CAMPFIRE & Star Gazing Activity or Group Sensory Games
8:45pm Campfire ends, prepare for bed. All quiet by 10pm
- Day 2** 7:00-7:30am Everyone up :)
8:00-9:30am Breakfast, clean-up & get ready for the day!
9:30-10:00am Load cars, transport to Duxbury Reef
10:00-12:00 TIDEPOOLING
Tidepool Bingo, Ladder transect, intertidal zones, human impacts.
12:00-12:30pm Load cars & drive to Sam P. Taylor
12:30-3:30 REDWOODS EXPLORATION
Divide into study groups, lunch and hike the trails. Students will take a close look at the redwood forest floor and learn about the plants and animals that make up the ecosystem.
Students compare and contrast the different habitats they have seen.
3:30-4pm Load cars, return to Olema Campground
4:00-4:30pm GROUP SHARING of the day's experiences.
4:30-6:00pm FREE TIME (chaperones supervise)
Students prepare for a campfire! Sports equipment & games available for student use.
6:00pm Dinner served, followed by clean-up (students & chaperones help)
7:45pm CAMPFIRE & N'MORES
Students, chaperones, and fieldguides perform songs, skits, and more!
8:45pm Campfire ends, prepare for bed. All quiet by 10pm
- Day 3** 7:00am Everyone up - pack gear.
8:00am Breakfast, clean-up & all camp clean-up
9:00-9:30am Load cars and transport to Heart's Desire Beach
9:30-12:30 BEACH PICNIC at HEART'S DESIRE BEACH
Students will enjoy a beach picnic with options for study groups to hike over to Indian Beach along the Indian Nature Trail to continue learning about the local flora & fauna and the indigenous people of the area.
1:00pm Final share-outs & farewell!



LOOKING FOR MORE DETAILS? CHECK OUT THE FOLLOWING ACTIVITY DESCRIPTIONS.

Please note that the exact activities may vary by study group leader or desired focus of the program. The following represent examples of the types of activities you can expect.

EDUCATIONAL

-*Ranger/Ranger*: Students become the ranger as they teach others in their study groups fun facts they learn from their fieldguide.

-*Oh Deer!* In a modified game of tag students explore the role of changing resource availability on population dynamics.

-*Native plant encyclopedia*: Students choose a native plant, draw a picture of it, write the common name and scientific name, and add a description of how the plant was used by local Native Americans.

-*Ladder Transect*: Students identify and record the various organisms found within their section of the ladder transect.

-*Adapt or Die*: Students create a creature in their notebooks and then are randomly assigned a variety of adaptations. When disaster strikes, they either survive or die.

SENSORY/QUIET

-*Bat & Moth*: The game is played similar to Marco-Polo. The group creates a circle at arms length extended with two people in the middle, the Bat and the Moth. Bat calls out “bat” and tries to find the moth who responds “moth”.

-*Stalking Game*: Students try to sneak up and grab a bandana from the blindfolded student in the center without them hearing you.

-*Fox Walk*: This walk is the basic step for walking quietly in the wilderness. Have students try to use the walk to cross the field blindfolded.

TEAMWORK

-*Human Knot/Lap Sit/Pinecone Path/Helium Stick*: Students work together to communicate effectively in order to solve the problems presented in each of these various teamwork games.

ACTIVE/BIG GROUP

-*Ship to Shore*: A high energy elimination game in which students act out the instructions of the caller.

-*Hawks & Ospreys*: Students act as the eyes, talons, or nervous system of these birds of prey- trying to be the first raptor to catch the fish.