

AUGUST

29-1 Sept – Ansel Adams Wilderness Backpack and Rock Climb

FRI 4 P.M. - MON 6 P.M.
STUDENTS \$170 – STAFF/FACULTY \$190 – GENERAL \$225

Skip the labor Day crowds backpacking in this incredible wilderness area that shares borders with Yosemite National Park. We will hike to pristine mountain lakes, rockclimb on stellar Sierra granite, and rapel a 150' cliff! We will carry everything on our backs, cook on lightweight stoves and sleep under the stars. No experience necessary for this moderate to strenuous adventure. Transportation, food, and equipment included.

4 – Pinnacles Day Hike

SAT 8 A.M. - 5 P.M.
STUDENTS \$17 – STAFF/FACULTY \$25 – GENERAL \$30

Pinnacles rates as a rockclimbing, birdwatching, hiking paradise, and it's so close you should get to know it. We'll enter from the west and work our way to the caves on the east side. Bring sunscreen, lots of water, protective clothing, good boots, and a sandwich. Transportation included. Meet at Outdoor Center.

5 – Sanctuary Sailing

SUN 11 A.M. - 3 P.M.
STUDENTS \$5 – STAFF/FACULTY \$15 – GENERAL \$20

Pinnacles rates as a rockclimbing, birdwatching, hiking paradise, and it's so close you should get to know it. We'll enter from the west and work our way to the caves on the east side. Bring sunscreen, lots of water, protective clothing, good boots, and a sandwich. Transportation included. Meet at Outdoor Center.

9-12 – Fall Break Yosemite Hike & Rock Climb

THUR 8 P.M. - SUN 6 P.M.
STUDENTS \$185 – STAFF/FACULTY \$215 – GENERAL \$260

John Muir once said that Yosemite's "natural beauty cleanses and warms like fire, and you will be willing to stay forever." Well, how about four days in this amazing, glacier-carved National Park! We will do it all from hiking to enjoying waterfalls, rockclimbing on the world famous granite walls, and under the tranquility of the Merced River and El Cap meadow. Don't miss it! Includes transportation, equipment, guides, camping, and food.

17-19 – Lake San Antonio Water Skiing

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$100 – STAFF/FACULTY \$150 – GENERAL \$200

Lake San Antonio is a warm-water lake located about 2 hours south of CSUMB in beautiful country. Because this is inland from the ocean, the water is nice and the air is hot! Bring lots of sunscreen because temperatures can reach 100 degrees. This trip includes two nights, three days, camping equipment, food, boat and captain, ski equipment, transportation, and fun.

18 – Intro to Snorkeling

SAT 10 A.M. - NOON
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

Divers from all over the world come to Monterey to explore the under-water gardens and marine life of the Monterey Bay National Marine Sanctuary. Take an aquatic nature swim through these pristine waters by snorkeling, a low-key way to enjoy the beauty and suitable for all ages. No experience is necessary for this unforgettable experience in one of the world's most beautiful diving locations. All equipment is provided including mask, snorkel, wetsuit, hood, gloves, boots, and fins. Minimum age eight. Meet at Lovers Point.

19 – Biking the Coast

SUN 10 A.M. - 3 P.M.
STUDENTS \$5 – STAFF/FACULTY \$9 – GENERAL \$12

Explore the coast bike trail with friends. This trail that will extend from Monterey to Santa Cruz in the near future, already consists of miles and miles of carfree riding. BYOBike (rentals available). Meet at Outdoor Center.

20-21 – Intro to Rockclimbing—Castle Rock

SAT 8 A.M. - 7 P.M.
STUDENTS \$115 – STAFF/FACULTY \$125 – GENERAL \$135

Go climb a rock...or two!! The sandstone crags found in the Santa Cruz Mountains at Castle Rock State Park offer the perfect location for building a solid foundation in the basic mechanics of outdoor climbing. We will focus on climbing technique, rope work, knots, belaying, and maybe even rappelling! No previous experience necessary. Transportation, food, and equipment provided.

20 – Penitentiary Paintball

SAT 10 A.M.
STUDENTS \$20 – STAFF/FACULTY \$30 – GENERAL \$50

Ever spent time in a maximum-security penitentiary? Well, not only will you get to visit this abandoned prison, you will play in it! Includes 100 paintballs, safety equipment, guns, and instruction. Meet at penitentiary. Directions given at sign-up.

27 – Intro to Bicycle Maintenance

SAT 9 - 11 A.M.
STUDENTS \$6 – STAFF/FACULTY \$9 – GENERAL \$12

The more you know about bike maintenance, the more you will ride and the better you will get. This brief class will teach you some of the basics to get your bike in topnotch shape to take advantage of all the biking our campus and Monterey has to offer. Meet at Outdoor Center.

27 – Fort Ord Mountain Biking

SAT 11 A.M. - 2 P.M.
STUDENTS \$6 – STAFF/FACULTY \$9 – GENERAL \$12

Between the trails of Fort Ord and the bike paths of Monterey, there are endless opportunities to ride in beautiful off-road areas. On this ride, we will explore some of the trails of Fort Ord at a leisurely pace. This ride will not only introduce you to new places but will connect you to other cyclists. Meet at Outdoor Center and BYOBike (also available for rental).



831-582-4644 adventure@csumb.edu

WE OFFER A FULL RANGE OF EQUIPMENT TO MEET YOUR ADVENTURE NEEDS. CHECK THE INSERT LIST OR CSUMB.EDU/adventure

NOVEMBER

1 – Nature Photo Shoot

SAT 8 A.M. - NOON
STUDENTS \$5 – STAFF/FACULTY \$10 – GENERAL \$12

This will be a mellow day hike through Garland Park to film fall in all its splendor. For those who want to go to higher elevations, we will venture to the top of the ridge, where fields of grass provide the foreground for spectacular vistas. Deciduous trees, now turning golden and red, provide a good subject to burn through your film. Meeting place to be announced.

1 – Challenge Ropes Course

SAT 11:30 A.M. - 3:30 P.M.
STUDENTS \$55 – STAFF/FACULTY \$65 – GENERAL \$75

Have a taste for adventure? Our noncompetitive ropes course is designed to utilize each person's talents and abilities. It involves teamwork, creative thinking, problem solving, and physical activity. Be aware that you may find out you can actually do more than you think you can do. Our professional staff will help you discover your hidden potential! Ten person minimum. Registration deadline is two weeks prior.

6 – CPR

THU 6 - 10 P.M.
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

Learn to save a life. This course covers the basics in recognizing a life-threatening situation and providing help in the event of choking, heart attack, cardiac arrest, severe bleeding, or shock. Risk factors for heart attack and stroke will be discussed, and hands-on training provided for CPR and bleeding control. We offer certification through the American Safety and Health Institute, which requires advance purchase of additional materials. Held in Outdoor Center.

9 – Free Dive the Sanctuary

SUN 10 A.M. - NOON
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

An aquatic experience for the more adventurous! Skindiving is a great way to explore the Monterey Bay National Marine Sanctuary. Gently slip underwater and appreciate the life as you quietly hang beneath the surface. Learn basic breath hold and surface diving techniques. All equipment provided, including mask, snorkel, wetsuit, hood, gloves, boots, fins, and weight belt. Minimum age eight. Meet at Lovers Point.

13 – First Aid

THU 6 - 10 P.M.
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

In the United States, approximately two million people are hospitalized each year because of injuries. Knowledge of First Aid can help you make the difference in the event of an emergency. This course covers the practical skills necessary to provide basic first aid for sudden illness or injury. We offer certification through the American Safety and Health Institute, which will require advance purchase of additional materials.

15-16 – Pinnacles Trip—Climb and Hike

SAT 8 A.M. - SUN 4 P.M.
STUDENTS \$85 – STAFF/FACULTY \$105 – GENERAL \$135

The Pinnacles National Monument is our closest winter playground for hiking and rockclimbing. Located right on the San Andreas fault, the Pinnacles' ancient volcanic rock offers a unique climbing experience. Learn the basics of climbing movement, gear, and knots. We will hike the high peaks trail loop as our path winds through these towering formations, then relax under the oak trees at the Pinnacles Campground. Don't forget your camera! Includes food, transportation, and equipment.

28-30 – Lake Tahoe Skiing / Snowboarding

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$130 – STAFF/FACULTY \$180 – GENERAL \$220

Blast through the powder of South Lake Tahoe. Trip includes transportation, lodging, and lift tickets. Snowboard rentals or lessons also available.

DECEMBER

4 – Slideshow of Nature Photo Shoot

THU 7 P.M. - FREE

For those who joined us on the Garland Park nature photo shoot, come share your results. Compare techniques, films, and perspectives.

5-7, 12-14 – Lake Tahoe Skiing / Snowboarding

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$130 – STAFF/FACULTY \$180 – GENERAL \$220

Blast through the powder of South Lake Tahoe. Trip includes transportation, lodging, and lift tickets. Snowboard rentals or lessons also available.

6 – Big Sur Day Hike

SAT 10 A.M. - 5 P.M.
STUDENTS \$10 – STAFF/FACULTY \$15 – GENERAL \$20

Take a trip up an enchanted canyon with a clear flowing creek and towering redwood trees. This hike travels through state parkland in Big Sur and gains a few thousand feet in only a couple of miles. Our destination is the historic "tin house" with it's sweeping panoramas. Learn about the area's natural and cultural history. Transportation included; meet at Outdoor Center.

7 – Sanctuary Sailing

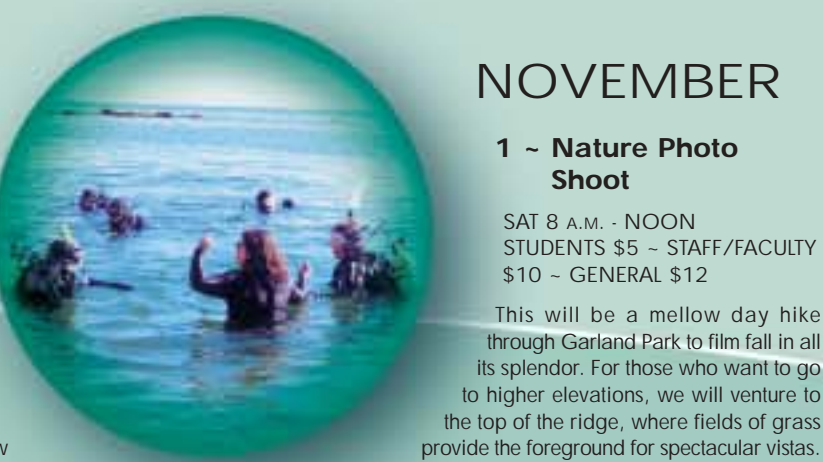
SUN 11 A.M. - 3 P.M.
STUDENTS \$5 – STAFF/FACULTY \$15 – GENERAL \$20

Take a day to sail the bay. We will have our keelboats and flying juniors available for this sailing adventure. No experience necessary. Meet on Del Monte Beach by Wharf 2 at the end of Figueroa Street in Monterey.

13 – Castle Rock Climb

SAT 7 A.M. - SAT 8 P.M.
STUDENTS \$50 – STAFF/FACULTY \$65 – GENERAL \$90

Go climb a rock...or two!! The sandstone crags found in the Santa Cruz Mountains at Castle Rock State Park offer the perfect location for building a solid foundation in the basic mechanics of outdoor climbing. We will focus on climbing technique, rope work, knots, belaying, and maybe even rappelling! No previous experience necessary. Transportation and climbing equipment provided.



JANUARY

2-4, 9-11, 16-18, 23-25 Lake Tahoe Skiing / Snowboarding

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$130 – STAFF/FACULTY \$180 – GENERAL \$220

Start the new year off with a boom! Come check out South Lake Tahoe and enjoy this high altitude winter wonderland. We will stay in private condos just minutes from the slopes. Trip includes transportation, lodging, and lift tickets. Snowboard rentals or lessons also available.

20-24 – Joshua Tree Rockclimbing Road Trip

TUE - SAT
STUDENTS \$215 – STAFF/FACULTY \$270 – GENERAL \$320

This national park has one of the funkiest landscapes you'll ever see, and provides some of the best rockclimbing in the nation. We will spend five days exploring the vertical limit of this amazing high desert. Joshua Tree has climbing for all levels, though we will cater to the beginner and intermediate climber. Learn basic climbing technique, appropriate knots, and proper use of gear while enjoying camping and stargazing amongst the Joshua trees. All equipment, transportation and food provided.

FEBRUARY

6-8, 13-15, 20-22, 27-29 Lake Tahoe Skiing / Snowboarding

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$130 – STAFF/FACULTY \$180 – GENERAL \$220

Blast through the powder of South Lake Tahoe. Trip includes transportation, lodging, and lift tickets. Snowboard rentals or lessons also available.

7 – Extreme Mountain Biking

SAT 10 A.M. - 2 P.M.
STUDENTS \$6 – STAFF/FACULTY \$9 – GENERAL \$12

Not for the beginner. Led by pros, this ride will test your stamina and skills. This extreme biking will explore areas off the beaten path. Meet at the Outdoor Center and BYOBike (also available for rental).

8 – Intro to Snorkeling

SUN 10 A.M. - NOON
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

Divers from all over the world come to Monterey to explore the underwater gardens and marine life of the Monterey Bay National Marine Sanctuary. Take an aquatic nature swim through these pristine waters by snorkeling, a low-key way to enjoy the beauty and suitable for all ages. No experience is necessary for this unforgettable experience in one of the world's most beautiful diving locations. All equipment provided including mask, snorkel, wetsuit, hood, gloves, boots, and fins. Minimum age eight. Meet at Lovers Point.

11 – Sanctuary Rock Gym Indoor Climbing

WED 6 - 9 P.M.
STUDENTS \$10 – STAFF/FACULTY \$11 – GENERAL \$12

The Sanctuary Rock Gym brings the exciting sport of rockclimbing to the Monterey Peninsula, with 6000 sq. ft. of custom sculpted RAD-WALL® climbing surface. The Sanctuary Rock Gym represents the cutting-edge in climbing wall design. A great way to train and learn new skills. All abilities welcome. Transportation from CSUMB and climbing gear provided.

12 – Basic to Advanced Bicycle Maintenance

THU 7 - 9 P.M.
STUDENTS \$6 – STAFF/FACULTY \$9 – GENERAL \$12

This brief class will teach you some of the basics or help you with some of the more advanced techniques to get your bike in topnotch shape. Remember, the more you know about bike maintenance, the more you will ride. Meet at Outdoor Center.

21 – Whale Watching on Monterey Bay

11 A.M. & 3 P.M.
STUDENTS \$20 – STAFF/FACULTY \$25 – GENERAL \$30 – KIDS \$15

Gray whales migrate by the Monterey Bay, and humpback whales come here to feed in the rich waters. To see these great mammals can be a thrill of a lifetime. Tours leave the wharf at 11 a.m. and 3 p.m.

21 – Penitentiary Paintball

SAT 10 A.M. - 2 P.M.
STUDENTS \$20 – STAFF/FACULTY \$30 – GENERAL \$50

Ever spent time in a maximum-security penitentiary? Well, not only will you get to visit this abandoned prison, you will play in it! Includes 100 paintballs, safety equipment, guns, and instruction. Meet at penitentiary. Directions given at sign-up.

22 – Big Sur Day Hike

SUN 10 A.M. - 5 P.M.
STUDENTS \$10 – STAFF/FACULTY \$15 – GENERAL \$20

Take a trip up an enchanted canyon with a clear flowing creek and towering redwood trees. This hike travels through state parkland in Big Sur and gains a few thousand feet in only a couple of miles. Our destination is the historic "tin house" with it's sweeping panoramas. Learn about the area's natural and cultural history. Transportation included; meet at Outdoor Center.

28 – Pinnacles Rockclimbing

SAT 8 A.M. - 6 P.M.
STUDENTS \$45 – STAFF/FACULTY \$65 – GENERAL \$85

Come climb the interesting volcanic rock of the Pinnacles National Monument. Located right on the San Andreas fault, the Pinnacles' ancient volcanic rock offers a unique climbing experience. Learn the basics of climbing movement, gear, and knots. Don't forget your camera! Includes food, transportation, and equipment.

MARCH

5-7, 12-14, 19-21, 26-28 Lake Tahoe Skiing / Snowboarding

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$130 – STAFF/FACULTY \$180 – GENERAL \$220

Spring skiing is the best! Warm days and cool nights as we hit the slopes of South Lake Tahoe. Come rip it up in the great powder! Trip includes transportation, lodging, and lift tickets. Snowboard rentals or lessons also available.

6 – Challenge Ropes Course

SAT 11:30 A.M. - 3:30 P.M.
STUDENTS \$55 – STAFF/FACULTY \$65 – GENERAL \$75

Have a taste for adventure? Our noncompetitive ropes course is designed to utilize each person's talents and abilities. It involves teamwork, creative thinking, problem solving, and physical activity. Be aware that you may find out you can actually do more than you think you can do. Our professional staff will help you discover your hidden potential. Ten person minimum. Registration deadline is two weeks prior.

7 – Sanctuary Sailing

SUN 11 A.M. - 3 P.M.
STUDENTS \$5 – STAFF/FACULTY \$15 – GENERAL \$20

Take a day to sail the bay. We will have our keelboats and flying juniors available for this sailing adventure. No experience necessary. Meet on Del Monte Beach by Wharf #2 at the end of Figueroa Street in Monterey.

10 – Rockclimbing Knot Tying class

WED 6 - 8 P.M.
STUDENTS \$10 – GENERAL \$15

Learn all the knots you need for effective and safe climbing including the figure eight, prussik, klemheist, bowline, clove hitch, and the munter hitch. Don't miss it if you want to improve your skills. Meet at the Outdoor Center

11 – First Aid

THU 6 - 10 P.M.
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

In the United States, approximately two million people are hospitalized each year because of injuries. Knowledge of First Aid can help you make the difference in the event of an emergency. This course covers the practical skills necessary to provide basic first aid for sudden illness or injury. We offer certification through the American Safety and Health Institute, which will require advance purchase of additional materials.

13 – Whale Watching on Monterey Bay

SAT 11 A.M. & 3 P.M.
STUDENTS \$20 – STAFF/FACULTY \$25 – GENERAL \$30 – KIDS \$15

To see these great mammals that visit the Monterey Bay can be the thrill of a lifetime. We may see gray whales as they migrate by or humpbacks as they return to feed in the rich waters of the sanctuary. Tours leave the wharf at 11 a.m. and 3 p.m.

13-14 – Intro to Rockclimbing—Castle Rock

SAT 8 A.M. - SUN 6 P.M.
STUDENTS \$115 – STAFF/FACULTY \$125 – GENERAL \$135

Go climb a rock...or two!! The sandstone crags found in the Santa Cruz Mountains at Castle Rock State Park offer the perfect location for building a solid foundation in the basic mechanics of outdoor climbing. We will focus on climbing technique, rope work, knots, belaying, and maybe even rappelling! No previous experience necessary. Food, transportation, and climbing equipment provided.

18 – CPR

THU 6 - 10 P.M.
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

Learn to save a life. This course covers the basics in recognizing a life-threatening situation and providing help in the event of choking, heart attack, cardiac arrest, severe bleeding, or shock. Risk factors for heart attack and stroke will be discussed, and hands-on training provided for CPR and bleeding control. We offer certification through the American Safety and Health Institute, which will require advance purchase of additional materials. Held in Outdoor Center.

19-21 – Sykes Hot Springs—Big Sur Backpacking

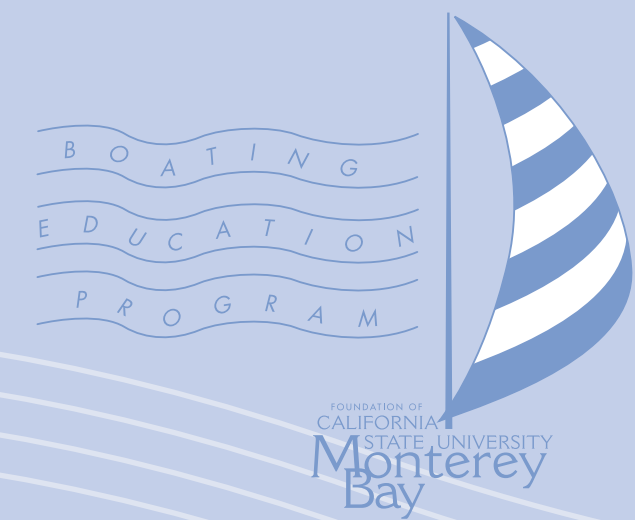
FRI 5 P.M. - SUN 5 P.M.
STUDENTS \$45 – STAFF/FACULTY \$55 – GENERAL \$90

Spend a long weekend hiking into our local hot springs. This is a challenging hike with steep terrain, but a short trip so that you can go light. Learn a little about the area's natural and cultural history along the way, and reward yourself with a relaxing soak in these highly appreciated springs. Includes group equipment, permits, and transportation. Pre-trip meeting March 16, 5:30 p.m. in Building 93.

27 – Sanctuary Kayaking

SUN 10 A.M. - NOON
STUDENTS \$25 – STAFF/FACULTY \$40 – GENERAL \$50

Take a guided tour of the Monterey Bay with USI sea lions, otters, birds, fish, and much more. Includes kayaks, wetsuits, paddles, and guide.



APRIL

2-4 – Surfing Safari

FRI 5 P.M. - SUN 6 P.M.
STUDENTS \$125 – STAFF/FACULTY \$175 – GENERAL \$205

Travel down to Big Sur and enjoy clean waves without the crowds! If you don't know how to surf, we'll teach you. You will be camping in the mighty Redwood forest, eating great food, and having a killer time! Includes two days and two nights, transportation, food, camping gear, surfboards, wetsuits, boogie boards, and camp fees. Drum circle is optional and free to those who have drums!

10 – Pinnacles Wildflower and Cave Hike

SAT 8 A.M. - 6 P.M.
STUDENTS \$17 – STAFF/FACULTY \$20 – GENERAL \$25

Pinnacles rates as a wildflower, rockclimbing, birdwatching, hiking paradise, and it's so close you should get to know it. We'll enter from the west and work our way to the caves on the east side. Bring sunscreen, lots of water, protective clothing, good boots, and a sandwich. Transportation included. Meet at Outdoor Center.

10 – Pinnacles Rockclimbing

SAT 8 A.M. - 6 P.M.
STUDENTS \$45 – STAFF/FACULTY \$60 – GENERAL \$75

On this day trip, we will focus on climbing technique, rope work, knots, belaying, and maybe even rappelling! No previous experience necessary. All equipment, and transportation provided. Bring your own food.

16-18 – Whitewater Rafting

FRI 7 A.M. - SUN 5 P.M.
STUDENTS \$100 – STAFF/FACULTY \$150 – GENERAL \$190

Class three rapids, cool water, and lots of fun! Prepare to have a blast on the south fork of the American River! Two days, one night includes guides, camping equipment, three meals, safety equipment, transportation, and camp/river fees.

23-25 – Yosemite Rockclimbing

FRI 5 P.M. - SUN 6 P.M.
STUDENTS \$100 – STAFF/FACULTY \$150 – GENERAL \$200

Yosemite Valley is the climbing mecca of North America and it's practically in our backyard! Don't miss climbing these impressive granite walls! We will teach you the climbing basics, from knots to belaying to movement. We will also get a chance to explore and see the towering waterfalls. Transportation, food, and equipment provided.

30-2 May – Lake San Antonio Water Ski

FRI 5 P.M. - SUN 7 P.M.
STUDENTS \$100 – STAFF/FACULTY \$150 – GENERAL \$200

Lake San Antonio, about two hours south of CSUMB in beautiful inland country, offers warm water and hot air! Bring lots of sunscreen because temperatures can reach 100 degrees. This trip includes two nights, three days, camping equipment, food, boat and captain, ski equipment, transportation, and fun.

MAY

1 – Penitentiary Paintball

SAT 10 A.M.
STUDENTS \$20 – STAFF/FACULTY \$30 – GENERAL \$50

Ever spent time in a maximum-security penitentiary? Well, not only will you get to visit this abandoned prison, you will play in it! Includes 100 paintballs, safety equipment, guns, and instruction. Meet at penitentiary. Directions given at sign-up.

8 – Arroyo Seco Day Trip

SAT 8 A.M. - 5 P.M.
STUDENTS \$17 – STAFF/FACULTY \$20 – GENERAL \$25

This beautiful secluded area has waterfalls and pools to swim in surrounded by hot rocks to laze around on. Bring lots of sunscreen, lunch, and plenty of water so that you can enjoy this incredible spot near to campus.

8 – Free Dive the Sanctuary

SUN 10 A.M. - NOON
STUDENTS \$15 – STAFF/FACULTY \$20 – GENERAL \$25

An aquatic experience for the more adventurous! Skindiving is a great way to explore the Monterey Bay National Marine Sanctuary. Gently slip underwater and appreciate the life as you quietly hang beneath the surface. Learn basic breath hold and surface diving techniques. All equipment provided, including mask, snorkel, wetsuit, hood, gloves, boots, fins, and weightbelt. Minimum age eight. Meet at Lovers Point.

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FRI 7 A.M. - SUN 5 P.M.
STUDENTS \$100 – STAFF/FACULTY \$150 – GENERAL \$190

Class three rapids, cool water, and lots of fun! Prepare to have a blast on the south fork of the American River! Two days, one night includes