

# APOGEE ADVENTURES

## 2022 California Mountains & Coast

### Summarized Itinerary

**Trip Begins:** San Francisco, California

**Trip Ends:** San Francisco, California

**Day 1:** Our group will meet at the San Francisco Airport this afternoon. After the last bag has been collected, we'll load up our van and head north of the city to rural Marin County. We'll spend our first evening together getting to know one another, playing games, and talking about our trip.

**Days 2-4:** We'll start Day 2 bright and early at Point Reyes National Seashore, where we'll meet our professional kayaking guides. After a thorough safety briefing, we'll hit the water to paddle along the protected coastline of Tomales Bay, with a keen eye out for the wildlife for which the area is famous. After one night sleeping on bayside beaches under some of the brightest stars we've ever seen, we'll paddle back to civilization. After a brief coastal hike to get our legs warmed up, we'll make our way to California's Central Valley to prepare for the next leg of our journey.

**Days 5-10:** Day 5 finds us entering Yosemite National Park, one of California's crown jewels. We'll spend two days exploring the famous Yosemite Valley, including El Cap, Yosemite Falls, and Half Dome, all while getting prepared for our backcountry challenge portion. From there, we'll set out from Yosemite's Tuolumne Meadows area for four days and three nights' worth of backpacking. The city will feel like it's a world away as we walk past alpine lakes and camp beneath the high peaks of the Sierra. On Day 10, we'll emerge from the backcountry and enjoy some well-deserved showers.

**Days 11-13:** Leaving the wonders of Yosemite behind, we'll enjoy all that the coast south of San Francisco has to offer. Our last full days together will be spent taking a surf lesson with professional instructors in Santa Cruz, working on a community service project with the Park Rangers at Half Moon Bay State Beach, and exploring San Francisco by foot. We will finish our trip by celebrating our accomplishments with a festive dinner out, topped off by dessert in Ghirardelli Square. On the last morning of the trip, we will transfer back to the San Francisco Airport for pickups and flights home. We'll part with hugs and promises to keep in touch with new friends.

*Please note that we often run California Mountains & Coast with two groups in the field concurrently, an "A" and "B" group. Both groups will include very similar activities but might be in a different order. Students will be placed into groups and will receive their night-by-night itinerary a few weeks before the trip begins. All itineraries are subject to change.*

**Apogee Adventures, PO Box 505, Brunswick, ME 04011**  
207.725.7025 or [info@apogeeadventures.com](mailto:info@apogeeadventures.com)