

2025
TRIP GUIDE



DISCOVER **THE OLYMPICS**

A 6-day family adventure camp in Washington state



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AGES

10+

COST

\$1,995 per
person

DATES

6/16 - 6/21
7/27 - 8/1

- **Included in cost:** Food, campsites, and lodging; hotel pick-up and drop-off in Olympia, WA; group and technical equipment; guided activities
- **Not included in cost:** Program and travel insurance; personal clothing and items; transportation to and from Olympia, WA; gratuities (optional but always appreciated)



Spend six days exploring the wonders of Washington's Olympic National Park, home to sprawling glaciers, mountains reaching almost 8,000 in elevation, abundant and thriving wildlife, old-growth forests, more than 600 miles of trails, and hundreds of culturally significant archeological sites. The Olympics also offer endless outdoor recreation opportunities for kids and adults: Hike through rainforests, visit waterfalls, soak in hot springs, explore the coast's tidepools and sea stacks, and paddle through calm waters.

Most important, this is the perfect opportunity to spend intentional time together and grow closer as a family.



Who is Adventure Treks?

We believe in facilitating remarkable, life-changing experiences in the beautiful outdoors. Since 1993, we've guided thousands of students through spectacular adventures across North America and the world. Now, we're bringing that same sense of exploration, connection, and growth to families.

At Adventure Treks, we provide the much-needed opportunity for families to unplug, explore breathtaking landscapes together, and strengthen bonds through adventure. Our trips are designed to foster teamwork, confidence, and resilience while having fun in a supportive, screen-free environment. Whether hiking, rafting, or camping under the stars, families will share in the joy of discovery and challenge themselves in new and exciting ways.

Our program is defined by an unmatched commitment to safety, strong communities, and a focus on transformative experiences. With highly qualified and caring guides leading the way, we foster a welcoming environment where every family feels valued, inspired, and connected.

“Simply put, AT was one of—if not the—most formative experiences of my life. I wouldn't be the person I am today without the lessons I learned on those trips, and I'm still friends with folks I met 20 years ago.”

Brad Elkins, student from 2002-2006, currently a political consultant



To maintain physical and emotional safety as our top priority



To offer fun and exciting outdoor activities that help families connect, challenge themselves, and create lasting memories



To empower families to create a positive and inclusive environment where they support one another, explore together, and strengthen their bonds



To create opportunities for families to bond, grow, and develop a shared sense of adventure, teamwork, and appreciation for the outdoors



To inspire a lifelong love of the outdoors and a commitment to conservation, ensuring future generations continue to explore and protect wild places



To be a sustainable and responsive business, with a focus on our families and the quality of our programs



Designed for families of all experience levels

Expert guides who foster fun and safety

All essentials included in tuition

Whether you're an experienced adventurer or new to the outdoors, our trips are designed to be fun and enriching for everyone. We also offer:

- Experienced and caring guides who meet every family where they are, providing a safe space to explore together;
- A welcoming, inclusive environment where families can bond, challenge themselves, and make lasting memories;
- Comprehensive pricing, where meals, core activities, and accommodations are included (with optional add-ons available for those who want even more adventure);
- And a hands-on director team ensuring top-quality experiences from start to finish!

Planning a family adventure can be overwhelming, especially in the outdoors—let us handle the details so you can focus on making memories.

Organizing a multi-day outdoor trip requires extensive planning, logistics, reservations, and gear—plus the added stress of ensuring everything runs smoothly. At Adventure Treks, we take care of everything, from expert guides and quality gear to delicious meals and seamless itineraries. Our trips are designed to remove the stress of planning, allowing your family to fully immerse in the experience, have fun, and create lifelong memories—without the hassle.

	Adventure Treks	Self-Guided
Trip-planning & logistics	All logistics handled for you—just show up and enjoy	Requires extensive research, campsite and lodging reservations, permits, and itinerary planning
Gear & equipment	We provide quality gear and teach you how to use it	Must rent or purchase gear and know how to use it
Safety & risk management	Experienced guides with advanced medical certifications and risk management training	Responsible for navigation, first aid, and emergency planning
Food & meal prep	Delicious meals and snacks provided and prepared together	Must plan, buy, pack, and cook all meals
Finding & booking activities	A curated itinerary with top-notch experiences included	Must research, book, and pay for guided activities separately
Pacing & group dynamics	Guides foster a fun, engaging, and inclusive experience for families	Can be stressful managing different energy levels, interests, and family dynamics
Cost transparency	Upfront pricing with no hidden costs (optional add-ons available)	Multiple expenses for permits, food, gas, gear, and guided activities
Enjoyment & family bonding	Fully immerse in the experience and make lasting memories together	Hard to balance planning, guiding, and enjoying the trip

HIKE



CAMP

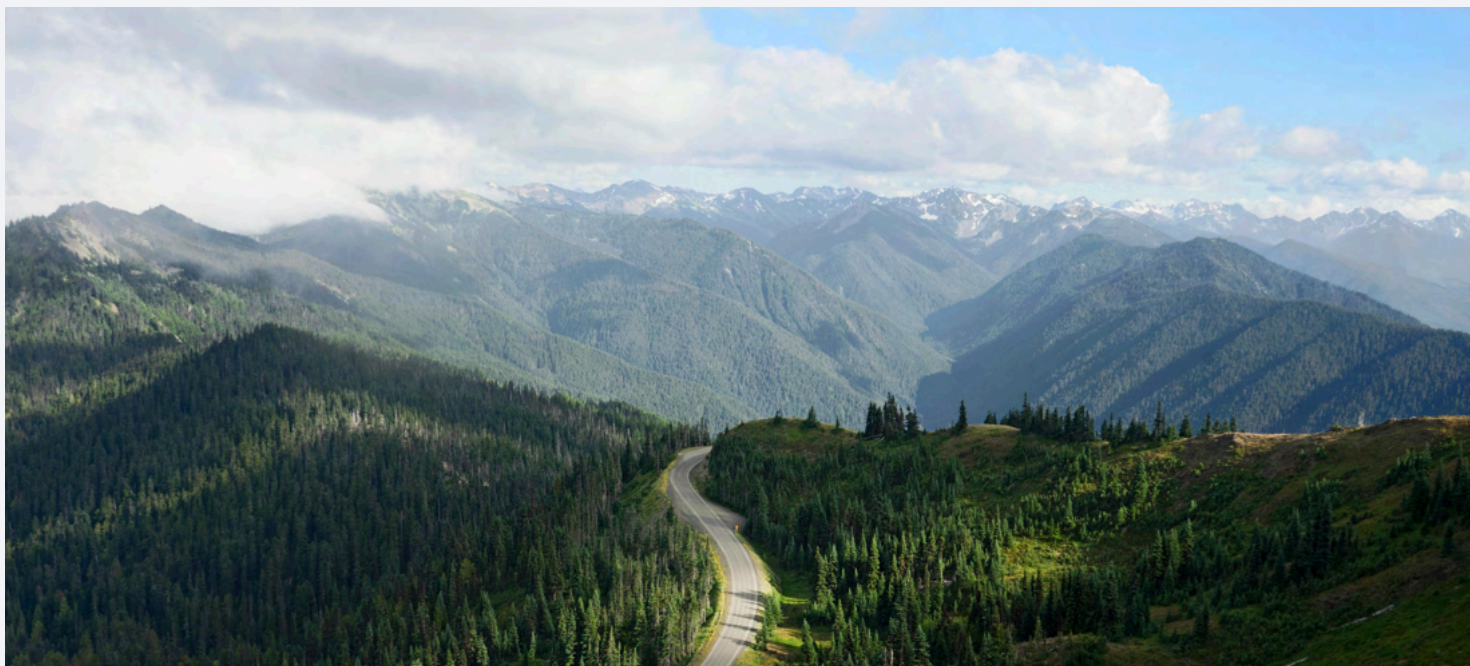


HOT SPRINGS



SEA KAYAK





Day 1	<p>Arrive in Olympia, WA, meet the group, and head to basecamp* for the next three nights.</p> <p><i>*See page 16 for lodging options</i></p>	<p>Sol Duc Hot Springs Campground</p>
Day 2	<p>Sea kayak at sunrise in Port Angeles and day hike in Olympic National Park</p>	<p>Sol Duc</p>
Days 3	<p>Explore and hike along the Olympic Peninsula; end the day by relaxing in hot springs and a freshwater pool</p>	<p>Sol Duc</p>
Day 4	<p>Backpack along the Olympic Peninsula and camp on the beach</p>	<p>Backcountry camping (with privies)</p>
Day 5	<p>Spend the night at Lake Quinault Lodge, with an option to add kayaking or canoeing, or take a sunset cruise on Lake Quinault</p>	<p>Lake Quinault Lodge</p>
Days 6	<p>Spend a relaxing morning at the lodge, with an optional sunrise beach hike, morning paddle, or peaceful hike through the Quinault Rain Forest</p>	<p>Back home!</p>



DAY 1

Our adventure begins in Olympia, WA, with a scenic drive to Olympic National Park. We'll hike to a stunning three-pronged waterfall in an old-growth forest before celebrating with our traditional "Yahoo!" dinner feast.

DAY 2

Today starts with a peaceful sunrise sea kayak in Port Angeles, watching for marine life and mountain views. In the afternoon, we'll hike Hurricane Ridge, where trails lead to breathtaking 360° vistas of peaks, valleys, and alpine lakes.

DAY 3

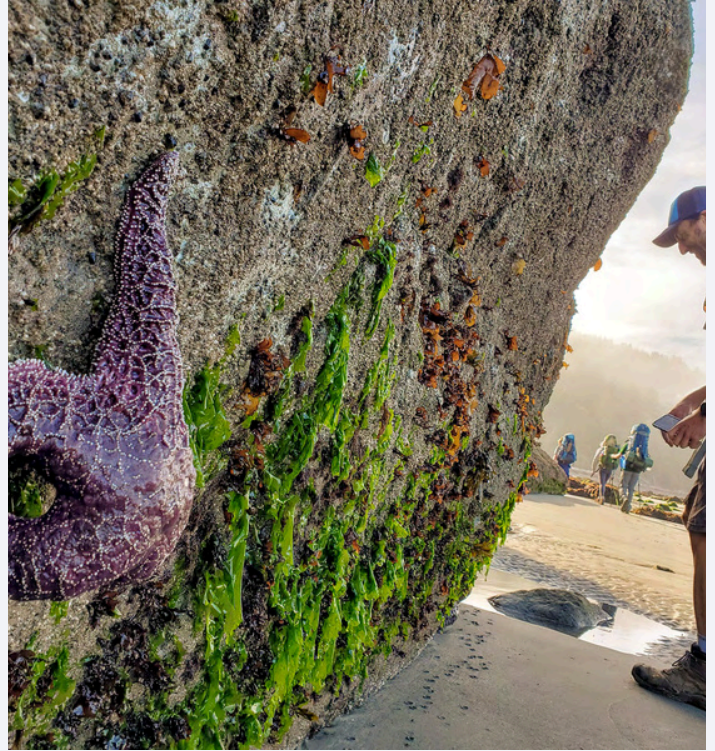
Today, we'll explore Rialto Beach on the Olympic coast, with its towering sea stacks, driftwood-covered shores, and tidepools full of marine organisms. A hike to Hole-in-the-Wall offers more stunning views and chances to spot wildlife.

**DAYS
4-5**

Our overnight hiking trip will take us through old-growth forests and onto wild coastal stretches. We'll pass lakes, rivers, and ancient petroglyphs before enjoying a seaside dinner and sunset at camp. After hiking out, we'll relax at Lake Quinault Lodge, celebrating our trek with a comfy bed and optional activities like a canoe paddle or sunset cruise.

DAY 6

On our final morning, families can enjoy a beach walk, rainforest hike, or paddle on the lake. After one last meal, we'll return to Olympia for drop-off, ending our adventure with great memories.



FUN, CONNECTION, & FAMILY TIME

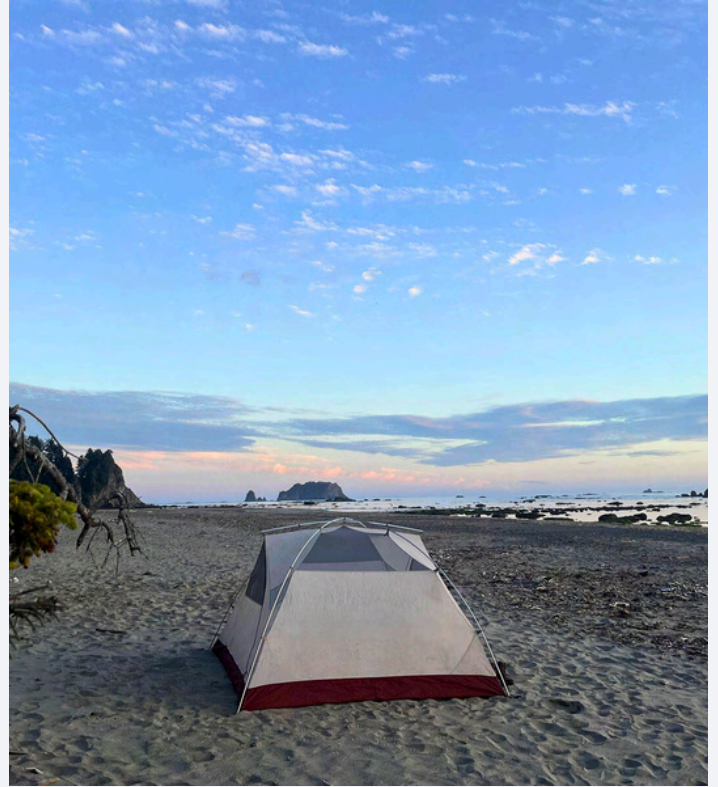
At the heart of our trips you'll discover shared adventure, family bonding, and meaningful connections. You'll return home with new memories, outdoor skills, and a deeper appreciation for the natural world and your own strength. Whether you're hiking, paddling, or relaxing by the fire, every moment is designed to bring families closer together while experiencing the joy of the outdoors.

ALL EXPERIENCE LEVELS WELCOME

No experience is necessary, so don't worry if you've never camped, kayaked, or backpacked before. We'll teach you and your family everything you need to know to succeed, from setting up a tent to paddling a sea kayak to cooking delicious meals in the backcountry. If you do have experience, that's fantastic! Our guides will take your skills to the next level.

21st CENTURY SKILLS

Adding to a fun family trip, we strive for our Great 8 Outcomes to be learned through new adventures, immersion in nature, shared responsibilities, and face-to-face interactions. With this model, families strengthen their ability to work together, adapt, and support one another and makes Adventure Treks the perfect place to improve the interpersonal skills kids and families need to thrive in the 21st century.



SAFETY & SUPPORT

Risk management is at the core of everything we do. Adolescents need reasonable risk as part of their normal growth and development, but from the moment you and your family leave home until you return, minimizing this risk is our foremost priority. We take a thoughtful approach to balancing adventure with well-being, ensuring that every activity is both exciting and safe with our thorough policies and protocols. By teaching students about judgment, probability, and consequences, we build a safety-conscious mindset that helps them learn how to make good decisions and take intelligent risks—habits that will apply to the rest of their lives.

EXPEDITION MENTALITY & TEAMWORK

Our trips emphasize teamwork, shared responsibility, and community. Families work together to set up camp, cook meals, and support one another, fostering mutual respect, trust, and a strong sense of accomplishment. Through these experiences, students learn that a great community values both physical and emotional safety and that individual actions impact the group. Kids and parents alike will feel encouraged to step outside their comfort zones, try new things, and contribute to the group in a meaningful way. You'll find a sense of belonging among like-minded families who share a love for adventure, exploration, and quality time together.

We encourage families to embrace challenges, try new things, contribute to group tasks, and maintain a positive attitude—core values of the Adventure Treks experience.

MEALS AT ADVENTURE TREKS

Families are always impressed by the food! Guides will ensure there is plenty of food and plan balanced meals, and we eat family-style, sitting in circles so no one is excluded. There are always second portions (and usually thirds) available; meals include a good balance of protein and carbs; and we eat fresh fruits and vegetables often. While guides will have done the meal-planning and shopping before families arrive, trip meals are mostly prepared together. Guides will teach cooking techniques and ensure that everyone is involved, making mealtime a fun and rewarding experience.

We can easily accommodate vegetarians and many food allergies, including peanuts, tree nuts, soy, dairy, sesame, and gluten. And we always have a wide variety of snacks available throughout the day. Adventure Treks may choose to operate a trip free of a particular food (e.g., peanuts) due to allergies.

ACCOMODATIONS

Most of our nights are frontcountry camping* (developed campsites with amenities like running water and toilets) at a beautiful campground. One night will be spent backcountry camping in a wilderness location where we will be away from our vehicles, electricity, and other amenities. To celebrate the completion of our backpacking journey, we'll spend our final night at Lake Quinault Lodge—a beautiful and historic retreat. Each room includes two queen beds, but families can upgrade to a king bed or an additional room for an extra cost. This is a perfect way to reflect on the adventure, enjoy a well-earned rest, and savor the memories of the trip together.

**You may upgrade to a cabin for an additional cost, pending availability.*



Never camped before? Don't worry!
We'll make sure you'll learn the ropes
and get comfortable in a jiffy.

Adventure Treks was the most significant life experience of my adolescence. AT introduced me to a community of individuals who would go on to be friends and mentors for years to come. My love for the outdoors was born out of summers with AT, and so many choices I've made from where I've lived to what jobs I've taken... My path to a career in medicine was heavily influenced by AT experiences as an instructor. I simply can't imagine who I would be if I didn't spend summers with AT.

Lauren Liebling, student from 2004–2006, currently a physician assistant



GEAR

Adventure Treks provides all outdoor gear, including a backpacking backpack, sleeping bag and pad, tent, cooking gear, and all activity-specific technical gear. Families will bring a daypack and duffel bag; clothing, footwear, and toiletries; and a few personal pieces of outdoor gear.

Before opening day, families will pack all of their items in a daypack and duffel bag; the daypack can be a school backpack and will act as carry-on luggage, and families will use this often throughout the trip.

TECH-FREE EXPLORATION

Our trips are completely unplugged—a rare opportunity for families to fully immerse in nature and each other. Our families have an unbelievable amount of fun—all without their cell phones. Without the distractions of phones and screens, you'll experience deeper conversations, more laughter, and stronger connections.

We encourage families to bring a camera or GoPro to capture special moments, but phones and tablets will be stored for the duration of the trip.



GETTING TO ADVENTURE TREKS

Families will be picked up at their respective hotels in Olympia, WA, with pick-up times generally between 7:00 am and 10:00 am on opening day. We'll coordinate with each family and confirm details as travel plans are finalized. Throughout this process, we'll stay in close contact to review the packing list and first-day logistics, and answer any questions you may have.

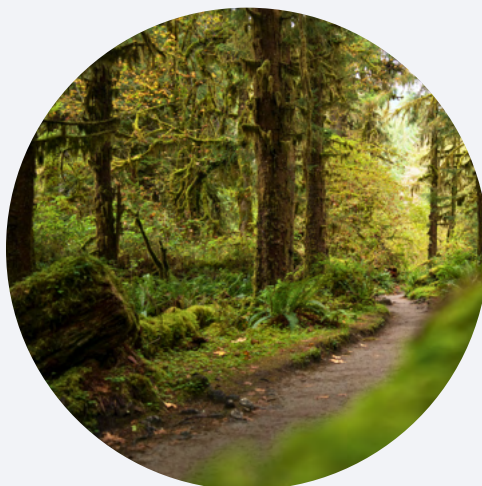
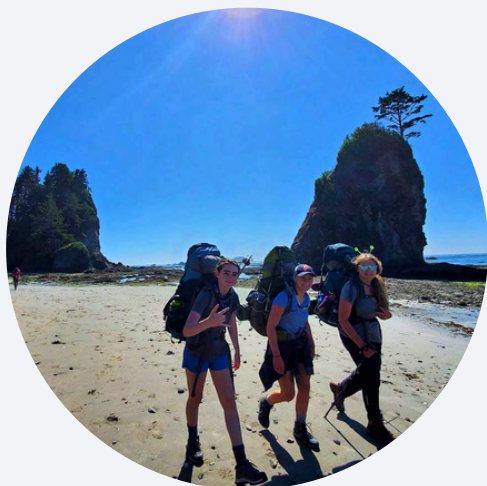
For those flying, Seattle-Tacoma International Airport (SeaTac) is the closest major airport. Olympia is just over an hour away, and the most common way to get there is via [Premier Airport Shuttle](#) (reservations: 800-962-3579 or online). Many families choose to fly in the day before and stay in Olympia to rest up from traveling and explore the city.

COMMUNICATION & PHOTOS

Guides will take photos and videos throughout the trip, which the office will provide to families after the trip. The summer office hours are 8–6, but someone is always on call for after-hours emergencies. We'll provide an emergency contact number that can be used for urgent or time-sensitive situations, such as canceled flights or family emergencies.

“AT dramatically boosted my ability to adapt to new situations and go with the flow. It was also a great social environment, and I’m thrilled whenever I run into someone I know from AT (which last happened in January 2024). It was great to spend summer with other people excited to try out new things, have fun, and be silly. Most concretely, AT made me a lifelong lover of the outdoors and taught me the skills I needed to enjoy it fully.”

Grant Clovin, student from 2009–2011, currently a lawyer



ACCOMMODATION UPGRADES

Upgrade to Sol Duc Cabins (instead of camping): \$1,147.50

Upgrade to a private cabin for the first three nights at the campground. Please note that the cabins are located about 1 to 1.5 miles from the main campsites. If you'd like to upgrade, we recommend registering for family camp and noting this supplement as soon as possible before rooms are no longer available.

Extra/private room at Lake Quinault Lodge: \$406.29

Your family's room at Lake Quinault Lodge includes two queen beds. You may upgrade to a king room or book additional rooms for more privacy.

Lake Quinault Lodge supplemental activities & add-ons

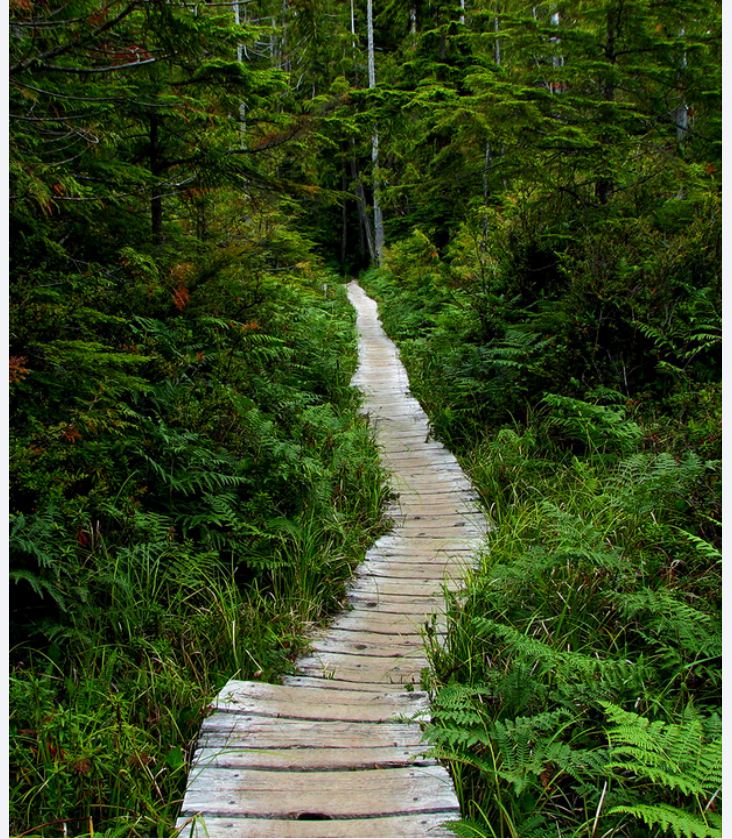
- **Canoe/kayak rental:** \$30 per person (2 hours)
- **Sunset boat tour:** \$50 per adult / \$35 per child
- **3-course dinner at Roosevelt Dining Room:** \$80 per person*
- **Breakfast voucher:** \$37.36 per person*

These are optional meals; Adventure Treks provides all food.

Weather

While it will likely be warm and sunny most of the trip, we may experience drizzle and fog on the Olympic Peninsula or in the forests.

Families should be prepared to drink lots of water to stay hydrated and always wear sunscreen.



“My experience with AT gave me a love of the outdoors and being in nature. It helped me build resilience and trust in my own body and my ability to push through challenges and setbacks. It gave me a sense of belonging and community with my fellow AT friends, as well as several very close friendships that made me feel seen and loved. I still feel like it was one of my most formative, treasured experiences of my teen years.”

Zoe Fishman Sitrin, student from 2004-2007, currently in product marketing

Did you know?

- Olympic National Park is home to the bright yellow banana slug, which can reach 10 inches in length.
- The Olympic Peninsula is home to many species, including 56 mammals, 300 birds, and 37 native fish.
- Within the national park boundaries, the Hoh, Queets, and Quinault Rainforests within Olympic National Park collectively form the largest temperate rainforest in the world.



Ready to enroll? It's easy!

1

Complete our [online application](#) and submit a deposit to secure a space.

2

Submit admissions forms, including family questionnaire and a health history form.

A \$500 deposit must accompany the application to secure your families's spot, which will be applied toward the full cost of tuition. Please visit adventuretreks.com/terms-conditions for more information regarding our cancellation and refund process, payment options, trip insurance, and more.