



LOCAL HIGH ADVENTURE

**JOIN US AT
LENHOK'SIN HIGH ADVENTURE!**



WHY HIGH ADVENTURE?

High adventure isn't just a thrilling experience—it's a transformative chapter in a Scout's journey. It's where leadership is tested, friendships are forged, and personal growth accelerates in ways that can't happen anywhere else.

- **High adventure builds resilient leaders**
 - *Challenges Scouts to step outside their comfort zones, teaching self reliance, teamwork, and problem solving under pressure*
- **It's the pinnacle of the Scouting experience**
 - *Scouts often describe high adventure as the most meaningful part of their Scouting journey.*



WELCOME TO GOSHEN SCOUT RESERVATION!



WHY LENHOK'SIN?

Lenhok'sin High Adventure at the Goshen Scout Reservation has offered local high adventure opportunities for over 50 years.

- Accessible, local high adventure opportunity
- Nationally accredited, council-run operations with easy registration and growing leader resources
- Program diversity that supports retention and advancement. Lenhok'sin is a program that grows with you.



Troop 152 - Summer 2016



Troop 152 - Summer 2022

LENHOK'SIN HIGH ADVENTURE OVERVIEW

Lenhok'sin High Adventure serves for many as an introduction to high adventure and platform for preparing for national high adventure opportunities, whether you're new to backpacking and canoeing or are a seasoned pro.

- **A part of the Goshen Scout Reservation (Goshen. VA)**
- **Access to ~3,000 of GSR land, surrounded by state game land and wildlife preserve**
- **Two featured high adventure treks:**
 - **Backpacking Trek**
 - **Canoeing Trek**



LHA BACKPACKING TREKS

Hit the Trail!

- **Plan your own adventure**
 - Tailor your trek and route to fit your unit's experience level and goals
 - Complete a pre-trek survey to select outpost activities
- **Seven day, six night trek experience**

Sunday: Arrive at Basecamp

Monday: Hit the trail!

Friday: Return to basecamp

Saturday: On to the next adventure!





A WEEK AT A GLANCE (BACKPACKING TREK)

SUNDAY:

Arrive at LHA (Camp Baird at GSR) and participate in round robin orientation sessions.

MONDAY:

Hit the Trail! Depart from basecamp for your weeklong adventure.

MONDAY – THURSDAY:

Hike during the day and participate in outpost programs each afternoon.

FRIDAY:

Return to basecamp and join us for a closing campfire.

SATURDAY

Depart Lenhok'sin High Adventure to return home.



Mountain Man



Foxfire



Wood's Edge



Caving



COPE



Aquatics



PRIMITIVE CAMPING NIGHTS

Primitive nights at Lenhok'sin High Adventure are unstaffed camping opportunities, ideal for crews planning longer hiking days.

- **Opportunity to plan longer hiking days. Many crews use primitive nights to:**
 - Complete the 13-mile round trip to Big Butt Mountain
 - Work on their 50 Miler Award requirements
 - Earn the LHA Wilderness Award
- **Opportunity for a backcountry backpacking experience**

LHA CANOEING TREKS

Adventure Awaits!

- 63 miles of white water canoeing on the Upper James River Water Trail
- Over 100 class I rapids and 20 challenging class II rapids
 - Including infamous Balcony Falls Rapid
- Camp at public campgrounds along the way
- Partnership with Twin River Outfitters in Buchanan, VA

Sunday: Arrive at
Basecamp

Monday: Travel to
Outfitter

Friday: Return to
basecamp

Saturday: On to the
next adventure!





Chris Wilson, Crew 893, Centreville VA

Balcony Falls Rapid



Chris Wilson, Crew 893, Centreville VA



A WEEK AT A GLANCE (CANOE TREK)

SUNDAY:

Arrive at LHA (Camp Baird at GSR) and participate in round robin orientation sessions.

MONDAY:

Travel to Twin River Outfitters. Participate in safety briefing and start your trek.

MONDAY – THURSDAY:

Canoe along the Upper James River Water Trail, staying at designated campsites along the way.

FRIDAY:

Kayak for your remaining day on the river. Return to LHA basecamp and join us for a closing campfire.

SATURDAY

Depart Lenhok'sin High Adventure to return home.

LENHOK'SIN AWARDS



Lenhok'sin High Adventure Patch

Awarded to those who complete a trek at Lenhok'sin High Adventure. Neither sold nor given to anyone who hasn't earned it.



Trailblazer Award

To recognize those crews choosing to make the most of their week on the trail by showing extra effort.



Wilderness Award

An award for those crews that really want to get out there and away from everything.



River Trek Award

Similar to the Trailblazer Award, the River Trek award is presented to the crews who demonstrate safety afloat and practice wilderness ethics.



Big Butt Award

Big Butt is our toughest climb, not for the weak of heart. We're not kidding. That really is the mountain's name.



Moore Four Peaks Award

Named after Sam Moore, in honor of his years of maintenance of the trails. To be worthy of this award, crews must climb all four peaks: Viewing Rock, Jump Rock, Forge Rock, and Big Butt.



50 Miler Award

An official Scouting America award earned by those who display personal fitness, self-reliance, knowledge of wood lore, and a practical understanding of conservation.



Duty to God Award

The Goshen Scout Reservation religious award.



PROVISIONAL PROGRAM

The provisional program is for Scouts to attend summer camp without their unit or in small groups (such as a parent and child). Provisional Scouts camp together for the week, becoming a “provisional unit”.

- **In 2026, the NCAC High Adventure Committee is supporting a Provisional River Trek!**
 - **Week 3 Session: July 12 – July 18, 2026**
- **Leadership provided by attending provisional adult leaders and NCAC High Adventure Committee**

GOAT CREW

Join the Order of the Arrow Trail Crew for a two-week Lenhok'sin experience!

- **Goshen Order of the Arrow Trail (GOAT) Crew**
- **Spend two weeks on the Lenhok'sin Trail with fellow members of the Order of the Arrow**
 - Week 1: Trail Work and Conservation Initiatives
 - Week 2: Lenhok'sin Backpacking Trek
- **Discounted rate for two weeks of program, supported by the Amangamek-Wipit Lodge (\$200 for two weeks)**



PREPARING FOR YOUR TREK





TRAIL MENU

- **Sunday Dinner through Saturday Breakfast are provided to you!**
 - Sunday Dinner, Monday Breakfast, Friday Dinner, and Saturday Breakfast are served to you at Camp Baird (base camp)
 - Trail meals are served for all other meals (e.g., Backpacker's Pantry and Mountain House meals)
- **Trail meals served in "buddy bags" (two servings per meal pouch) with your crew's size and dietary needs in mind.**
- **Sample menu available for review at www.gotogoshen.org/food.**

SUPPPORTING DIETARY NEEDS

We're prepared to support you and your Scouts for all their dining needs!

- **Nut-free dining facility**
- **We're prepared for you!**
 - **Dedicated vegetarian menu**
 - **Food allergy and dietary restriction accommodation**
 - **Including gluten free and dairy free**
 - **Ingredient lists available on request**

Dietary restrictions and allergies must be reported as a part of your camper registration and prior to arrival to provide the best possible service.





FIRST AID & HEALTH LODGE

All Lenhok'sin Crews are required to have at least one crew member who is Wilderness First Aid certified.

Lenhok'sin High Adventure has resident staff who are trained in Wilderness First Aid and are prepared to provide your crew with any assistance needed.

All Lenhok'sin High Adventure crews and staff have access to the Goshen Scout Reservation Health Lodge team, comprised of trained medical professionals to provide consult and additional support.

We maintain a close relationship with our local medical and emergency services, allowing us to connect you with the best care possible when beyond Scout-rendered first aid is needed, including mental health support and counseling.

TRADING POST

The most popular spot at camp! Goshen Scout Reservation supports a trading post at each of our resident camps, where we supply:

- **Apparel (T-Shirts, Hoodies, Sweatpants, Socks, etc.)**
- **Souvenirs**
- **Camping Equipment**
- **Snacks & Ice Cream**
- **Drinks & Slushies**

The Memorial Trading Post, located at GSR's headquarters', Camp Post, also includes the Goshen Scout Reservation Museum, as well as merchandise for all 5 of our camp operations.



COMPARISON TO OTHER HIGH ADVENTURE PROGRAMS

- **Local high adventure means**
 - Lower participation and travel costs
 - Increased personal attention to your units before you arrive and while you're at Lenhok'sin
- LHA can serve as a steppingstone to national high adventure programs and opportunities (such as Philmont and Northern Tier)



CAMP LOGISTICS



SUMMER 2026 SCHEDULE

Session	Dates
Week 1	June 21 – June 27
Week 2	June 28 – July 4
Week 3	July 5 – July 11
Week 4	July 12 – July 18

COST OF CAMP

<u>2025 COSTS</u>	Price Per Camper	If Paid By...
Early Discount Price	Youth: \$625.00 Adult: \$330.00	April 15, 2025
Regular Price	Youth: \$655.00 Adult: \$370.00	After April 15, 2025

- Unit Registration Fee: \$200.00
 - Helps us to be best prepared for your arrival at Goshen Scout Reservation
 - Separate from camper costs, non refundable
- Camper Deposit: \$100.00
 - Due February 15, 2026
 - Gains commitment for camper attendance early, applied to individual camper cost
- Free Adults: Receive one free adult for every 10 registered youth





FINANCIAL AID / CAMPERSHIPS

We believe that no youth should be turned away from the opportunity to attend summer camp. National Capital Area Council provides financial aid up to 50% of the cost of camp.

- To apply for a “campership”, visit the financial support page on www.ncacscouting.org.
 - To apply for a campership at the Goshen Scout Reservation, select “NCAC Lenhok’sin High Adventure Camp at Goshen” on the financial assistance request form
 - Recipients will receive a campership voucher to apply to their camp registration

ATTENDANCE REQUIREMENTS

All Scouting America membership and supervision requirements must be followed, as detailed in the Guide for Safe Scouting.

- **At all times, a unit must have two adults over the age of 21 who are registered in Scouting America present.**
 - *If your unit has a youth female camper attending, then one of the registered adult leaders must be female*
- **In Scouts BSA, all attending adults and youth must be current members of Scouting America at time of attendance.**
 - *Registration as a merit badge counselor position does not meet this requirement. Please refer to the Guide for Safe Scouting for a list of approved adult registration fee required positions.*
- **Have an adult who can't attend a full week of camp? Split the week with another adult!**



ATTENDANCE REQUIREMENTS

All Scouting America membership and supervision requirements must be followed, as detailed in the Guide for Safe Scouting.

- **All participants must be age 13 by September 1, 2026**
- **Crew Size:**
 - **Backpacking crews must have at least 6 participants (youth and adult), and a maximum of 12 participants**
 - **Canoeing crews must have at least 8 participants (youth and adult), and a maximum of 12 participants**
 - *If you believe you may have more than 12 attendees, please reach out and we're happy to work on an attendance plan with you!*
- **All participants must have a current and completed Scouting America Annual Health and Medical Record (Parts A, B, & C)**



PREPARATION RECOMMENDATIONS

- Review the Lenhok'sin High Adventure Leader's Guides (separate Backpacking and Canoeing editions) & General GSR Leader's Guide
- Plan and carry out several weekend "shakedown" hikes/paddling events prior to your arrival
 - Help you to gauge current abilities and set realistic crew goals
- Complete all your pre camp trainings



WHAT COMES NEXT?

Six Steps for Preparing Your Summer Adventure

1. Pick a date!
2. Get on your Troop committee meeting agenda to inform attendance at GSR
3. Review the GSR & Lenhok'sin Leader's Guides
4. Add GSR to your Troop Calendar
5. Present GSR to your Troop
6. Register your Troop to attend GSR





REGISTER YOUR UNIT NOW!

Registration for Summer 2026 is live!

As you promote GSR to your unit and gain their interest and commitment, we encourage you to gather the following information:

- **What week will you be attending GSR?**
- **How many youth do you think will attend?**
- **How many adults do you think will attend?**

To register, visit www.gotogoshen.org/registration and select “Register for Lenhok’sin High Adventure 2026.”



THANK YOU!

Goshen Scout Reservation

Scouting America National Capital Area Council
www.gotogoshen.org | www.ncacscouting.org