

at Joshua Tree National Park

74485 National Park Dr. Twentynine Palms, CA 92277

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Women's "Get-Away" Weekend

Information

- Date/ Time: Saturday, November 16, 8 am – 5 pm
Sunday, November 17, 8 am – 2 pm
- Meet at: [Joshua Tree Visitor Center](#) (click on the link to a map of the meeting site) 6554 Park Blvd, Joshua Tree, CA 92252
- Instructors: Gabriela Moreno, Hiking and Camping
Instructor Carolyn Amberson, Hiking and Camping Instructor

Overview

Spend a weekend with the Desert Institute at Joshua Tree National Park where you can go to unplug, to get away, to learn new skills and to enjoy the company of like-minded women. Trade in your computer, cell phone, Instagrams, clocks, schedules and workplace jargon for an off-the-grid weekend with the ladies - two days of pure unadulterated fun and education! Join Gabriela and Caroline on hikes, creative exercises, learn camping, hiking, and backpacking tips and strategies, and explore new ways of appreciating nature through overviews of Joshua Tree National Park's natural and cultural history. This weekend of classes will be held at the Lost Horse Campground, a beautiful exclusive location that is perfect for this program!

Camping is optional, but highly recommended.

Itinerary

Saturday, November 16, 8 am – 5 pm

Joshua Tree Visitor Center, 6554 Park Blvd, Joshua Tree

Introduction

- Meet at the Joshua Tree Visitor Center
- Caravan to Lost Horse Campground

- Movement Circle
- Leave No Trace Hike
- Lunch break, and set up camp
- Writing the desert landscape
- Late afternoon activity?
- S'mores and Stories

Sunday, November 17, 8 am – 2 pm

- Coffee
- Movement Circle
- Hike
- Journaling Session
- Optional Q+A

What to Bring to the Course

- Comfortable Folding Chair
- Journal and writing tools
- Comfortable clothing (Layers are best, make sure you can move freely and comfortably)
- Camping equipment and food for the weekend, such as
 - Tent
 - Sleeping bag
 - Foam pad, blow up mattress or cot
 - Cooler (ice may not be readily available so don't bring perishables)
 - Water (there is no water in the park or in our campground)
 - Food – Lunch and Dinner on Saturday and Breakfast and Lunch on Sunday
 - Snacks and beverages for campfire on Saturday night
 - Cooking and eating utensils
 - Lantern
 - Flashlight (your headlamp will do just fine)
 - Toiletries and towel
- (Optional) hiking poles

The 10 Essentials: Every day in the Desert

- Day pack
- 4 quarts of water
- Closed toe hiking shoes with “grippy” soles
- Food and snacks

- Clothing layers
- Hat
- Sunglasses/Sunscreen
- Flashlight
- Notebook and pencil/pen
- Whistle
- Binoculars (recommended by the instructors)

Fitness Requirements

Participants must be in good physical condition for courses/activities in a desert that may be hot, dry, windy, and sometimes surprisingly cold.

Hike Level

Moderate

Guidelines

- You are responsible for your safety.
- Park your car in designated areas only. Parking along the side of the road is dangerous to you and the environment.
- Rattlesnakes are present in the park. Avoid contact with wildlife. Put your hands and feet only where you can see them.
- Stay with the group. If you get lost, stay put.
- Drink plenty of water. If you run out, notify the instructor or the Desert Institute Representative.
- Before leaving the class, check out with Desert Institute Representative.

Camping Options

Lost Horse Campground is available for participants to camp Saturday, November 16 at no charge. The campground has a pit toilet, but no other amenities (food, water, electricity, etc.) and is a **TENT CAMPGROUND ONLY**. No alcohol is allowed at Lost Horse Campground. Please call 760-367-5539 for more information.

Instructor Biography

GABRIELA MORENO is a conscious creative nomad with a passion for ethical business practices and consumerism, as well as for preserving mother earth. Her business is centered on web

design and business consulting for conscious entrepreneurs. - guiding them through the complexities of starting/running a business while also encouraging them to be socially engaged in their business practice. Her life mission is to inspire people to engage with the great outdoors responsibly. Find her on instagram @gabaccia

CAROLINE AMBERSON is a GATE educator and Program Specialist with a passion for nature and wildlife, and she has taught in San Bernardino for seventeen years. She enjoys surfing, skiing, camping, hiking/backpacking, and trying all possible outdoor activities across six continents. She is completing Naturalist and Environmental Studies programs through both UCR and UCLA.

* The Desert Institute staff/instructors will attempt to accommodate participant's needs; however we reserve the right to deny a student participation in the course due to concerns regarding health and safety issues.

