

Lenhok'sin High Adventure Overview by NCAC High Adventure Comm.

Located within the Goshen Scout Reservation, [Lenhok'sin High Adventure](#) National Capital Area Council's nationally accredited high adventure program, offers backpacking and canoeing trek experiences that you will never forget.

Backpacking Trek

The Lenhok'sin backpacking trek program is for Scouts, Venturers, Explorers, and their adult leaders. Camp staff assist each unit in "planning their own adventure" with customizable treks based off a pre-camp survey. You'll have the opportunity to hike throughout more than 4,000 acres of Goshen Scout Reservation and some of the 35,000 acres of surrounding state wildlife game lands. You will also visit four staff outposts of your choice, including historical and technical outposts offering programs such as caving, a 19th century mountain man encampment, blacksmithing, high ropes elements, and more.

Canoeing Trek

The James River Canoeing Trek is completed in partnership with the Twin River Outfitters in Buchanan, VA. Built to Scouts, Venturers, Explorers, and Sea Scouts, units navigate over 60 miles of white-water rapids along the historic James River. Featuring over 100 Class I and II rapids, this trek offers the opportunity to grow closer as a unit and improve river navigation skills.

Other Information

"Trail food" is provided by Lenhok'sin staff and prepared prior to your departure for your trek. Breakfasts and lunches are generally "no-cook," high-protein meals. Dinners are cooked, Mountain House and/or Backpacker's Pantry meals. Menus are available on the [Lenhok'sin webpage](#).

Learn more about the Lenhok'sin programs and how to register [here](#).