

Sample Plan for Planning A Hike Using the Seven C's

Stage	Linville Gorge Wilderness Area (LGWA)
<p>Communication</p> <p>Place</p> <p>School/ Organization</p> <p>Participants</p>	<ul style="list-style-type: none"> • Website, calling or visiting trails and visitor centers, speaking with staff • Available onsite educational resources • Hazards • Travel protocols and logistics • Risk Management Plan, policies, and forms • Clothing and gear list • Tentative schedule
<p>Context</p> <p>Purpose</p> <p>Frame</p> <p>Geographic Context</p>	<ul style="list-style-type: none"> • To understand the geomorphology of Linville Gorge and to learn how to identify the ecological communities created by the physical geography • Rationale for visiting location: uniqueness, biodiversity • John Muir quote: Leaves in Autumn • 5-minute story: history of LGWA • Thought-provoking question: LGWA is called North Carolina's Grand Canyon. What is the difference, if any, between a gorge and a canyon? • Students locate LGWA on the NC Physical Geography raised relief map • Students locate LGWA on the Western North Carolina raised relief map
<p>Concepts (to be covered on the Hawksbill Trail)</p>	<ul style="list-style-type: none"> • Dominant flora: trees and shrubs • Ecological communities: Dry Ridge Forest, Rocky Outcrop, Heath Bald • Slope variation: physical characteristics of the N, S, E, W-facing slopes • Teachable moments (e.g., trail erosion, Peregrine Falcons) • Rock types, geomorphic landforms and processes
<p>Sequence</p>	<ul style="list-style-type: none"> • Start-> Slope orientation/characteristics-> Identify trees, shrubs, and flowers as indicators of ecological communities (Dry ridge-> rocky outcrop, crevice)-> Transition zones between communities-> (Top) Identify peaks-> compare topography E&W-> gorge formation processes-> geology and rock types-> circle back to how topography here helps determine ecological communities.
<p>Connections</p>	<ul style="list-style-type: none"> • Coal-fired power plants and prevailing wind patterns • Air pollution legislation • Fire ecology in LGWA: wildfire policies in wilderness areas and parks • Peregrine Falcons and rock-climbing
<p>Community</p>	<ul style="list-style-type: none"> • Mini-frame: "... one chance to live this day together in this place. Make the most of it." • Group and individual photos • Share quotes about the experience
<p>Closure</p>	<ul style="list-style-type: none"> • What ecological communities did you identify today? How? What types of vegetation characterize them? What physical characteristics cause them to be located where they were seen?
<p>Celebration</p>	<ul style="list-style-type: none"> • Dinner at Louise's Rockhouse Restaurant

Sample Plan: Using the Seven C's to Plan a Canoe Trip

Stage	Cape Fear Canoe Trip	
Communication		
Place	<ul style="list-style-type: none"> • Website, calling or visiting trails and visitor centers, speaking with staff • Available onsite educational resources • Hazards 	
School/ Organization	<ul style="list-style-type: none"> • Travel protocols and logistics • Risk Management Plan, policies, and forms 	
Participants	<ul style="list-style-type: none"> • Clothing and gear list • Tentative schedule 	
Context		Framing Quotes (by Sigurd F. Olson)
Purpose	<ul style="list-style-type: none"> • To understand the zonation, ecological communities, and natural and cultural history of the Cape Fear River 	<p>“There is magic in the feel of a paddle and the movement of a canoe, a magic compounded of distance, adventure, solitude, and peace. The way of a canoe is the way of the wilderness and of a freedom almost forgotten. It is an antidote to insecurity, the open door to waterways of ages past and a way of life with profound and abiding satisfactions. When a man is part of his canoe, he is part of all that canoes have ever known.”</p>
Frame	<ul style="list-style-type: none"> • 5-minute story: History of Cape Fear river navigation and settlement • Quote by Sigurd F. Olson • Thought-provoking question: “How did rivers determine the location of settlements and the need for other modes of travel?” 	
Geographic Context	<ul style="list-style-type: none"> • Locate the Cape Fear drainage on the NC Physical Geography Raised Relief Map • Narrow down by showing a river basin map of the Cape Fear Region. 	<p>“Man’s history is woven into waterways, for not only did he live beside them, but he used them as highways for hunting, exploration, and trade. Water assured his welfare, its absence meant migration or death, its constancy nourished his spirit. A mountain, a desert, or a great forest might serve his need of strength, but water reflects his inner needs.”</p>
Concepts	<ul style="list-style-type: none"> • Riparian zone flora and fauna • River zonation and dynamics • River morphology and features (Fall Zone: Piedmont meets coastal plain) • Aquatic ecology (Biotic Index) 	
Connections	<ul style="list-style-type: none"> • Impact of hog farming • Water quality issues • Hydrologic cycle • Formation of towns and communities around the fall zone • Water use • Pollution of the Cape Fear Estuary 	
Community	<ul style="list-style-type: none"> • Mini-frame: “... one chance to live this day together in this place. Make the most of it.” • Group and individual photos • Share quotes about the experience. 	
Closure	<ul style="list-style-type: none"> • Mini-frame: “... one chance to live this day together in this place. Make the most of it.” • Group and individual photos • Share quotes about the experience. 	
Closure	<ul style="list-style-type: none"> • Each person shares a piece of the Cape Fear River story. • How do the cultural and natural history of the Cape Fear river inform one another? • Return to framing quotes 	
Celebration	<ul style="list-style-type: none"> • Dinner at local restaurant 	