



# Club de Exploradores

## Newsletter

Issue No.2 / June, 2022



Explorers getting a lesson on how to handle their horses and the Pisgah stables on Avery Creek rd.

We began our day at Sycamore Flats, a popular picnic area located along the Davidson River just a little ways from the entrance of Pisgah National Forest on hwy 276. Here the Explorers practiced Leave No Trace principle #1 Plan Ahead and Prepare. After making and packing snacks and lunch, the Explorers got familiar with their new maps from Pisgah Map Co., checked the weather, filled up water bottles, grabbed their hammocks, got their day packs ready and headed to the Horse Stables on Avery Creek Rd for a morning of horseback riding.

At the Stables, we met Jerry and his family. Jerry has been running his horseback riding business for over 30 years and he told us all about his horses and was very gracious answering and asking us questions.

### -HORSEBACK RIDING Second Adventure

We rode for an hour, came back to the stables, gave our horses some treats, loaded the van, and headed to the Ranger Station to have lunch. After lunch we went to a semi-secluded spot where Avery creek meets the Davidson River. We hiked in, set up our hammocks, learned how to identify poison ivy and how to use jewelweed to relieve a poison ivy rash, and got in our hammocks for reflection and journal time.

The LNT principle of the day was "Dispose of Waste Properly", so after hammock time, we learned all about catholes, played Cat Hole Relay, and cleaned up other people's trash on the site, supporting a local initiative called "Packout Pisgah" in the process and leaving the spot better for others.

At the end of the day, the Explorers packed up their gear, collected all the trash, hiked out, got in the van with big smiles on their faces, and went home looking forward to our next adventure in the Pisgah National Forest.



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Jerry assigned us a new name for the day (our horse's name) and shared some fun stories with us. It was special to be out in the woods on horseback getting to hear all the forest sounds around us and taking up space in an activity that only gets a few Hispanic folks each season- according to Jerry who told us he wishes he could speak more Spanish and even wanted to practice some of the words he knew. It was a great time.



## Sycamore Flats

This picnic area was named for the sycamore trees which line the banks of the river; with bathroom facilities, great swimming and fishing spots, and picnic tables and grills, this spot is a great location for a full day of playing and relaxing in the woods.



The Ranger Station has bathrooms, tons of information on trails and waterfalls, maps, and cool exhibits and a gift shop. It's worth visiting!

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## Our Next Adventure - Fly Fishing and River Investigation Saturday, June 25th

We will be meeting our friends from Davidson River Outfitters at Sycamore Flats for a whole morning of fishing and creek investigation. For this adventure, please bring a change of clothes and an extra pair of shoes, wear shoes that you don't mind getting wet, sun protection (hat, sunscreen, long sleeves, etc.), and a water bottle. All fishing gear will be provided, but if you have any fishing gear that you would like to use, bring it!

## Other Adventures of the Season:

- July 30: Firemaking, Outdoor Cooking with Star Teal and Tubing with Headwaters Outfitters
  - August 27: Mountain Biking with The Hub
  - September 24-25: Overnight Camping Trip
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## Club de Exploradores Patches and Earning Gear

So far, the Exploradores have earned a "Caminante de Senderos" and "jinete" badge. On our second adventure, the Explorers were given a Columbia rain jacket and a Pisgah Map that will help them be prepared for all of their future adventures.

With each adventure there will be new pieces of outdoor gear added to the collection. At our last adventure, when we go on our overnight camping trip, club members will receive the new gear from every adventure they participated in. Other new items include headlamps, hats, bike jerseys and more. So, the more adventures you attend, the more fun you have and the more gear you bring home at the end of the season!



## See you on our next adventure!



### Tips to Identify Poison Ivy

1. Compound leaves with three leaflets.
2. The stalk of the middle leaflet is much longer than the stalks of the two side leaflets.
3. The edges can be smooth or coarsely toothed.
4. Surface can be glossy or dull.

**"Leaves of three, let them be"**



Native Americans used jewelweed sap to treat various skin rashes. If you crush the hollow stem and rub the sticky, clear sap on your skin, it quickly takes away the itch from poison ivy blisters or the burning sensation caused by stinging nettles. Generally, these plants grow close to each other as shown on the picture.



### Task of the Week:

Send Cata a picture of this coupon with your height and weight so we can start setting up the suspension on the bicycles for our August adventure with The Hub!

Name:

Height:

Weight: