

# ADVENTURE CLUB



### CREATING A LIFETIME OF HAPPINESS

The GEA Adventure Club consists of hikes and activities at local, state and national parks in South Carolina to build awareness of the variety of activities and resources available at no cost for healthy recreation. The program offers academic and applied knowledge of outdoor activities to adolescents. Other family members are welcome and encouraged to participate. The program builds confidence, knowledge, and physical strength and stamina.

The GEA Adventure Club is a program centered on learning about the environment while hiking in the outdoors. Environmental educational programs will be conducted by guest lecturers and experts from various fields such as ecology, the environment, biology, health and nutrition.

Hiking is considered a "moderate-intensity aerobic activity" and this physical activity has many health benefits. Through this program, the participants will be exposed to hiking and other outdoor activities they can continue throughout their lifetime.

#### THE PROGRAM

Quarterly hikes ranging from 1.5 miles to 5 miles in length. Hike locations range from local hikes around Camden to state and national parks to passages along the Palmetto Trail.

Educational program topics range from environmental education, protection and sustainability to health and nutrition.

#### **MISSION**

The Mission of Global Eco Adventures is to increase awareness of our environment in order to ensure environmental sustainability for future generations through research, study and education of fragile ecosystems, and other natural environs within our community, our state, our country, and around the world.

## **SCHEDULE**

April 5, 2025

July 20, 2024	Goodale State Park (2 mile hike) Wildlife protection and animal rescue
October 5, 2024	Historic Camden / Chotty Trail (3 mile hike) Cultural Ecotourism
January 18, 2025	Peak to Prosperity / Palmetto Trail Passage The Palmetto Trail

Sesquicentennial State Park

History of State Parks in South Carolina

