



A Typical Week

While no two weeks of Compass Points are the same, the basic flow of your week will be similar to one of the three itineraries listed below depending on the length of the backpacking trip that you choose. The actual order of activities does vary depending on the particular needs of groups and the number of groups that we are serving in any given week. All programs begin on Sunday and typically end on Saturday morning, and include First Word, daily Bible Study, prayer, and worship that is facilitated by RTALC staff and led by campers. Decision about trip activities are best made as a group, this can be done after

3-Day Backpacking Adventure

Sunday	Arrive at Rainbow Trail Lutheran Camp between 3:00 & 4:00 PM. Get to know your guides, equipment orientation, dinner, general orientation, and packing.
Monday	Breakfast at RTALC, depart for Rock Climbing, Ropes Course, or service project for the day. Return to RTALC in late afternoon to pick-up equipment and move to a campsite at a trailhead.
Tuesday	Backpacking into a campsite, set up a base camp and enjoy the beauty of the mountains and the great company around you.
Wednesday	Day hike to a mountain peak or explore around a lake
Thursday	Take down camp and backpack to the trailhead where you will be picked up for the return trip to RTALC.
Friday	A relaxed morning in camp and a great brunch before an afternoon of rafting on the Arkansas River. Return to camp for a steak and fish cook-out. Worship and group closure activities round out the day.
Saturday	Early breakfast and departure.

4-Day Backpacking Adventure

Sunday	Arrive at Rainbow Trail Lutheran Camp between 3:00 & 4:00 PM. Get to know your guides, equipment orientation, dinner, general orientation, and packing.
Monday	Breakfast at RTALC, depart to a trailhead and backpack into the mountains, set up camp for the night.
Tuesday	Backpacking further into the mountains and set up a base camp and enjoy the beauty of the mountains and the great company around you.
Wednesday	Day hike to a mountain peak or explore around a lake
Thursday	Take down camp and backpack to the trailhead where you will be picked up for the return trip to RTALC.
Friday	A relaxed morning in camp and a great brunch before an afternoon of rafting on the Arkansas River. Return to camp for a steak and fish cook-out. Worship and group closure activities round out the day.
Saturday	Early breakfast and departure.

5-Day Backpacking Adventure

Sunday	Arrive at Rainbow Trail Lutheran Camp between 3:00 & 4:00 PM. Get to know your guides, equipment orientation, dinner, general orientation, and packing.
Monday	Breakfast at RTALC, depart to a trailhead and backpack into the mountains, set up camp for the night.
Tuesday	Backpacking further into the mountains and set up a base camp and enjoy the beauty of the mountains and the great company around you.
Wednesday	Day hike to a mountain peak or explore around a lake
Thursday	Day hike to another mountain peak, or extended time for personal reflection and additional time to really enjoy the amazing surroundings
Friday	Take down camp and backpack to the trailhead where you will be picked up for the return trip to RTALC. Return to camp for a steak and fish cook-out. Worship and group closure activities round out the day.
Saturday	Early breakfast and departure.