



40km Carpe Adventure Trek

“CAT – 40”

Saturday, 14 March 2020

Registration: NCAC Website → Select Calendar & Activities → Scroll to 14 March on Calendar

- What:** 40 kilometer (~25 mile) high adventure hike from Good Shepherd Parish (near Mount Vernon Mansion) to National Harbor’s The Awakening statue, returning to Good Shepherd Parish
- Who:** Troops, Venturing Crews, Sea Scout Ships, Explorer Posts and Webelos (and adult leaders)
- When:** 14 March 2020 (Second Saturday in March)
- Why:** High adventure team-building experience for Scouts that also fulfills the Hiking Merit Badge’s 20 mile hike requirement

Hike Overview

This hike provides Scouts the opportunity to participate in a high adventure activity on the Potomac River’s scenic Mount Vernon Trail. The 40km hike is equivalent to walking a marathon; successful completion will require adult leaders to ensure that Scouts are prepared for this distance through shakedown hikes. The 20km hike (HALF-CAT) provides an opportunity for younger Scouts to develop and test their endurance in a safe-to-fail environment. **NEW THIS YEAR: The 15km CATNIP hike from Fort Hunt Park to National Harbor gets Webelos hooked on the joys of hiking!** The hike is "supported", meaning there are Support Stops along the way that provide food, drink, first aid, encouragement, and bail-out options. The hike can also be used as a team-building and training event for Lenhoksin, Philmont, or other backpacking adventures.

Volunteer-Based Participation

The Colonial District sponsors the CAT-40, but participating Units from across the Council contribute the support staff who make the event successful. Sometimes referred to as “pay to play”, participating Units provide the adult volunteer support required to plan and execute the hike. Support levels are linked to the number of hikers from the respective Unit; Units with large numbers of hikers are tasked to run full service Support Stops, while Units with smaller numbers of hikers are tasked to run smaller Support Stops or other duties as assigned (such as morning check-in, bicycle escorts, shuttle drivers, etc.). Units must provide adult volunteer support in order to register for the hike. The minimum Unit signup is two hikers and one adult volunteer. Participating Units may not register Scouts from other (i.e., non-volunteering) Units.

Cost \$20 CAT–40; \$15 HALF-CAT (20km); \$12 CATNIP (15km – Webelos only)

Participating Units receive a CAT–40 flag streamer

All hikers receive a patch and Euro sticker

All hikers who complete 40km also receive the coveted Cat Claw challenge coin

All hikers may purchase a wicked cool CAT–40 t-shirt

Hike Route



CAT-40 Point of Contact

Matt O'Brien, Hike Coordinator va.mobrien@gmail.com