



Teacher/Group Leader:

Your trip to Slide Ranch is approaching, and this packet of information is intended to answer the questions that may be entering your mind as you prepare to visit.

The packet contains: Slide Ranch pre-visit and overnight trip checklists; a list of menu ideas and dishwashing information; a list of expectations for students and guidelines for adult participation; a map and written directions; a letter to be sent home to parents/guardians; and an overview of the Slide Ranch curriculum.

Please note the following important details to ensure a successful Slide Ranch experience.

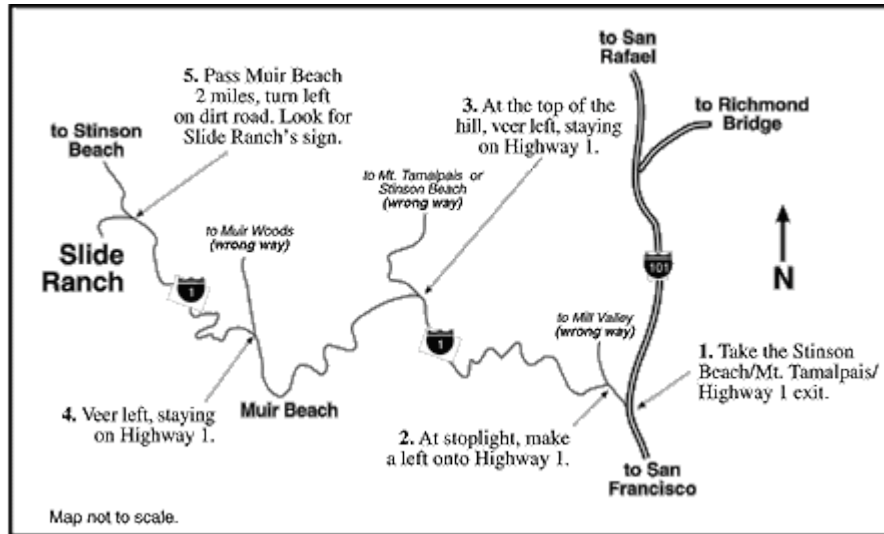
- * One of our education staff will call to talk over the content of your program, select a theme for the visit, and confirm logistics.
- * Please ensure that we have received the balance of your program fee no later than 10 days prior to your visit.
- * Significant changes to your group size (i.e., increases or decreases of more than 2 participants) must be communicated to our office as early as possible, since these impact our staffing considerations.
- * If you are booking a bus, note ***that buses greater than 35 feet in length are discouraged from traveling on Highway 1.*** Some bus drivers will refuse to drive large buses on the winding highway near Slide Ranch.

We look forward to your visit. Please feel free to contact us at (415) 381-6155 with any questions or concerns.

Sincerely,

The Slide Ranch Staff

Map & Directions



From San Francisco:

Cross the Golden Gate Bridge on Highway 101 North. Take the Mt. Tamalpais, Stinson Beach, Highway 1 exit (the exit immediately after the Marin City/Bridgeway exit). Follow the "After Exiting Highway 101" directions below.

From the East Bay:

Get across the Richmond Bridge and travel south on Highway 101. Take the Mt. Tamalpais, Stinson Beach, Highway 1 exit. Follow the "After Exiting Highway 101" directions below.

From Marin County:

Take the Mt. Tamalpais, Stinson Beach, Highway 1 exit from Highway 101. Follow the "After Exiting Highway 101" directions below.

From West Marin:

Go to Stinson Beach, and drive 3.8 miles south on Highway 1. Our driveway is on your righthand side. Look for the Slide Ranch sign. If you get to Muir Beach, you have gone 2 miles too far.

After Exiting Highway 101:

After leaving Highway 101, follow the signs for Highway 1. After about 1/3 mile you will come to a stoplight - turn left at the stoplight; you will now be on Highway 1, a narrow, twisty, and hilly road. After 2.4 miles, you will come to a fork in the road at the top of the hill. Turn left to Stinson Beach, do not turn right towards Muir Woods and Mt. Tamalpais. You will reach Muir Beach and the Pelican Inn after 2.5 miles of steep descent. Drive past the Pelican Inn and follow Highway 1. Just beyond the Pelican Inn, Highway 1 curves to the left, so do not go straight or you will end up in Muir Woods. The green highway sign will tell you to bear left to stay on Highway 1 (towards Stinson Beach). Slide Ranch is 2.2 miles north of Muir Beach. You will see Slide Ranch signs shortly before you reach our driveway on your left. Turn left into our drive. Teachers: At this point, bus drivers falter, fearing they will not be able to turn around. Reassure them that there is enough space for them to return to the highway again.

Slide Ranch Pre-Visit Checklist

Program Development

- Two to three weeks ahead of your visit, discuss with a member of our Education staff the theme and program content for your group.
- Prepare the group by discussing their expectations of the trip by reviewing Slide Ranch Rules and Expectations (attached), and with pre-visit activities.
- After your visit, provide written feedback from yourself, your chaperones, and your group. Continue to expand upon your Slide Ranch ideas and experiences — encourage and incorporate ongoing discussions, activities and projects.

Transportation

- If traveling by bus, please ensure that you arrange for buses no longer than 35 feet. Vehicles longer than 35 feet are discouraged from driving on Highway 1, and bus drivers may refuse to drive here.
- If traveling by car, please car pool to reduce the environmental impact. Parking space at Slide Ranch is limited.

Clothing

- Weather on the coast changes rapidly. In one summer day it can be cold and foggy and then hot and sunny; in winter it can be wet, windy, calm and balmy. Tell students to bring layers, including hats and windbreakers, and in the rainy season bring rain jackets. Sunscreen and/or hats are often needed during sunny months.
- Everyone should wear clothes and footwear that can get dirty! Sturdy footwear is needed for walking on trails (i.e., sneakers or boots).

Food

- Ask students/parents to pack lunches, being mindful of waste and trying to use only recyclable and reusable containers.
- Pack out your trash and recycling — we only accept food waste for compost.
- Ask each student to bring a bottle for water (we have potable spring water).
- If you request food preparation activities, remember to bring the ingredients: Bread (5 lbs. flour, 1 pint honey, 1 pint oil, 3 packets yeast for every 20 participants); Cheese (1/2 gal milk for every 20 participants); Butter (2 pints whipping cream for every 20 participants).

Group Management

- Divide participants into even-sized groups before arriving.
- Bring medical release forms, and inform Slide Ranch teaching staff of any allergies or pertinent medical conditions in your group.

Chaperones

- Bring no more than one adult per 5 students (please talk to the office for any necessary exceptions).
- Place parents in different groups than their own children.
- Distribute enclosed "Guidelines for Teacher and Chaperone Participation" to chaperones before the visit.

Rain Policy

- Weather on the coast is highly localized, and often varies throughout the Bay Area. On mornings where rain is a threat, our teaching staff will contact you about program feasibility. If our staff cancels the program, you are eligible for rescheduling or a full refund. If you cancel the program, overruling our staff decision, you are not eligible for a refund or rescheduling.

Overnight Trip Checklist

WHAT WE PROVIDE AT THE CAMPSITE:

- A structure (the Dome) in which to prepare and store food. Sleeping inside the Dome is prohibited.
 - An outhouse and toilet paper.
 - Four propane burners for boiling water or cooking (Oven does not work.).
 - Dishes and silverware for up to 50 participants.
 - Cookware (a few pots and pans and some cooking utensils).
 - Compost bucket (for organic food waste), Recycling bucket, and Trash bucket for use while at Dome. You must pack out all of your trash and recycling when you leave.
 - Dish washing buckets, soap, and sponges.
 - 2 coolers.
 - A few wheelbarrows for hauling group items (food, water, etc.) to the campsite.
 - 5-gallon refillable water dispensers for drinking, cooking, dishwashing, and handwashing. (Note: There is no running water at the campsite, but groups can refill both group and individual water containers at the Ranch as needed.)
- * Please let us know if you will need any additional tents or sleeping bags.

WHAT YOU SHOULD BRING:

- Food for every meal (see meal suggestions below).
- Garbage bags.
- Reusable towels, napkins.
- Lanterns.

INDIVIDUAL GEAR LIST:

- Sleeping bag.
- Sleeping pad (optional).
- Water bottle.
- Flashlight.
- Journal, pen/pencil.
- Camera (optional).
- Layers of clothing that can get dirty. Weather conditions are variable, with evenings usually cool so bring warm clothes to sleep in.

CLOTHING SUGGESTIONS:

- 2 shirts: one long sleeve, one short sleeve.
- 2 pairs of pants (shorts are optional).
- Sweater.
- Warm rain/wind-proof jacket.
- Warm hat and sun hat.
- 2 pairs of shoes (in case one pair gets wet).

Menu Ideas

Meals should be simple to prepare (pre-cooked if possible) and easy to transport. One-pot meals and quick-cooking foods are best. There is no electricity at the Dome, so plan meals that do not require refrigeration. High-sugar foods are not recommended; instead, we suggest high protein/carbohydrate foods that will give your group a more sustained energy level.

Breakfast	Lunch	Dinner
cold/hot cereal	Peanut butter & jelly	Spaghetti & salad
muffins	Cheese sandwiches	Chili & crackers w/cheese
bagels & cream cheese	Tuna sandwiches	Veggie burgers w/ potato salad
fresh fruit	Pasta salad	Macaroni & cheese w/ steamed vegetables
hard boiled eggs		
raisin bread		
Beverages	Snacks	
fruit juice	nuts; sunflower seeds	
hot cider	graham crackers	
teas/coffee	granola bars	
milk	trail mix	
	fresh or dried fruit	
	popcorn	

DISH WASHING

To prevent waste, we provide reusable dishes, cups and silverware for overnight participants. The following materials are provided for you at the Dome to facilitate dish washing without running water: several large containers of water (for dish washing, as well as for drinking water, cooking, and cleaning hands), dish soap, sponges, plastic basins and towels.

Before your group leaves, please be sure to do the following:

- Wash all dishes that your group has used at the Dome.
- Return all clean dishes to their sealed storage containers.

We strongly advise against the use of disposable utensils and dishes (paper plates, plastic forks, etc.) during your stay at Slide Ranch. Although disposable products can be more convenient, the price to the environment of consumption and disposal of natural resources is high. Slide Ranch supports ecologically-conscious consumerism and living practices such as reducing waste, reusing, and recycling. We encourage you to take advantage of the educational opportunity of having a zero-waste visit to Slide Ranch.

Student Rules & Expectations

- * Be respectful of the people in your group, the plants and animals at Slide Ranch, and yourself. Remember that we all rely on one another for survival and health.
- * Ask questions when you are curious or don't understand.
- * Explore with your eyes, hands, ears, and nose.
- * Ask your Slide Ranch teacher before you taste any plants (there are some poisonous plants at Slide Ranch).
- * Leave everything you find at Slide Ranch for others to enjoy after you.
- * Take home all your trash, and leave your food waste in the Slide Ranch compost.
- * If your visit includes a trip to the tidepools, always keep your eyes on the waves (never turn your back to the water).
- * You will be visiting the homes of the animals, plants and people that live at Slide Ranch — remember to thank them for sharing their homes with you.

Guidelines for Adults on Overnights

Our overnight programs are one of our most exciting and enriching programs. Not only do the children have the opportunity to experience the regular activities of life on a farm but they also get to experience an evening away from city lights and fall asleep to the sound of ocean waves crashing against the shoreline. Their days and nights with nature make a lasting impression. In order for the program to run as smoothly and effectively as possible, we depend on your help. The following guidelines will help outline our expectations for the adults in the group.

Slide Ranch program support:

- The day begins with an opening circle where we welcome the group and review the program focus and our expectations for the day. Students will split up into small groups of approximately 8, for ranch activities. Each small group should have one to two adults and in general parents should be in different groups than their children.
- Be a model of appropriate Slide Ranch behavior by demonstrating enthusiasm, mutual respect, and active listening.
- Help focus the attention of the group on the Slide Ranch teacher, and remind individuals of the Slide Ranch rules if their behavior is inappropriate.
- Serve as a support for Slide Ranch teachers by encouraging student participation and assisting in program activities.
- Keep your eyes open to safeguard students against injury.

Overnight group support:

- Haul and unpack food and supplies 1/4 mile down a trail.
- Set up your own tent and help the children set up theirs.
- Help prepare and clean-up meals.
- Refill water bottles as needed and before leaving.
- Bring compost to the ranch after every meal.
- Be responsible for putting out the campfire and cleaning up.
- Help with final campsite and kitchen clean up.



Dear Parent or Guardian,

Your child will soon be visiting Slide Ranch on a school field trip. As the Program Coordinator at Slide Ranch, I would like to give you some information to help you prepare your child for the visit, and to give you some background on Slide Ranch.

Slide Ranch is a non-profit education center that focuses on growing food, farm experiences, and wilderness exploration. We have been welcoming children of all ages to Slide Ranch since 1970. The farm is located on Highway 1, just 30 minutes north of the Golden Gate Bridge, on the coast. Your child will be doing activities

that may include milking a goat, feeding chickens, planting in the garden, hiking on trails, exploring tidepools, and making bread.

In order to help your child have a comfortable, safe and enriching experience, I want to offer the following suggestions:

- Weather on the coast can be cold and foggy in summer and wet and windy in winter. Dress your child in layers, including hats, rain jackets or windbreakers. Provide sunscreen and/or a hat during sunny seasons.
- Make sure they wear clothes and footwear that can get dirty!
- In packing a lunch, please use reusable and recyclable containers. We accept no trash or recyclables, only food waste for our compost.

In addition to weekday group programs, we also offer several other opportunities, including weekend family programs, volunteer positions, a teacher-in-residence program, and facilities rentals. If you are interested in receiving information on any of these programs, please return the form at the bottom of this letter.

We look forward to having your child visit, and we welcome you here as well — we are located on national park land, and encourage you to visit when you can!

Sincerely,

Annie Millar
Program Coordinator

YES!! Please send me more information about Slide Ranch programs.

I am interested in...

Summer Camps

Site Rentals

Family Weekend Programs

Volunteering

Your name: _____

Address: _____

City: _____ Zip: _____

Home phone: _____ Child's school: _____

Return to: Slide Ranch • 2025 Shoreline Hwy. • Muir Beach • CA 94965



Estimados padres de familia o guardián,

Su hijo/a pronto irá a un paseo escolar a Slide Ranch. Como Coordinadora de Programa de Slide Ranch, me gustaría darles información para ayudarles a preparar a su hijo/a para la visita, y para informarles un poco sobre la historia y los programas de Slide Ranch.

Slide Ranch es un centro de educación no gubernamental y sin fines de lucro. Enfocamos en el crecimiento de comida, las experiencias de granja y la exploración de la naturaleza.

Hemos estado recibiendo niños y niñas de todas las edades a Slide Ranch desde 1970. La granja está ubicada en la carretera 1, apenas 30 minutos al norte del Puente Golden Gate, en la costa. Las actividades que su hijo/a hará pueden incluir ordeñar una chiva, alimentar a los gallos, sembrar en el jardín, caminar en los cerritos, explorar la vida marina en las rocas, y hacer pan.

Para que puedan ayudarle a su hijo/a a tener una experiencia cómoda, segura y rica, me gustaría ofrecerles las siguientes sugerencias:

- El clima en la costa puede ser frío y nublado en el verano y mojado y ventoso en el invierno. Vestirle a su hijo/a en dos o tres niveles, incluso un gorro y una chaqueta para la lluvia o el viento. Darle crema para proteger del sol y/o un sombrero durante tiempos soleados.
- Asegurar que su niño/a use ropa y zapatos que se pueden ensuciar.
- Si empacan su almuerzo, favor de usar materiales reciclables o reusables. No aceptamos basura ni reciclaje. Solo aceptamos comidas que se descomponen para el abono.

En adición de programas de grupo de semana, nosotros ofrecemos diferentes oportunidades, incluyendo fines de semana familiares, posiciones voluntarias, maestrose que residen en Slide Ranch, y facilidades alquiladas. Si usted está interesado en recibir información en cualquiera de estos programas, favor de devolver la forma de la parte de abajo de esta carta.

Esperamos con placer la visita de su hijo/a, y queremos darles una bienvenida cordial a los padres de familia también. Estamos ubicados en el parque nacional y enfatizamos su visita cuando ustedes puedan.

Sinceramente,

Annie Millar
Coordinadora de Programa

Si! Por favor mande mas información acerca de programas en Slide Ranch.

Estoy interesado en...

Campamentos de verano

Alquiler del lugar

Programas de fin de semana familiares

Ayuda voluntaria

Su nombre _____ Escuela de su hijo/a _____

Su dirección _____

Ciudad _____ Código postal _____ Su teléfono _____

Regresar a: Slide Ranch 2025 Shoreline Hwy Muir Beach CA 94965

The Slide Ranch Curriculum

Slide Ranch's theme-based curriculum provides a framework for the ideas and information that we present to each group that comes here. A couple of weeks before your visit, our Program Coordinator will be contacting the teacher/group leader to plan our day together. Please familiarize yourself with the different opportunities that we offer.

We have listed the themes and some of the main concepts discussed within these themes during our one-day and overnight group programs. These concepts reinforce each theme through relevant experiential activities, games, songs, and challenges that the teacher compiles for each group. Many of the themes and concepts tie in with the California State Standards. Furthermore, the Slide Ranch Educational Framework is founded upon experiential sensory learning and modeling investigation and experimentation.

Sample activities are listed below each theme. In addition to whichever theme you choose for the group, all participants will have the opportunity to visit the garden, milk a goat, meet the sheep, feed the chickens, and interact with other animals at Slide Ranch. Also, please note that if the low tide of the day does not fall during program hours, we will not be able to accommodate tidepool activities due to safety reasons. Feel free to discuss any personal classroom needs with the Program staff at Slide Ranch.

The following themes are appropriate for all age levels.

Stewardship: Caring for Plants, Animals, the Earth & Each Other

- ◆ We show our respect for plants, animals, the earth and each other by caring for them and their surroundings.
- ◆ People can choose to care about and protect living things by helping them with their needs.

Sample Activities: Plant-a-Seed, Sifting Compost, Hike to Bone Grove, Visit Observation Beehive

Food from the Sea

- ◆ The ocean is like a farm (garden) underwater. Unlike farms on land, people do not plant crops or feed animals in the ocean, but we do harvest from the sea.
- ◆ The sea affects us by giving us food, water, weather and places to play.
- ◆ While using the ocean, people affect life in the ocean. People can choose to conserve and protect the ocean environment and its resources.

Sample Activities: Beach Exploration, Garden Adventure

Where Does Our Food, Clothing & Shelter Come From?

- ◆ Food, clothing and shelter come from natural resources.
- ◆ Natural resources are the earth's treasures that make up everything we use in our lives. Living things depend on natural resources such as: air, water, soil, sunlight, minerals, plants and animals.
- ◆ People can choose to conserve and protect natural resources.

Sample Activities: Carding & Spinning Wool, Making Bread & Butter, Cheese Making, Visit Observation Beehive

Habitats, Communities & Ecosystems

- ◆ A habitat is the natural home of a group of plants and animals (community) including their arrangement of food, water and shelter.
- ◆ An ecosystem consists of a given habitat and its community. Ecosystems change because of natural causes and human alterations.
- ◆ People can choose to respect living things and help to restore and preserve ecosystems.

Sample Activities: Beach Exploration, Hike to Bone Grove, Visit Observation Beehive

Environment: Earth, Air, Water, Sun

- ◆ Environment is the air we breathe, water we drink, land we live and the sun we see.
- ◆ Earth, air, water and sun cycle through living and nonliving things and are essential to life.
- ◆ How people use earth, air, water and sun affects other living things.

Sample Activities: Beach Exploration, Garden Adventure, Sifting Compost, Making Bread & Butter, Cheese Making

Interdependence

- ◆ Interdependence is the web of life that connects all life together
- ◆ Living things interact with, are modified and depend on other living things.
- ◆ All life is part of a food chain that creates balance in nature.

Sample Activities: Garden Adventure, Plant-a-Seed, Sifting Compost, Visit Observation Beehive, Hike to Bone Grove

The following themes are designed for 3rd-6th grade students.

Food and Nutrition

- ◆ Living things need food for energy, maintenance of health and growth.
- ◆ All foods come from plants and animals (the Earth).
- ◆ People's food choices have physiological, sociological and environmental impacts.

Sample Activities: Making Bread & Butter, Cheese Making, Garden Adventure, Plant-a-Seed, Visit Observation Beehive

Cooperation & Competition

- ◆ Cooperation is working together for a shared purpose. Competition is working independently against one another for a common resource or purpose.
- ◆ Competition is necessary to create balance in populations and to encourage evolution.
- ◆ Limited resources within a habitat create competition and/or cooperation (for water, shelter, food, space).

Sample Activities: Garden Adventure (focus on companion planting and/or invasive plants), Visit Observation Beehive, Hike to Bone Grove

The following themes are designed for 6th-12th grade students.

Sustainable Living: Living Lightly on the Earth

- ◆ Human communities affect the quality of natural and human-built environments and can follow models of recycling, relationships and energy sources in nature in order to achieve sustainability.
- ◆ People can choose to participate in responsible actions to promote sustainable human communities and enhance or protect the quality of the environment: buy food locally, seasonally, in bulk and avoid unnecessary packaging, use natural alternatives to toxic chemicals in the house/garden, conserve water, energy and space.

Sample Activities: Beach Exploration, Garden Project

Organic Agriculture

- ◆ Organic gardening is growing soil and food the way Nature does. Growing foods without the use of laboratory made fertilizer, anti-biotics, herbicides or pesticides.
- ◆ An ecological approach to farming that promotes and enhances biodiversity, biological cycles and soil biological activity. What are the differences in organic and conventional agricultural practices?

Sample Activities: Garden Project, Work with our Free-Range Chickens

Biodiversity

- ◆ Biodiversity is the representation of different types of life in nature.
- ◆ Some of the factors that affect biodiversity include: native/non-native species interactions, the impact of humans, animals, insects and climate change.
- ◆ Biodiversity is necessary for a healthy, sustainable ecosystem.

Sample Activities: Beach Exploration, Garden Project