The Three Notch Trail System at the S bar F Scout Ranch offers ideal physical, leadership, and skills training for groups preparing for treks at the Philmont Scout Ranch or other high-adventure programs.

- Trail system — 21 miles of trails laid out as 2 connected loops
- Backcountry campsites — with Philmont-style food-bag-hanging cables
- Program opportunities — ropes course & rock climbing for crew development and fun
- Convenience — S bar F Scout Ranch is near and inexpensive

**Philmont Recommends Preparing By...**

**THREE NOTCH TRAIL & S-F RANCH OFFER...**

- Hiking three 15-mile hikes with 2 overnights each
- Hiking one 5-day trek ≥ 30 miles
- Training in a hilly area
- Training with a 35- to 50-pound pack
- Training at 6,500- to 12,500-foot elevations
- Practicing Leave No Trace
- Practicing backcountry navigation
- Practicing with backpacking stoves
- Building crew leadership

- System of trails & campsites offer many possibilities
- Ranger program is week-long; doesn't do 30 miles
- The Ranch sits in the rugged, hilly Ozarks
- Weekend backpack with personal & group gear share
- Our best offer is 750- to 990-foot elevations
- Select, use, & leave without a trace a bivouac site
- Backcountry offers on- and off-trail route-finding
- Weekend backpack & 4 hot meal prep opportunities
- Build the crew with hikes & high/low ropes courses
**BUILD YOUR TREK TRAINING PROGRAM**

**BUILD A BACKPACKING CREW**

Plan and conduct weekend outings that involve short hikes with team-short 5-mile hikes and leadership- and team-building activities.

- Include a full day on Saturday building your crews cohesion and leadership skills in the low ropes course, high ropes course, or rock climbing programs.
- Include short, 5-mile hikes to begin physical training. Schedule this for Friday afternoon, or Sunday morning, or both. Use the Route Planning Map (facing page) and the Three Notch Trail Map & Guide to plan your hikes.

**HONE YOUR CREW’S SKILLS**

Plan and conduct weekend outings that build on your crew’s physical- and team training, and add backpacking experience.

Example 15-mile, 2-night Routes:

- Begin at Castle Rock Parking Lot Trailhead; hike the East Loop to overnight at Cedar Grove Backcountry Campsite; hike the East Loop to the North Cutoff; take the North Cutoff to the West Loop; hike the West Loop to overnight at Hart Knob Backcountry Campsite; hike the East Loop to the trailhead. (14.9 miles)

- Include a full day on Saturday building your crew’s cohesion and leadership skills in the low ropes course, high ropes course, or rock climbing programs.

**USE YOUR RESOURCES**

- Route Planning Map (facing page) and the Three Notch Trail Map & Guide
- Philmont Scout Ranch website
- Philmont crew advisor training through the Council High Adventure Committee
- Leave No Trace website
- Merit Badge Books: Backpacking, Hiking, Orienteering, Wilderness Survival, Cooking, First Aid, & Climbing
- Programs & facilities available at S bar F Scout Ranch — Ropes Challenge Course, Rock Climbing & Rappelling, canoeing, camping — reservations are required.