

First Ascent Weekend Schedule Overview

Friday		
Time	Program	Location
1:30-2:30pm	First Ascent Check In	Coors Fitness Center, Studio D
2:30-3:00pm	Bus Loading	Buchtel Blvd. Circle Bus Parking
3:00pm	Van Departs	I-25 North
5:00-5:30pm	Arrive to KMC	Upper Campus Parking Lot
5:30-6:30pm	Settle into Cabins	Student Cabins/Staff Cabins
6:00pm-7:00pm	Dinner	Dining Hall
7:00pm-10:00pm	Evening Welcome Activities <ul style="list-style-type: none"> • Group Meetings • Large Group Kickoff 	Andy and Barbara Taylor Upper Campus
10:00pm-11:00pm	Free Time/Return to Cabins	KMC + Student/Staff Cabins
Saturday		
Time	Program	Location
6:30-7:00am	Wake Up	Student/Staff Cabins
7:00-8:00am	Wellness Activities	KMC
8:00-9:00am	Breakfast	Dining Hall
9-12:00pm	First Ascent Activity Rotations <ul style="list-style-type: none"> • Challenge Course • Homestead Trail • 4D Activities • Cliff Lake Hike & Climb • Reflection/Artistic Activity • Choose Your Own Adventure @ Activities Center 	KMC – Various
12-12:30pm	Transition Period	
12:30-1:30pm	Lunch	Dining Hall
1:30-4:30pm	First Ascent Activity Rotations <ul style="list-style-type: none"> • Challenge Course • Homestead Trail • 4D Experience Activities • Cliff Lake Hike & Climb • Choose Your Own Adventure @ Activities Center 	KMC – Various
4:30-5:00pm	Transition Period	
5:00-6:30pm	Free Time – Explore, Relax, Reflect	KMC – Various
6:30-7:30pm	Dinner	Dining Hall
7:30-9:00pm	Evening Activities <ul style="list-style-type: none"> • Group Reflection • 4D Experience Activities 	KMC – Various
9:00-10:30pm	Large Group Experience <ul style="list-style-type: none"> • Campfire/Tradition activity 	KMC – Various
10:30-11:00pm	Free Time/Return to Cabins	Staff/Student Cabins
Sunday		
Time	Program	Location
6:30-7:00am	Wake Up	Student/Staff Cabins
7:00-8:00am	Breakfast	Dining Hall
8:00-11:00am	First Ascent Activity Rotations <ul style="list-style-type: none"> • Challenge Course • Homestead Trail • 4D Experience Activities • Cliff Lake Hike & Climb • Choose Your Own Adventure @ Activities Center 	KMC – Various
11:00-11:30am	Transition	
11:30-12:30pm	Lunch	Dining Hall
12:30-1:30pm	Pack Up/Check Out	Student/Staff Cabins
1:30pm-2:00pm	Bus Loading	Upper Campus Parking Lot
2:00pm	Bus Departs for DU Campus	I-25 South
4:30-4:30pm	Buses Arrive to DU Campus	Buchtel Blvd. Circle Bus Parking

First Ascent @ Kennedy Mountain Campus

What is First Ascent?

During the 2021-2022 academic year, the University of Denver acquired the [Kennedy Mountain Campus](#) (KMC). This upcoming year, we are excited to begin to build a new DU tradition, [First Ascent!](#) First Ascent is an experience that is personalized to our first-year students, allowing them to embark on self-reflection, connect with their peers through team building as well as exploring the breathtaking Kennedy Mountain Campus and the outdoors. 4Discoveries peer leaders will accompany their classes on a 3 day, 2-night weekend getaway that will be transformational in their time at DU.

The weekend at KMC will provide students with new immersive 4D opportunities for exploration, challenge, and connection. A variety of activities ranging from wilderness hikes, rock climbing and challenge courses to personal and leadership development workshops will be offered. It will be a great opportunity to make new friends, challenge oneself by participating in outdoor recreational activities, relax, and simply enjoy the beauty of nature.

Experience Dates

Fall Quarter Dates

- September 9-11 (transfers)
- September 16-18
- September 23-25
- September 30-Oct. 2
- October 7-9
- October 14-16
- October 21-23

Spring Quarter Dates

- May 5-7
- May 12-14