



FROST VALLEY YMCA Adventures

Long Trail Backpacker Itinerary

SUNDAY	Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and prepping for our trip.
MONDAY	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
TUESDAY	It will be an early morning as we head to the Long Trail trailhead. When we arrive, we'll hit the trail and set up camp for the night of this portion of the hike
WEDNESDAY	Day 2 of Backpacking
THURSDAY	Day 3 of Backpacking
FRIDAY	Day 4 of Backpacking
SATURDAY	Rest and Resupply. Day 5
SUNDAY	Day 6 of Backpacking
MONDAY	Day 7 of Backpacking
TUESDAY	Last day of Backpacking
WEDNESDAY	Pack up the bus and make our way back to Frost Valley YMCA. Once we return, we will begin to pack-in and clean all of our gear
THURSDAY	Today we continue to pack up gear. We will also debrief and reflect on the great moments and share them with the other trips
FRIDAY	In the morning, we'll finish cleaning gear and reminiscing about our adventure, and then it's time to head home. Parent pick up time is 11:00 a.m

*****THIS ITINERARY IS SUBJECT TO CHANGE*****

*Participants can expect to hike 5-8 miles a day in rugged terrain with a full pack. This trip is designed to be challenging, and participants should have basic backcountry skills prior to the start of the trip. Leadership and decision making skills will be stressed.

If you have any questions about the trip, please feel free to call the Frost Valley Adventures office at (845) 985-2291 ext 265.