



## FROST VALLEY YMCA Adventures

# ADK Mountain Summit/Multi-Pitch Itinerary

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| <b>SUNDAY</b>    | Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and packing our gear for an overnight.   |
| <b>MONDAY</b>    | Full day of hiking to begin learning our basic backcountry camping skills. Spend the night outside and begin coming up with expectations for the entire trip.   |
| <b>TUESDAY</b>   | Return to camp and pack in all of our gear. Day of teambuilding and packing out our food and gear for the entire month.   |
| <b>WEDNESDAY</b> | Continue packing out for the trip. Everything will be packed and ready to go as we leave for a month.   |
| <b>THURSDAY</b>  | Today we'll hit the road early and drive to the Adirondacks early in the morning. We'll start the first of thirteen days of backpacking.  |
| <b>FRIDAY</b>    | Backpacking   |
| <b>SATURDAY</b>  | Backpacking   |
| <b>SUNDAY</b>    | Backpacking   |
| <b>MONDAY</b>    | Backpacking ( Non-Travel day)   |
| <b>TUESDAY</b>   | Backpacking   |
| <b>WEDNESDAY</b> | Backpacking   |
| <b>THURSDAY</b>  | Backpacking   |
| <b>FRIDAY</b>    | Backpacking   |
| <b>SATURDAY</b>  | Backpacking   |
| <b>SUNDAY</b>    | Backpacking   |
| <b>MONDAY</b>    | Backpacking   |
| <b>TUESDAY</b>   | Hike out to the bus and drive to Rock and River where we will decompress and shower as we prepare for the climbing portion of our trip.   |
| <b>WEDNESDAY</b> | On day one and two of the climbing leg we'll focus on intro skills and top roping. We'll cover gear and knots, signal calls, belaying skills, climbing technique, site evaluation, safety concerns, and basic rappelling skills.  |
| <b>THURSDAY</b>  | See above   |
| <b>FRIDAY</b>    | Rest our hands and enjoy some great day hikes   |
| <b>SATURDAY</b>  | Rest our hands and enjoy some great day hikes   |
| <b>SUNDAY</b>    | Day three, four, and five we'll be stepping up the challenge. Our campers will begin to scout their own routes and build their own anchors under the tutelage of Rock and River's professional guides. In addition to building critical climbing skills the Rock and River guides will pass along their deep love, knowledge of history, and passion for the sport of climbing. |
| <b>MONDAY</b>    | See above   |
| <b>TUESDAY</b>   | See above   |
| <b>WEDNESDAY</b> | With all of our memories and all of our new experiences we'll load up the bus and head back to the Catskills.   |
| <b>THURSDAY</b>  | With this long of a trip it's important to take the time to decompress and debrief. Today we'll be going through sharing and galvanizing activities as well as packing in all the gear we used during the trip.   |
| <b>FRIDAY</b>    | Home  |

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

\*Participants can expect to hike 5-10 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.**

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