



FROST VALLEY YMCA Adventures

2017 Adirondack Paddler 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 Adirondacks of New York. When we arrive, we'll set out on our paddling voyage.
WEDNESDAY	After packing up camp, we'll head out on day two of our paddle.
THURSDAY	Another day of decision making and leadership skills as we don our packs for day three of Canoeing.
FRIDAY	Continuing to explore the waters of the Adirondacks as we continue to canoe.
SATURDAY	As we finish our paddling trip, we gear up and get ready to switch over to the white water rafts.
SUNDAY	Begin our rafting day. We will learn how to read the rapids and test our paddling skills.
MONDAY	Day two of rafting!
TUESDAY	Last day of whitewater rafting! Stay at a campsite to debrief our time on the water.
WEDNESDAY	Pack up our bags and make our trek back to Frost Valley YMCA!
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 paddle 5-8 miles a day in inclement weather. 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.**