



FROST VALLEY YMCA Adventures

2017 Catskill Trail Builders 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 checking gear.
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 meet New York/New Jersey Trail Conference to start the upkeep on our local trails.
WEDNESDAY	Trail Building Day!
THURSDAY	Continue building and maintaining trails.
FRIDAY	Last day of trail building.
SATURDAY	Your group will decide what to do today! We can explore different parts of the Catskills.
SUNDAY	We'll have a full day of rock climbing with Mountain Skills Guides at the Gunks!
MONDAY	Move to a different part of the Catskills and continue building/maintaining trails.
TUESDAY	Continue to give back to the Catskills and spruce up those trails.
WEDNESDAY	Today we'll head back to Frost Valley to clean up gear and celebrate our trip as a group.
THURSDAY	Today we continue to pack up gear. We will also debrief and reflect on the great moments and share them with all the other trips and Adventure Village.
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****

*We will be working with the National Park Service from about 9:00 a.m. to 3:00 p.m. with a 45 minute break for lunch. Projects will vary, but the past projects have included creating water breaks on trails, clearing vista points along Acadia's carriage roads, and splitting wood for the campgrounds.

**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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