



FROST VALLEY YMCA Adventures

2017 Maine Coast 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	We will be up early to drive to Acadia National Park in Maine. Camping will be at Blackwoods Campground.
WEDNESDAY	Experienced guides will take us to some of the classic rock climbing areas of Acadia teaching us the basics of climbing.
THURSDAY	Another day to conquer the rock faces of Otter Cliffs or other climbing areas.
FRIDAY	Last day of climbing and really pushing ourselves outside our comfort zones.
SATURDAY	Our free day to explore areas of Mount Desert Island and Acadia National Park. Some options include hiking Mount Cadillac or exploring beaches during low tide.
SUNDAY	Time to gear up and hit the water with Coastal Kayaking Tours. Tonight is the first night of our kayaking trip. We will be camping on the islands as we paddle between the islands.
MONDAY	Our first full day on the water, we will explore islands off the coast of Maine and enjoy the spray of saltwater with each paddle stroke.
TUESDAY	Back to land and our campsite for the final night at Blackwoods Campground.
WEDNESDAY	Today we'll head back to Frost Valley to clean up gear and celebrate a great trip.
THURSDAY	We will 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****

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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