



FROST VALLEY YMCA Adventures

2017 White Mountains Hike and Climb 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 preparing for our trip.
MONDAY	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
TUESDAY	Off to the White Mountains! We'll wake up early, jump in the bus and head over to the scenic White Mountains of New Hampshire. We will begin our hike and find a place to set up camp.
WEDNESDAY	Day two of hiking in the beautiful White Mountains.
THURSDAY	Third day of hiking through the gorgeous mountains.
FRIDAY	Continue hiking through the White's exploring its beauty.
SATURDAY	Last day of hiking in the White Mountains. We will make our way to the campground to shower and get ready for the climbing portion of the trip.
SUNDAY	First full day of climbing the cliffs of the White Mountains.
MONDAY	Day two of climbing.
TUESDAY	Final day of climbing and rappelling in the White Mountains.
WEDNESDAY	Today we'll head back to Frost Valley to clean up gear and celebrate our trip as an adventure 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****

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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