



FROST VALLEY YMCA Adventures

Adirondack 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 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 hit the trail and set up camp for the night of this portion of the hike
WEDNESDAY	After packing up camp, we'll head out on day two of our hike.
THURSDAY	Another day of decision making and leadership skills as we don our packs for day three of hiking.
FRIDAY	The final day of hiking as we hike out to the trailhead and head to our campsite and prepare for the climbing portion of our trip.
SATURDAY	Time to put on our harnesses and get ready for a full day of climbing.
SUNDAY	Another full day of climbing. Drive to South Meadow where we will camp for the night.
MONDAY	Peak Days!! Time to hit some of the highest peaks in New York in the High Peaks area.
TUESDAY	Continue our peak tour as we explore the true beauty of the Adirondacks.
WEDNESDAY	Hike back to South Meadows 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 hike 5-10 miles a day in rugged terrain with a full pack. This trip is designed to be challenging and participants should be able to understand and follow verbal directions. 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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