



FROST VALLEY YMCA Adventures

Sample 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 continue on for day three of Canoeing.
FRIDAY	As we finish our paddling trip, we resupply our food and get ready our next day of Whitewater Rafting.
SATURDAY	White Water Rafting day!!
SUNDAY	Today we repack our gear and set off on our sea kayaking trip.
MONDAY	First full day of sea kayaking! We continue to learn the ins and outs of sea kayaking and continue to explore all the hidden areas with our kayaks.
TUESDAY	Last full day in our kayaks in the Adirondacks.
WEDNESDAY	Paddle back to the bus, 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.

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