



FROST VALLEY YMCA Adventures

## Sample Maine Coast Itinerary

<b>SUNDAY</b>	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.
<b>MONDAY</b>	We will spend the morning packing our gear and food, getting ready to leave after lunch to start our journey to Maine.
<b>TUESDAY</b>	We will wake up early to continue the drive to Acadia National Park in Maine.
<b>WEDNESDAY</b>	Experienced guides will take us to some of the classic rock climbing areas of Acadia teaching us the basics of climbing.
<b>THURSDAY</b>	Another day to conquer the rock faces of Otter Cliffs or other climbing areas.
<b>FRIDAY</b>	Last day of climbing and really pushing ourselves outside our comfort zones.
<b>SATURDAY</b>	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.
<b>SUNDAY</b>	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 Maine shore line.
<b>MONDAY</b>	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.
<b>TUESDAY</b>	Back to land and our campsite for the final night at our campsite.
<b>WEDNESDAY</b>	Today we'll head back to Frost Valley and stopping half way to break up the long journey.
<b>THURSDAY</b>	We will continue and finish our trek back to Frost Valley. We will clean our wash, fix and pack up all our gear. We will also spend the rest of the day debriefing and celebrating our adventures with the rest of trips.
<b>FRIDAY</b>	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 and paddle 3-6 miles a day in inclement weather. This trip is designed to be challenging, and participants should have basic camping 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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