



FROST VALLEY YMCA Adventures

Maine Trail Builders 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	It will be an early morning as we head to Acadia, Maine and set up camp in the National Park .*
WEDNESDAY	Service Day
THURSDAY	Service Day
FRIDAY	Service Day
SATURDAY	Your group will decide what to do today! Opportunities include a hike, sightseeing, and exploring Bar Harbor.
SUNDAY	We'll have a full day of rock climbing with Acadia Mountain Guides along the beautiful Otter Cliffs.
MONDAY	Service Day
TUESDAY	Service Day
WEDNESDAY	Today we'll head back to Frost Valley to clean up gear and celebrate our trip as a 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****

*We will be working with the National Park Service from about 9:00 a.m. to 3:00 p.m. with a 45 minute break for lunch. Projects will vary, but the past projects have included creating water breaks on trails, clearing vista points along Acadia's carriage roads, and splitting wood for the campgrounds.

*Participants can expect to hike 5-10 miles a day in rugged terrain. 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.

