



FROST VALLEY YMCA Adventures

## Vermont Voyager 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 preparing for our trip.
<b>MONDAY</b>	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
<b>TUESDAY</b>	Off to Burlington, Vermont to campground and prep to start our Sea Kayaking adventure
<b>WEDNESDAY</b>	Day one of sea kayaking on Lake Champlain.
<b>THURSDAY</b>	Another day of island hopping as we kayak to our next campsite.
<b>FRIDAY</b>	Last day of sea kayaking. Make our way back to the campground and get ready for our sailing portion.
<b>SATURDAY</b>	Day 1 of 4 of sailing. We will take the next 4 days and progress our sailing and boating skills on the beautiful Lake Champlain. This will involve learning different techniques and skills on different boats.
<b>SUNDAY</b>	Continue with sailing
<b>MONDAY</b>	Day 3 with sailing
<b>TUESDAY</b>	Final day of sailing.
<b>WEDNESDAY</b>	Today we'll head back to Frost Valley to clean up gear and celebrate our trip as an adventure group.
<b>THURSDAY</b>	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.
<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 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.**

2000 Frost Valley Road, Claryville, NY 12725 TEL: 845-985-2291 ext. 265 FAX: 845-985-7925