FROST VALLEY YMCA Adventures

# White Mountains 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 preparing for our trip. |
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| MONDAY | We will spend this day checking gear, packing food, team building, and any other trip prep needed. |
| TUESDAY | Off to the White Mountains!  We'll wake up early, jump in the bus and head over to the scenic White Mountains of New Hampshire.  We will begin our hike and find a place to set up camp. |
| WEDNESDAY | Day two of hiking in the beautiful White Mountains. |
| THURSDAY | Third day of hiking through the gorgeous mountains. |
| FRIDAY | Last day of hiking in the White Mountains. We will make our way to the campground to shower and rest. |
| SATURDAY | Rest day. Resupply our food, stretch our muscles and do a little exploring. |
| SUNDAY | First full day of climbing the cliffs of the White Mountains. |
| MONDAY | Day two of climbing. |
| TUESDAY | Final day of climbing and rappelling in the White Mountains. |
| WEDNESDAY | Today we'll head back to Frost Valley to clean up gear and celebrate our trip as an adventure 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\*\***

\*Participants can expect to hike 8-12 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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