



FROST VALLEY YMCA Adventures

2015 Boots & Boats Itinerary

SUNDAY JULY 12	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 JULY 13	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
TUESDAY JULY 14	It will be an early morning as we head to the Adirondacks of New York. When we arrive, we'll hit the trail and set up camp in the High Peaks Wilderness Area. We'll decide the leader-of-the-day schedule, in which participants will take turns "running" the trip for a day.
WEDNESDAY JULY 15	After packing up camp, we'll head out on day two of our hike.
THURSDAY JULY 16	Another day of decision making and leadership skills as we don our packs for day three of hiking.
FRIDAY JULY 17	Our final full day of backpacking will reveal some great vistas of the Adirondacks before we settle down in the evening at a campsite that provides a welcome shower for everyone.
SATURDAY JULY 18	We'll get ready for the canoeing portion of the trip today. Hitting the water in the afternoon, we'll have a short paddle to our evening campsite.
SUNDAY JULY 19	After practicing additional canoe rescues, we will paddle the rest of Long Lake and camp at the head of the Raquette River.
MONDAY JULY 20	Today brings our only portage as we approach Raquette Falls. After the portage, we will continue paddling along the Raquette River.
TUESDAY JULY 21	We'll be paddling into Tupper Lake today and setting up camp close to our take out at Moody Point.
WEDNESDAY JULY 22	Today we'll head back to Frost Valley to clean up gear and celebrate a great trip.
THURSDAY JULY 23	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 JULY 24	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 5-8 miles a day in rugged terrain with a full pack. 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.