



FROST VALLEY YMCA Adventures

## Adirondack Trail Builders 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 setting goals and expectations.
<b>MONDAY</b>	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
<b>TUESDAY</b>	It will be an early morning as we meet with Adirondack Mountain Club to start the upkeep on their local trails.
<b>WEDNESDAY</b>	Trail Building Day!
<b>THURSDAY</b>	Continue building and maintaining trails.
<b>FRIDAY</b>	Last day of trail building. Head to campsite to rest.
<b>SATURDAY</b>	Climbing
<b>SUNDAY</b>	Free Day!
<b>MONDAY</b>	Back to Trail Building!
<b>TUESDAY</b>	Continue to give back to the Adirondacks and spruce up those trails.
<b>WEDNESDAY</b>	Today we'll head back to Frost Valley to clean up gear and celebrate our trip as a 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 hike 3-8 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.

\*We will be working with the Adirondack Mountain Club 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, clearing overgrown brush, and fixing up lean-to's.

**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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