



FROST VALLEY YMCA Adventures

Catskill Farm Tour 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	Wake up in the morning and drive to the first farm on our tour to start working!
WEDNESDAY	Work Day!
THURSDAY	Work Day! Travel to our second farm.
FRIDAY	Work Day!
SATURDAY	Visit/Work at a Farmers Market
SUNDAY	We'll have a full day of rock climbing with Mountain Skills Guides at the Gunks!
MONDAY	Work on our third farm!
TUESDAY	Work 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*****

*Work days typically run from 9:00 a.m. to 4:00 p.m. with an hour break for lunch. The work will be hands on and physical. We will be gardening, working with animals and any other farm chores that might be needed.

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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