



FROST VALLEY YMCA Adventures

Maine AT Adventure 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 packing our gear for an overnight.
MONDAY	Full day of hiking to begin learning our basic backcountry camping skills. Spend the night outside and begin coming up with expectations for the entire trip.
TUESDAY	Return to camp and pack in all of our gear. Day of teambuilding and packing out our food and gear for the entire month.
WEDNESDAY	Continue packing out for the trip. Everything will be packed and ready to go as we leave for our trip.
THURSDAY	Today we'll hit the road early and drive to Maine early in the morning. We'll start the first of twenty one days of backpacking.
FRIDAY	Backpacking
SATURDAY	Backpacking
SUNDAY	Backpacking
MONDAY	Backpacking (Non-Travel/Resupply Day)
TUESDAY	Backpacking
WEDNESDAY	Backpacking
THURSDAY	Backpacking
FRIDAY	Backpacking
SATURDAY	Backpacking
SUNDAY	Backpacking (Non-Travel/Resupply Day)
MONDAY	Backpacking
TUESDAY	Backpacking
WEDNESDAY	Backpacking
THURSDAY	Backpacking
FRIDAY	Backpacking
SATURDAY	Backpacking(Non-Travel/Resupply Day)
SUNDAY	Backpacking
MONDAY	Backpacking
TUESDAY	Mt. Katahdin peak day
WEDNESDAY	Return to the bus and make the trek back to Frost Valley YMCA
THURSDAY	With this long of a trip it's important to take the time to decompress and debrief. Today we'll be going through sharing and galvanizing activities as well as packing in all the gear we used during the trip.
FRIDAY	Home

****THIS ITINERARY IS SUBJECT TO CHANGE****

*Participants can expect to hike 8-15 miles a day in rugged terrain with a full pack. This trip is designed to be challenging, and participants should have 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.

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