



## FROST VALLEY YMCA Adventures

### Sample West Virginia White Water Itinerary

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|------------------------|---|
| <b>SUNDAY:</b>         | Camper arrival at 2pm! Icebreakers and get to know you games with trip leaders in Sequoia village. We will begin to prepare our gear and food. Campers will stay in lean-to at camp.  |
| <b>MONDAY AM:</b>      | We will spend this morning packing food and gear, team building, setting group expectations and any other trip prep needed. Appropriate gear will be checked and provided. To split up the long drive, we will leave after lunch. |
| <b>MONDAY PM:</b>      | We will arrive at a campground in Pennsylvania, our halfway point for the night and camp in tents. We will hopefully build a campfire, cook our first backcountry meal, and get to know each other!                               |
| <b>TUESDAY:</b>        | We will finish our drive to West Virginia today and stay at a campground near the New River Gorge. At night we will talk about our goals for the rafting portion of the trip.   |
| <b>WEDNESDAY:</b>      | Today we will explore our natural home for the next several days, the New River Gorge and its surrounding areas! We will go on a scenic day hike and practice our backcountry cooking skills.                                     |
| <b>THURSDAY:</b>       | Today we will meet our rafting guides from ACE Adventure Resorts, and they will suit us up with rafting gear, give us a safety orientation, and we will complete our first afternoon rafting on the Upper New.                    |
| <b>FRIDAY:</b>         | We will build upon what we learned yesterday and continue rafting, this time on the Lower portion of the New.   |
| <b>SATURDAY:</b>       | Today we will travel to Lost World Caverns and go caving and spelunking with certified guides.  |
| <b>SUNDAY:</b>         | Today is our free day; we will explore another great local hiking area and prepare for our rafting overnight.   |
| <b>MONDAY-TUESDAY:</b> | We will build upon all our skills from the previous days and complete our overnight rafting trip on the New, with our ACE guides to help us along!  |
| <b>WEDNESDAY:</b>      | We will begin our trip back to camp, stopping in PA again for the night. Around the campfire we will begin our reflections and debrief of the trip.   |
| <b>THURSDAY:</b>       | We will finish our drive back to camp and begin cleaning and packing in our gear and food. At night we will celebrate our trip!   |
| <b>FRIDAY:</b>         | We say bye to campers around 11 AM! We will see you next summer!  |

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

\*Participants can expect to be challenged to grow and build confidence with this trip. It is also designed to be a great introduction to climbing and water adventure.

**If you have any questions about the trip, please feel free to call the  
Frost Valley Adventure office at (845) 985-2291 ext 265.**

