



FROST VALLEY YMCA Adventures

Adirondack Trail Builders Trip Itinerary

SUNDAY:	Camper arrival at 2pm! Icebreakers and get to know you games with trip leaders in Sequoia village. Campers will stay in lean-to at camp.
MONDAY:	We will spend this day packing food and gear, team building, setting group expectations and any other trip prep needed. Appropriate gear will be checked and provided.
TUESDAY:	It will be an early morning as we head to the Adirondacks of New York. We'll set up our tents at a campground and then head to meet our trail-building guide to start working.
WEDNESDAY- FRIDAY:	Campers will start honing their trail building skills; learning how to clear brush and trees, groom a trail, and move rocks safely. Every night, we will practice our backcountry cooking skills and create yummy meals like burritos, spanish rice, and thai noodle dishes.
SATURDAY & SUNDAY:	We have free days during the weekend! We'll take a break from our hard work and relax. Activities might include day hikes in the Adirondacks, team-building games, or group bonding around the campfire.
MONDAY-TUESDAY:	It's back to the trail work for us! We will build upon the skills we learned earlier in the trip and continue giving back to the natural community we played in during the weekend. We might help build bog planks, stairs and ladders, or continue to clear brush.
WEDNESDAY:	Drive back to FV, clean our gear (and ourselves), pack-in and debrief and reflect upon our experience!
THURSDAY:	Continue to debrief, celebrate the trip, and think about the transition home.
FRIDAY:	We say bye to campers around 11 AM! See you next summer!

*****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 as the trail work done on this trip will include manual labor. FV service trips accept those with little trail or manual labor experience and ensure that everyone is encouraged to grow and learn new skills, while having a safe and enjoyable experience.

*We will be working with the Adirondack Mountain Club trail crew staff each day 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 Adventure office at (845) 985-2291 ext 265.**