



FROST VALLEY YMCA Adventures

Catskill Trail Builders Trip 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 setting goals and expectations.
MONDAY	We will spend this day checking gear, packing food, team building, and any other trip prep needed. Appropriate gear will be checked and provided.
TUESDAY	It will be an early morning as we leave Frost Valley to meet up with the New York/New Jersey Trail Conference team. They will teach us everything we need to know about trail maintenance.
WEDNESDAY- FRIDAY	Trail Building Day! We'll learn how to clear brush and trees, groom a trail, and move rocks safely.
SATURDAY & SUNDAY	We have free days during the weekend! We'll take a break from our hard work and relax. We might take a day hike in the Catskills, do some teambuilding activities and games, or practice our backcountry cooking skills!
MONDAY & TUESDAY	Back to Trail Building! We'll continue to give back to the Catskills and spruce up those trails.
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****

*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 New York/New Jersey Trail Conference 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 Adventures office at (845) 985-2291 ext 265.

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