



FROST VALLEY YMCA Adventures

# Adirondack Hike & Climb Trip Itinerary

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<b>SUNDAY:</b>	Camper arrival by 2pm! Icebreakers and get to know you games with trip leaders in Sequoia village. Campers will stay in lean-to's at camp.
<b>MONDAY:</b>	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.
<b>TUESDAY:</b>	It will be an early morning as we head to the Adirondacks of New York. When we arrive, we'll set out on our hiking trip.
<b>WEDNESDAY- THURSDAY:</b>	Backpacking! Depending on what our qualified trip leaders have chosen to do, this will most likely be in either the High Peaks Region of the Adirondacks, Pharaoh Lake Wilderness, Cranberry Lake Wilderness, or Five Ponds Wilderness. According to the group's comfortability and experience level, kids will hike 3-12 miles per day. Group will camp in a different place each night, either in lean-tos along the trail, or with tents at designated camping areas.
<b>FRIDAY:</b>	Hike out from the wilderness area and return to our vehicle. We'll make our way to Rock and River climbing outfitters in Keene, NY.
<b>SATURDAY &amp; SUNDAY:</b>	Group will be rock climbing with professional mountain guides from Rock and River. During this time, the group will camp in tents on Rock and River property and during the day will be guided up climbs in the Adirondacks. Campers will learn about climbing technique, belaying, communication, and more!
<b>MONDAY &amp; TUESDAY:</b>	Rest our hands and find some beautiful day-hikes
<b>WEDNESDAY:</b>	Drive back to FV, pack in and debrief and reflect upon our experience! The group will shower and decompress from the trip, in addition to cleaning and de-issuing their gear.
<b>THURSDAY:</b>	Continue to debrief, celebrate the trip, and think about the transition home.
<b>FRIDAY:</b>	We say bye to campers around 11 AM! We will see you next summer!

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

\*Average mileage is 5-7 miles a day, with some elevation. FV trips accept those with little hiking experience and ensure that everyone is encouraged to grow and learn new skills, but still have a safe and enjoyable experience. However, participants should expect to be challenged.

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