FROST VALLEY YMCA

ADVENTURE TRIP SAMPLE ITINERARY

Horse Trails

Day 1:

Campers arrive at Frost Valley at 2:00 PM. Meet your trail group, participate in team-building games, and meet the horses.

Day 2:

Horse assignments, trail ride prep, gear packing, and review of horsemanship skills. Hit the trail! Ride out to the first remote campsite. Set up tents, cook over the fire, and take care of your horse.

Day 3:

Full-day trail ride exploring new terrain and practicing advanced horsemanship. Learn basic wilderness navigation and campcraft.

Day 4:

Continue along the trail route. Participate in a hands-on workshop in backcountry horse care and natural horsemanship.

Day 5:

Return ride to Frost Valley. De-tack, groom, and care for horses. De-issue gear and celebrate your time on the trail.

Day 6:

Final reflection and goodbyes. Parent pick-up at 11:00 AM.

THIS ITINERARY IS SUBJECT TO CHANGE

If you have any questions about the trip, please feel free to contact us. You can reach us at the Adventure office at (845) 985-2291 ext. 265 or email us at adventure@frostvalley.org.

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