



FROST VALLEY YMCA Adventures

# Adirondack High Peaks Itinerary

<b>SUNDAY</b>	Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and packing our gear for an overnight.
<b>MONDAY</b>	Full day of hiking to begin learning our basic backcountry camping skills. Spend the night outside and begin coming up with expectations for the entire trip.
<b>TUESDAY</b>	Return to camp and pack in all of our gear. Day of teambuilding and packing out our food and gear for the entire month.
<b>WEDNESDAY</b>	Continue packing out for the trip. Everything will be packed and ready to go as we leave for our trip.
<b>THURSDAY</b>	Today we'll hit the road early and drive to the Adirondacks early in the morning. We'll start the first of twenty six peaks. Peak 1.
<b>FRIDAY</b>	Peak 2
<b>SATURDAY</b>	Peak 3 and 4
<b>SUNDAY</b>	Peak 5 and 6
<b>MONDAY</b>	Non-Travel/Resupply Day
<b>TUESDAY</b>	Peak 7 and 8
<b>WEDNESDAY</b>	Peak 9
<b>THURSDAY</b>	Make up day
<b>FRIDAY</b>	Peak 10 and 11
<b>SATURDAY</b>	Peak 12 and 13
<b>SUNDAY</b>	Non-Travel/Resupply
<b>MONDAY</b>	Peak 14 and 15
<b>TUESDAY</b>	Peak 16 and 17
<b>WEDNESDAY</b>	Peak 18 and 19
<b>THURSDAY</b>	Make Up
<b>FRIDAY</b>	Peak 20
<b>SATURDAY</b>	Non-Travel/Resupply
<b>SUNDAY</b>	Peak 21 and 22
<b>MONDAY</b>	Make up
<b>TUESDAY</b>	Last peak of the trip. 23
<b>WEDNESDAY</b>	Return to the bus and make the trek back to Frost Valley YMCA
<b>THURSDAY</b>	With this long of a trip it's important to take the time to decompress and debrief. Today we'll be going through sharing and galvanizing activities as well as packing in all the gear we used during the trip.
<b>FRIDAY</b>	Home

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

\*Participants can expect to hike 8-15 miles a day in rugged terrain with a full pack. This trip is designed to be challenging, and participants should have backcountry skills prior to the start of the trip. Leadership and decision making skills will be stressed.

**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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