



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY ADIRONDACK CLASSIC

SUNDAY	Participants arrive at Frost Valley by 2:00 pm. We will spend the rest of the day getting to know each other and preparing for our trip.
MONDAY	Full day of hiking at Frost Valley to begin learning our basic backcountry camping skills. We might even spend the night outside and begin coming up with expectations for the trip.
TUESDAY	Pack-out Day. We'll spend the day packing our food and gear for the entire trip.
WEDNESDAY	Today we'll hit the road early and drive to the Adirondacks. We'll start the first of seven days of backpacking.
THURSDAY- TUESDAY	Backpacking!
WEDNESDAY	Hike out to the bus and drive to our campground where we will decompress and shower as we prepare for the Canoeing portion of our trip.
THURSDAY	Arrive at the river to begin our four-day canoeing trip. We will spend much of the first day learning paddling skills and strokes.
FRIDAY- MONDAY	Canoeing!
TUESDAY	Finish canoeing and head to Rock and River where we'll camp during our rock climbing portion.
WEDNESDAY	The climbing leg will focus on intro skills and top roping. We'll cover gear and knots, communication, belaying skills, climbing technique, site evaluation, safety concerns, and basic rappelling skills. We'll learn tons from our professional climbing guides!
THURSDAY- FRIDAY	Climbing!
SATURDAY-SUNDAY	Rest our hands and find some beautiful day hikes.
MONDAY-TUESDAY	More rock climbing! We will build on what we learned last week to further our climbing knowledge and skills.
WEDNESDAY	With all of our memories and all of our new experiences we'll load up the bus and head back to the Catskills. We'll be able to shower and decompress after our incredible experience.
THURSDAY	With this long of a trip it's important to take the time to debrief. Today we'll be sharing and discussing important moments from our trip. We will also pack-in and clean up all the gear we used during the trip.
FRIDAY	We say bye to campers around 11 AM! We will see you next summer!

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 YMCA Adventure office at 845-985-2291 ext 265.