



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY ADIRONDACK HIKE & CLIMB

SUNDAY	Camper arrival is at 2pm! Icebreakers and get-to-know-you games with trip leaders in Adventure village. Campers will stay in lean-to at camp.
MONDAY	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.
TUESDAY	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 upon arrival.
WEDNESDAY-THURSDAY	Full days of 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 a day. Group will camp in a different place each night, either in lean-tos along the trail, or with tents at designated camping areas.
FRIDAY	Hike out from the wilderness area and return to the vehicle in the morning. Trips often stop in the town of Lake Placid, NY for some lunch before making way to Rock and River climbing outfitters in Keene, NY.
SATURDAY-SUNDAY	Group will be rock climbing with experienced and AMGA certified 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 and near base camp.
MONDAY-TUESDAY	Two more days of hiking and backpacking in the Adirondacks! We will be enjoying our couple of days developing campers leadership skills and enjoying the last few nights sleeping under stars.
WEDNESDAY	Drive back to FV, pack in and debrief and reflect upon our experience!
THURSDAY	Continue to debrief, celebrate the trip, and think about the transition home.
FRIDAY	We say bye to campers around 11 AM! We will see you next summer!

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