



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY ADIRONDACK HIKE AND PADDLE

SUNDAY

Camper arrival is at 2 pm! Icebreakers and get-to-know-you games with trip leaders at the Trip Center. Campers will stay in lean-tos or in their tents 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-FRIDAY

Full days of backpacking! Depending on what our qualified trip leaders have chosen to do, this will most likely be in either the Pharaoh Lake Wilderness, Cranberry Lake Wilderness, or Five Ponds Wilderness. According to the group's comfortability and experience level, kids will hike 5-12 miles a day. The group will camp in a different place each night, either in lean-tos along the trail, or with tents at designated camping areas. We will be enjoying our days developing campers' leadership skills and enjoying the last few nights sleeping under the stars.

SATURDAY

Hike out from the wilderness area and return to the vehicle in the morning. Trips often stop in the town for some lunch and a resupply before making their way to their new campsite where they will spend the night before they begin their canoeing phase of the trip.

SUNDAY-TUESDAY

Canoeing! We will learn valuable canoe navigation skills as we paddle along some of the breath-taking rivers and lakes of the Adirondack region. Campers will be paddling 5-8 miles a day and will encounter several portage points that they will work as a team to navigate.

WEDNESDAY

Finish our canoeing in the morning and make the drive back to Frost Valley. We will pack in and debrief and reflect upon our experience!

THURSDAY

Continue to debrief, celebrate the trip, and think about the transition home. Trip campers will get to spend time with the other adventure programs during some large group games and join in on the All-Adventure cook-out and closing campfire.

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 paddle and hike 5-8 miles a day in inclement weather. This trip is designed to be challenging, and participants should have basic backcountry skills prior to the start of the trip. Campers should be comfortable in and around water. All campers on a water trip will have a swim check before embarking on their 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.