

Frost Valley YMCA Adirondack Family Explorer

Sunday-Friday August 22-27

Price: \$850 per adult, \$750 per child
Open to families (kids must be at least 12)

Have you been looking at the teen trip offerings and thinking about how cool that would be to do with your kids? Now you can! Frost Valley is proud to introduce a brand new trip, designed for families to explore the outdoors together! While you're at it, you'll get the chance to meet other families as we cave, climb, hike, raft and camp together in the Adirondack Mountains. And one of the best parts? **You don't need to plan a thing!** So, come join us and rekindle those family ties with the YMCA you know and love!



www.FrostValley.org | 2000 Frost Valley Rd.
(845) 985-2291 | Claryville NY, 12725

Frost Valley YMCA is a non-profit charitable organization whose mission is to put Judeo/Christian principles into practice through programs that build healthy spirit, mind and body for all. Financial assistance is available.

● **Sunday:**

Arrive at Frost Valley at 3:00 PM. Get to know your group members, finalize group gear, eat dinner and campout for the night.

● **Monday:**

Drive to the Adirondacks, stop at Natural Stone Bridge & Cave for a three hour cave tour. Settle into our campground for the evening.

● **Tuesday:**

Put on our hiking shoes and go for an all day, day hike.

● **Wednesday:**

Time to climb on the famous Adirondack rock cliffs!

● **Thursday:**

Our final activity will be rafting down the Hudson River where we'll see some class I and II rapids, with a class III as a finale.

● **Friday:**

We'll pile into the mini-bus and drive back to Frost Valley. We'll clean up some gear and say our good-byes, heading home for the night.