



Frost Valley YMCA
2010 Adventure Trips

Adirondack Rambler 4 - Itinerary



Sunday August 8	Participants should arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and checking out gear.
Monday August 9	It will be an early morning as we head to the Adirondacks and Lake Durant Campground. Campsite set up, outdoor cooking, and basic camping etiquette are on the agenda for today.
Tuesday August 10	Today brings us to the Hudson River for a day of whitewater rafting. The Gorge includes one class III rapid and a lot of great class I and II fun. Lake Durant will serve as our home for one more night.
Wednesday August 11	We'll head north today to Saranac Lakes Wild Forest Area for some backcountry canoeing. Basic canoe strokes, rescue techniques, and navigation are on the menu as well as our first night in a backcountry campsite.
Thursday August 12	Our canoes will carry us (and we'll have to carry our canoes at one point) as we continue to explore the Saranac Lakes area. Tonight we'll stay in another backcountry campsite.
Friday August 13	The canoeing portion of our trip will come to a close at Rollins Pond. We'll spend the night at Sharp Bridge Campground.
Saturday August 14	Today we will be joined by professional guides as we learn the basics of rock climbing in the Adirondacks.
Sunday August 15	This will be our second day of rock climbing and our final night at Sharp Bridge Campground.
Monday August 16	After repacking our gear into day packs, we'll be heading up our first peak for an all day hiking adventure, ending at a campground for the night.*
Tuesday August 17	We'll hike another peak today and enjoy the beautiful Adirondack scenery before returning to our campsite.
Wednesday August 18	Our final day of hiking will bring us to the campsite where we'll wrap up some of our experiences before going to sleep.
Thursday August 19	After breakfast, we'll pack up and head back to Frost Valley to clean up gear and share some of our favorite times.
Friday August 20	Finish any gear clean up and head home. Parent pick up time is 11:00 am.

****This itinerary is subject to change****

**The hiking locations are being finalized. Please check in at a later date for the specific routes!*

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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