



Frost Valley YMCA  
2010 Adventure Trips

# Jim Thorpe: Raft & Ride - Itinerary



**Sunday**  
**July 11**

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**  
**July 12**

We'll head out early in the morning to drive to Jim Thorpe, PA. After lunch, we'll head over to the number one paintball site in the country, Skirmish USA, for an afternoon of paint ball. We'll end the day by settling into our campsite at Mauch Chunk State Campground.

**Tuesday**  
**July 13**

Today we will pick up our bikes and explore the 25 mile rail trail, following the Lehigh River the whole way. In the evening we will return to our campground.

**Wednesday**  
**July 14**

Our second day of biking will see us riding into town from our campground, followed by a 14 mile section of bike trail. We'll return our bikes and head back to camp for the night.

**Thursday**  
**July 15**

Today it's time to hit the water as we jump into rafts and complete our first full day of white water rafting.

**Friday**  
**July 16**

Because we can never get enough rafting, we'll spend a second day on the Lehigh River hitting up some new rapids and getting soaked again!

**Saturday**  
**July 17**

We'll break down camp, say our good-byes to Jim Thorpe, PA and head back up to Frost Valley. After cleaning up our gear, we'll spend our final evening sharing our favorite stories from the trip with our new friends.

**Sunday**  
**July 18**

In the morning, we'll finish any gear clean up and then it is time to head home. Parent pick up time is 11:00 am.

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

If you have any questions about the trip, please feel free to call the Frost Valley Adventures office at (845) 985-2291 ext. 265.