



Frost Valley YMCA
2010 Adventure Trips
Maine Coast - Itinerary



Sunday June 27	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 June 28	We will be up early to drive to Acadia National Park in Maine. Camping will be at Blackwoods or Seawall Campground.
Tuesday June 29	Today we will pick up our bikes in town. After that, the carriage roads will allow us to safely navigate portions of Mount Desert Island and Acadia National Park.
Wednesday June 30	One more day to explore the carriage roads on our bikes.
Thursday July 1	Experienced guides will take us to some of the classic rock climbing areas of Acadia.
Friday July 2	Another day to conquer the rock faces of Otter Cliffs or other climbing areas.
Saturday July 3	Our free day to explore areas of Mount Desert Island and Acadia National Park. Some options include hiking Mount Cadillac, swimming at Echo Beach or exploring the main streets of Acadia.
Sunday July 4	Time to gear up and hit the water with Coastal Kayaking Tours.* Tonight is our first night camping on an island.
Monday July 5	Our first full day on the water, we will explore islands off the coast of Maine and camp on an island.
Tuesday July 6	Another day of exploring some of Maine's 4,000+ coastal islands.
Wednesday July 7	Back to land and our campsite for the final night at Blackwoods or Seawall Campground.
Thursday July 8	Back to Frost Valley for gear clean up and our last night.
Friday July 9	Finish any gear clean up and head home. Parent pick up time is 11:00 am.

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

**Coastal Kayaking Tours provides Certified Maine Kayaking Guides as well as kayaks, dry bags, and instruction.*

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