



Frost Valley YMCA
2010 Adventure Trips
Rocks 'N Ropes - 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	Our first full day will be spent at Frost Valley's 50 foot climbing tower learning the basics of rock climbing. Our lessons will include safety, knot-tying, and belay and climbing techniques. We'll camp out on Frost Valley property at night.
Tuesday August 10	We'll continue practicing our skills on the Y tower, making sure we're solid for our real rock adventures later in the week.
Wednesday August 11	Our hands will have a chance to rest today as spend the day paddling canoes and hiking Giant Ledge.
Thursday August 12	It's time to get on some real rock as we head to Peterskill for a day of climbing on some of the best rock in the world. Tonight we'll be staying at a local campground close to the climbing sites.
Friday August 13	Today we take our climbing to the next level as we explore new climbing sites. We might be in a section of Peterskill or the Trapps. This area is known around the globe as one of the finest climbing areas in existence. With classics such as Laurel, Ken's Crack, Boston, and Belly Roll at our fingertips, there will be plenty of chances to push beyond ourselves and reach for something greater. Tonight we will be back at our campground for some much needed rest.
Saturday August 14	We'll be back at the Trapps or Peterskill for another day of top-notch climbing. Tonight we will return to Frost Valley.
Sunday August 15	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.