



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY ADIRONDACK PADDLER

SUNDAY	Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and prepping for our trip!
MONDAY	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
TUESDAY	It will be an early morning as we head to the Adirondacks of New York. When we arrive, we'll set out on our paddling voyage.
WEDNESDAY-FRIDAY	Canoeing! We will learn valuable canoe navigation skills as we paddle along some of the breath-taking rivers and lakes of the Adirondack region.
SATURDAY	As we finish our paddling trip, we resupply our food and get ready for the kayaking portion of our trip.
SUNDAY-TUESDAY	Kayaking! We will learn the ins and outs of kayaking and continue to explore all the hidden areas with our kayaks.
WEDNESDAY	Finish our kayaking in the morning and make the drive back to Frost Valley.
THURSDAY	Today we will pack up and clean our gear. We will also debrief and reflect on the great moments and share them with the other trips.
FRIDAY	We say bye to campers around 11 AM! We will see you next summer!

THIS ITINERARY IS SUBJECT TO CHANGE

*Participants can expect to paddle 5-8 miles a day in inclement weather. This trip is designed to be challenging, and participants should have basic backcountry skills prior to the start of the trip. Campers should be comfortable in and around water. Leadership and decision making skills will be stressed.

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