



# FROST VALLEY YMCA ADVENTURE TRIP ITINERARY LONG TRAIL BACKPACKER

<b>SUNDAY</b>	Camper arrival is at 2pm! Icebreakers and get-to-know-you games with trip leaders in Adventure village. Campers will stay in lean-to at camp.
<b>MONDAY</b>	We will spend this day packing food and gear, team building, setting group expectations and any other trip prep needed. Appropriate gear will be checked and provided.
<b>TUESDAY</b>	It will be an early morning as we head to Vermont. When we arrive, we'll set out on our hiking trip.
<b>WEDNESDAY - TUESDAY</b>	Kids will be doing the hiking portion of this trip! We will hike an average of 3-15 miles a day, with some elevation to complete around 70 miles of the Long Trail. We will summit the highest peaks in Vermont, see some of the most beautiful sunsets in the country, and really bond as a group. Each night we will camp in tents or lean-tos and we will grow our backcountry culinary skills as we prepare meals every night.
<b>WEDNESDAY</b>	Hike out early from the wilderness area and return to the vehicle to drive back to Frost Valley YMCA. Once we get there, we will clean and return our gear and supplies and begin reflecting on and debriefing our trip.
<b>THURSDAY</b>	Continue to debrief, celebrate the trip, and think about the transition home.
<b>FRIDAY</b>	We say bye to campers around 11 AM! We will see you next summer!

**\*THIS ITINERARY IS SUBJECT TO CHANGE\***

\*Average mileage is 5-7 miles a day, with some elevation. FV trips accept those with little hiking experience and ensure that everyone is encouraged to grow and learn new skills, but still have a safe and enjoyable experience. However, participants should expect to be challenged and, for this trip, have some hiking experience.

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.