



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY WHITE MOUNTAIN HIKE & CLIMB

SUNDAY	Camper arrival by 2pm! Icebreakers and get to know you games with trip leaders in Sequoia village. Campers will stay in lean-to's at camp.
MONDAY	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.
TUESDAY	It will be an early morning as we head to the white Mountains of New Hampshire. When we arrive, we'll set out on our hiking trip.
WEDNESDAY-SATURDAY	Backpacking! Depending on what our qualified trip leaders have chosen to do, this will most likely be along either the Franconia Ridge, or in the Presidential Range. According to the group's comfortability and experience level, kids will hike 3-12 miles a day. Group will camp in a different place each night, either in lean-tos along the trail, or with tents at designated camping areas.
SATURDAY AFTERNOON	Hike out from the wilderness area and return to the vehicle. Trips often stop in town for some lunch before making way to EMS climbing outfitters in North Conway.
SUNDAY-TUESDAY	Group will be rock climbing with experienced and AMGA certified mountain guides from EMS. We have worked with EMS guides for many years and they are fantastic. During this time, the group will camp in tents near their climbing sites and during the day will be guided up climbs in the White Mountains. They will have the chance to do a multi-pitch climb, as well as some rappelling!
WEDNESDAY	Drive back to FV, pack in and debrief and reflect upon our experience! The group will shower and decompress from the trip, in addition to cleaning and de-issuing their gear.
THURSDAY	Continue to debrief, celebrate the trip, and think about the transition home.
FRIDAY	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.

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.