



# FROST VALLEY YMCA ADVENTURE TRIP ITINERARY MAINE COAST

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<b>SUNDAY</b>	Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and checking gear.
<b>MONDAY</b>	We will spend the morning packing our gear and food, getting ready to leave after lunch to start our journey to Maine.
<b>TUESDAY</b>	We will wake up early to continue the drive to Acadia National Park in Maine.
<b>WEDNESDAY</b>	Experienced guides will take us to some of the classic rock climbing areas of Acadia teaching us the basics of climbing.
<b>THURSDAY</b>	Another day to conquer the rock faces of Otter Cliffs or other climbing areas.
<b>FRIDAY</b>	Last day of climbing and really pushing ourselves outside our comfort zones.
<b>SATURDAY</b>	Our free day to explore areas of Mount Desert Island and Acadia National Park. Some options include hiking Mount Cadillac or exploring beaches during low tide.
<b>SUNDAY</b>	Time to gear up and hit the water with Coastal Kayaking Tours. Tonight is the first day of kayaking. We will be returning to our campsite once our day of island hopping comes to an end.
<b>MONDAY</b>	Another full day on the water, we will explore islands off the coast of Maine and enjoy the spray of saltwater with each paddle stroke.
<b>TUESDAY</b>	Our final day of kayaking on the coast and then back to land and our campsite for the final night in Maine.
<b>WEDNESDAY</b>	Today we'll head back to Frost Valley and stop half way to break up the long journey.
<b>THURSDAY</b>	We will continue and finish our trek back to Frost Valley. We will clean our wash, fix and pack up all our gear. We will also spend the rest of the day debriefing and celebrating our adventures with the rest of trips.
<b>FRIDAY</b>	In the morning, we'll finish cleaning gear and reminiscing about our adventure, and then it's time to head home. Parent pick up time is 11:00 a.m.

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

\*Participants can be expected to be challenged to grow and build confidence with this trip. It is also designed to be a great introduction to climbing and water adventure. Campers should be comfortable in and around water.