



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY VERMONT VOYAGER

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 Burlington, VT. When we arrive, we'll set up camp near Lake Champlain. Around the campfire, we'll talk about our goals for the sailing portion of the trip.
WEDNESDAY-SATURDAY	Today is our first day of sailing! Partnering with Community Sailing as our guides and teachers, we will complete a safety orientation, get our gear, and get out on the lake to sail for the next four days.
SUNDAY-TUESDAY	Today we will pack up our campsite and head to meet our kayaking guides, Umiak Outfitters. Once being issued our gear, we will start paddling on the Green River reservoir in Vermont. Tonight and the next couple of nights we'll be camping on secluded islands in the reservoir.
WEDNESDAY	We will pack up our bags and make our journey back to Frost Valley YMCA!
THURSDAY	Today we continue to pack in our gear to the trip center. We will also debrief and reflect on the great moments and share them with the other trips.
FRIDAY	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 expect to paddle 3-5 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.