



FROST VALLEY YMCA ADVENTURE TRIP ITINERARY WEST VIRGINIA WHITE WATER

SUNDAY	Camper arrival is at 2pm! Icebreakers and get to know you games with trip leaders in Sequoia village. Campers will stay in lean-to at camp.
MONDAY	We will spend the morning packing our gear and food, getting ready to leave after lunch to start our journey to West Virginia. We will stop half way for the night and camp in tents, cooking our first meal over the fire and getting to know each other!
TUESDAY	We will wake up early to continue the drive to New River Gorge National Park in West Virginia.
WEDNESDAY	Today we will explore our home for the next several days, the New River Gorge and its surrounding areas! We will go on a scenic day hike and practice our backcountry cooking skills.
THURSDAY - FRIDAY	Today we will meet our rafting guides from ACE Adventure Resorts, and they will suit us up with rafting gear, give us a safety orientation, and we will spend our mornings rafting on the Upper and Lower New River.
SATURDAY	Today we will travel to Lost World Caverns and go caving and spelunking with certified guides.
SUNDAY	Today is our free day; we will explore another great local hiking area and prepare for our rafting overnight.
MONDAY-TUESDAY	We will build upon all our skills from the previous days and complete our overnight rafting trip on the New, with our ACE guides to help us along!
WEDNESDAY	We will begin our trip back to camp, stopping in PA again for the night. Around the campfire we will begin our reflections and debrief of the trip.
THURSDAY	We will finish our drive back to camp and begin cleaning and packing in our gear and food. At night we will celebrate our trip!
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 be challenged to grow and build confidence with this trip. It is also designed to be a great introduction to hiking, caving, and water adventure.
Campers should be comfortable in and around water.

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.