



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Leaders School 2012 Grades 9-12 Trip Program

These trips are designed to challenge you at every level. You have the opportunity to follow a sequence of trips that develop a deeper understanding of the skills needed to enjoy the Maine woods, rocks, and rivers. There will be four different tracks: Rock Climbing, Hiking, Whitewater, and All-Around. Each skill-specific track (Rock Climbing, Hiking, and Whitewater) will consist of trips that build on the experiences and skills you learn from your previous trip and the All-Around Track consists of trips from each track that provide a wide range of knowledge.

As a first year leader you will learn the fundamentals of outdoor recreation and then each following year you will learn incremental skills.

Do not request a trip you have already been on.

After your First Year Leaders Hike, you can choose from the following Tracks:

Hiking: After the First Year Leaders Trip, you must complete an intermediate and advanced hike to complete this track.

Rock Climbing: You must complete a beginner and advanced rock climbing trip to complete this track.

Whitewater: You must complete a beginner and advanced Whitewater Canoeing or Kayaking trip to complete this track.

All-Around: You must complete an intermediate hike as well as a beginner rock climbing and whitewater trip to complete this track.



BANGOR Y

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Hiking

Acadia Light

The first day you will go for a short hike and set up camp in Acadia National Park. The next morning you'll be off to an early start to hike different peaks within the park. Hiking boots and rain gear is a must!

Bigelow Mountain/Flagstaff Lake

This is an intermediate level hike up one of Maine's highest mountains. Our 1st day will begin with our arrival at our campsite on Flagstaff Lake. We will explore the local area and perhaps take a dip into the shallow lake. Next morning we will hike - rain or shine - as we take the Strafford Brook trail to the observation tower at Avery Peak. We will traverse terrain which goes from level woods roads to fairly stretches with great views. At the summit, the views of Sugarloaf, Flagstaff Lake and Mt. Katahdin are spectacular!

Bigelow Backpack Trip

This trip is a strenuous backpacking hike which takes us along part of the Appalachian Trail in the Bigelow Reserve. This 12-mile hike is a true "backpack" trip--we will carry all of our gear, food, tents, etc, so a small daypack is NOT sufficient for this trip! The trip starts at Stratton Brook Pond, then to the campsite at Horns Pond. On day 2, we will proceed along the AT to the Horns, West Peak, and Avery Peak (4 summits!) traversing the entire "Indian" ridge that is seen from Sugarloaf Mountain. The descent along the Fire Warden's trail is very steep and strenuous.

Mt. Katahdin (backpack)

We're bringing it back! Climb Maine's highest peak! This hike presents an additional challenge: we will be backpacking into Abol Campground from the Togue Pond Gatehouse, since our bus is too big to enter Baxter State Park. Think you can handle it?

Baxter State Park-North Traveler

This is a *grueling expedition*, covering over 10 miles of the newly formed North Traveler Loop Trail in the north end of Baxter State Park. Over 4 miles of this hike is on high, open mountain ridges with fantastic views - but not an easy hike!

Hiking Equipment List

Required:

- Raingear (Must be waterproof, no exceptions!)
- Good hiking boots
- 3 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts
- 1 pair pants
- 2 t-shirts
- hat
- warm gloves
- daypack (large backpacks are great for organizing/carrying gear but are not necessary for this trip)
- sleeping bag
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

Recommended:

- sunscreen
- insect repellent
- bathing suit & towel
- sneakers or sandals for camp (not hiking!)

Optional:

- water filter
- camera (throw away)
- sleeping/ground pad
- gaiters

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Rock Climbing

Rock climbing I

You will learn the basics of Rock Climbing at both Eagles Bluff and Parks Pond in Clifton. Rock climbing is challenging but appropriate for all ages and physical abilities. This experience includes history of the sport, equipment identification, and will also teach the skills of belaying. Participants should be in decent physical condition and be prepared for the emotional challenge as well. Climbing is a BLAST, give it a try!

Rock Climbing II

This will be a great trip for those who are ready for the next level. You will enhance the skills you learned in Rock Climbing I. Rock Climbing II will climb at Eagles Bluff and Parks Pond. (You must complete Rock Climbing I before signing up for this trip)

Rock Climbing Equipment List

Required:

- Good hiking boots or sturdy sneakers to get to and from the climbing sites
- Daypack
- Raingear Tops & Bottoms (Must be waterproof, no exceptions!)
- 2 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts (loose fitting)
- 1 pair pants (loose fitting)
- 2 t-shirts
- hat
- warm gloves
- sleeping bag
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

Recommended:

- sunscreen
- insect repellent
- bathing suit & towel
- sandals for camp (not hiking!)
- the following will be provided but bring if you already own:
- climbing harness
- climbing shoes

Optional:

- camera (throw away)
- sleeping/ground pad

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Whitewater

Intermediate Whitewater

St. Croix Canoe and Kayak:

This is a chance to learn kayak paddling skills and enhance your canoe skills while navigating the St. Croix River. The first day will be spent learning paddling and emergency skills and the second day will be spent canoeing and kayaking a beautiful stretch of the St. Croix River. Mostly class I water with a few class II sections.

Advanced Whitewater

Advanced Canoe:

Use the skills you learned on the St. Croix to navigate class II and III rapids on one of Maine's challenging rivers. The river will be chosen at a later date depending on river levels. Probably the Kennebec River (Kineo Trip). (You must complete St. Croix Canoe before signing up for this trip)

West Branch Penobscot Whitewater Kayak:

The Penobscot River is an excellent environment to be introduced to the techniques required for whitewater kayaking. You will be exposed to one of the most pristine and lightly traveled sections of the entire Penobscot watershed. The first day will be spent covering rescue techniques, use of throw ropes, defensive swimming, and river anatomy. The second day will consist of navigating the 4-mile run. You should be strong swimmers and prepared to be challenged through Class II and III rapids. Class III is very strong current and waves up to 3-ft. high. Each rapid on the Seboomook has a large recovery pool below so paddlers need not fear an extensive swim. In addition, each rapid will be thoroughly scouted and analyzed with a strong emphasis on "Challenge by Choice" where portaging is a welcomed option. (You must complete St. Croix Kayak before signing up for this trip)

Whitewater Equipment List

Required:

- Teva sandals or some other kind of submersible footwear
- Raingear Tops & Bottoms (Must be waterproof, no exceptions!)
- 2 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts (not cotton)
- 1 pair pants (not cotton)
- 1 bathing suit/shorts (Not cotton!)
- 2 t-shirts
- sleeping bag
- sunscreen
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

Recommended:

- insect repellent
- sneakers or sandals for camp (not hiking!)

Optional:

- camera (throw away)
- sleeping/ground pad
- large dry bag
- A lifejacket will be provided, but bring your own if you like

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Water/Hike Combination

Beginner/Intermediate

Great Pond Mountain:

On the first day the trip will leave from Camp Jordan and head across Branch Lake and then will hike through the Great Pond Land Trust arriving at the campsite at Hot Hole pond for the night. The next day will be spent paddling down Hot Hole Stream and the Dead River with a portaging experience in between.

Biking Equipment List

Required:

- Mountain Bike & Helmet
- Sturdy sneakers/bike shoes
- Raingear Tops & Bottoms (Must be waterproof, no exceptions!)
- 2 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts (not cotton)
- 1 pair pants (not cotton)
- 1 bathing suit/shorts (Not cotton!)
- 2 t-shirts
- sleeping bag
- sunscreen
- 1-2 water bottles (should fit on your bike)
- mess kit (bowl, spoon, travel mug or cup)
- Camelbak if you have one
- positive attitude

Recommended:

- insect repellent
- sandals for camp (not hiking!)

Optional:

- camera (throw away)
- sleeping/ground pad
- large dry bag

Water/Hike Equipment List

Required:

- Good hiking boots or sturdy sneakers
- Raingear Tops & Bottoms (Must be waterproof, no exceptions!)
- 2 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts (not cotton)
- 1 pair pants (not cotton)
- 1 bathing suit/shorts (Not cotton!)
- 2 t-shirts
- Teva sandals or some other kind of submersible footwear
- sleeping bag
- sunscreen
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

Recommended:

- insect repellent
- sneakers or sandals for camp (not hiking!)

Optional:

- camera (throw away)
- sleeping/ground pad
- large dry bag
- A lifejacket will be provided, but bring your own if you like

Biking

Bike X-treme:

2 days. 100 miles. Not for the beginner, but if you have the drive, you can do it! Your bike needs to be 100% up-to-speed, and your lungs should be a close second. You should start training early in the summer for this one, folks! No rentals available -you must have your own ready-to-go-bike and helmet.

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