



Sample Itinerary

Mountain Trekkers – Co-Ed Program

Sunday	Monday	Tuesday	Wednesday	Thursday
1pm arrival Opening circle & gear up Shuttle to Spruce Knob Mountain Center Dinner & campfire at the yurts	Breakfast at the yurts Caving Stewardship project	Intro to land navigation Backpack to Judy Springs Exploration of high falls of Seneca Creek	Backpack out to trailhead Stewardship project Survival skills	Top rope rock climbing and rappelling Clean and de-issue borrowed gear Showers 5pm departure
Dorms	Sleep in cave	Primitive campsite	Primitive campsite	

*Daily schedule and activities subject to change