



## Sample Itinerary

### Mountain Trekkers – Girls Program

| Sunday                                  | Monday                 | Tuesday                  | Wednesday                                     | Thursday                                | Friday                           | Saturday                       |
|---|------------------------|--------------------------|---|---|----------------------------------|--------------------------------|
| 1pm arrival<br>Opening circle & gear up | Breakfast at the yurts | Intro to land navigation | Exploration of the high falls of Seneca Creek | Backpack to Spruce Knob summit          | Top rope climbing and rappelling | Breakfast at the yurts         |
| Shuttle to Spruce Knob Mountain Center  | Caving                 | Backpack to Judy Springs | Stewardship project                           | Fossils, mountain formation, bouldering | Showers                          | Clean & de-issue borrowed gear |
| Dinner & campfire at the yurts          | Stewardship project    | Survival skills          | Stargazing                                    | Sunset on the summit                    | Dinner & campfire at the yurts   | 11:30 am departure             |
| Dorms                                   | Sleep in cave          | Primitive campsite       | Primitive campsite                            | Primitive campsite                      | Dorms                            |                                |

\*Daily schedule and activities subject to change