



Spring 2016 Trip Descriptions

****All return times are approximate and depend on group pace, traffic, and weather. We do our best to return on time but sometimes things happen****

Registration for trips through Spring Break will open on January 19th

Adirondack Winter Skills Seminar

Sat March 5th –Fri March 11th

Registration ends Feb. 26th

Do you like adventure? Do you like learning new skills? Do you want to learn how to be comfortable and have fun in cold snowy weather? The Adirondack Winter Skills Seminar is for you. This week long program over Spring Break will include, winter camping, snow shoeing, cross country skiing, winter peak bagging and a beginner ice climbing course!

Cost: \$450 –includes transportation, all necessary equipment (except some warm clothing) and all meals except for the two travel days.

What to wear: warm winter weather appropriate clothing and good warm shoes/boots.

What to bring:

Backpacking pack* (big enough for your personal equipment as well as your share of group gear and food)

Day pack*

Sleeping Pad*

Winter sleeping bag rated to below 0 Degrees Fahrenheit*

2 liter-sized water bottles

Headlamp*

3-4 pairs of wool or synthetic socks (avoid cotton)

Shell Jacket*
Shell Pants*
Warm insulated jacket*
Plastic bowl and eating utensil* (Tupperware works well)
Clothing appropriate for the weather (synthetics and wool are best, *cotton is strongly discouraged* except for t-shirts/underwear)
Good shoes or boots
Sunscreen
VERY minimal necessary toiletries (contact solution, toothbrush etc)
Optional knife
Camera

Items marked with an * are available to borrow at no extra charge

When/Where: Spring Break! The 6 million acre Adirondack Park is the largest park in the continental United States and is the world's largest state park. This incredible park contains vast wilderness, timeless towns, and mixed use backcountry areas.

Itinerary:

- March 5th**- meet at Skyline on the Fairfax campus at 8am. Load up the van and hit the road. Drive to the Adirondacks. We will stop for lunch on the drive and do dinner at a diner when we arrive in Keene Valley. These meals are not included.
- March 6th** – Snowshoe/ski to the Grace Cabin, our backcountry basecamp for the next two days. Start exploring. This will be a great opportunity to start practicing on the XC skis.
- March 7th** – It's summit day! We will snowshoe to the top of New York's highest peak. Mount Marcy, at just over a mile high, is a great winter summit. Despite its relatively modest elevation we will be in a true alpine zone with views for miles in either direction.
- March 8th** – We will leave our comfortable base camp behind for a wilder backcountry site where we will practice the art of winter camping. This will be a great day to learn the savvier side of winter camp craft. Depending on time and group enthusiasm we may go for a classic Adirondack cross country ski tour. We will spend the night in an Adirondack lean-to.
- March 9th** – Ice, ice, baby. This is day one of our ice climbing clinic. In the morning we will pack up the lean-to and hike out to the van for the short drive to the crag. We will snowshoe into the Dogleg Crag near the north face of Pitchoff Mountain. Here you will learn the basics of crampon use, ice tools, and the finer points of vertical ice climbing.
- March 10th** – Day two of our ice climbing clinic will give participants more opportunity to practice their technique from the day before on some potentially longer and steeper routes.
- March 11th** – Return to campus. Meals on this travel day are not included.



Interior of the cabin at Grace Camp, our home for Sunday and Monday nights.
Photo courtesy of the ADK