



* = Transportation Needed




@ = Lake Road Bus Ticket Needed

ATIS JUNIOR PROGRAM AUGUST 2009

ATIS Phone # 576-9157

Additional trip information available at atis-web.com or in booklet at ATIS Building

See separate sheet for sign-up procedure

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 A: Dix via North Slides 8-5* B: Colvin & Blake 8:45-4:15@ C: Mt. Van Hoevenberg 10-3* <i>Discovery: Rainbow Falls 10:45-2@</i> Capture the Flag 7-8:30</p>	<p>4 AA: Skylight & Gray 7:45-6:15@ B: Gothics 8:45-4:15@ B: Pitchoff Traverse 9-3* C: Indian Head & Fish Hawk Cliffs 10:45-3:15@</p>	<p>5 B: Bald Peak 9-4* <i>UPPER Lake Activities 9:45-4:15 @</i> <i>Nature Activities for 7-10 year olds 9:15-12:15</i> <i>Alderdice Overnight for 7-10 yr. olds 3:15 Wed.-3:15 Thu. @ \$15</i></p>	<p>6 A: Gothics & Sawteeth 7:45-4:15@ C: Snow Mt. 10-2 <i>Raquette River Canoe Overnight for 11-15 yr. olds 8 Thurs. - 4 Fri. * \$25</i></p>	<p>7 B: Cascade and Porter with return to K.V. Airport 9-4* C: Round Mountain 10-3 <i>Nature Activities for 4-6 year olds 10:15-12:15</i></p> 
<p>10 A: Colden via East Slide 8-5* B: Ampersand 9-4* <i>Nature Activities for 7-10 year olds 9:15-12:15</i> <i>Johns Brook Overnight for 8-12 year olds 8 Mon-5 Tues.*</i> Capture the Flag 7-8:30</p>	<p>11 A/B: Lake Placid canoe trip with ascent of Eagle Eyrie 9-4* B: Algonquin 8-4* C: Tenderfoot Pools 10:15-2:15*</p>	<p>12 B: Phelps 9-5* <i>Lower Lake Activities 9:45-3:15 @</i> <i>Nature Activities for 4-6 year olds 10:15-12:15</i> <i>Seward Range Overnight 8 Wed. - 2 Fri.</i></p>	<p>13 A: Wright, Algonquin, & Iroquois 8-5* B: Jay Mountain 9-3* C: Boquet River Pools 10-2*</p>	<p>14 B: Dial 9-4@ C: Pitchoff Boulders 10-3* <i>Discovery: Bear Run 9:45-2@</i></p>
<p>17 A/B: Rainbow Lake Canoe 8-5* <i>Nature Activities for 4-6 year olds 10:15-12:15</i> <i>Sunset/Sunrise Overnight on Hurricane 5 PM - 8 am* (bring snack and sleeping bag)</i> Capture the Flag 7-8:15</p>	<p>18 Picnic Preparations and Skit Rehearsal</p> 	<p>19 PICNIC Tickets on sale at 1 pm. Buses run 1:30-5 pm. Events begin at 2 pm.</p>	<p>20 A: Whiteface and Esther 8-5* B: Hurricane 9-3* <i>Discovery: Owl's Head 10-1*</i> <i>Alderdice Overnight for 7-10 yr. olds 3:15 Thu.-3:15 Fri. @ \$15</i></p>	<p>21 AA: Cliff & Redfield 6-6* B: Cascade and Porter with return to KV airport 9-4* <i>Nature Activities for 7-10 year olds 9:15-12:15</i></p>
<p>24 A: Lower Wolf Jaw via Bennies Brook Slide 9-3* C: Pitchoff Boulders 10-3* <i>Nature Activities for 4-6 yr. olds 10-12</i> Capture the Flag 7-8:15</p>	<p>25 A: Macomb 9-5* B: Big Slide via Brothers 9-5* C: Bear Run 9:45-1:30@</p>	<p>26 A/B: Chub River Canoe* C: Lost Lookout & Beaver Meadow Falls 9:45-2:15@</p>	<p>27 A: Tabletop & Phelps 8-5* B: Hopkins & Spread Eagle 9-3* C: Weston Mt. 10-3*</p>	<p>28 A: Giant via slide 8-4* B: Noonmark and Round 9-4 Celebrate the end of the season with cake on the porch!</p> 

THE FOLLOWING EQUIPMENT SHOULD BE PACKED FOR ALL TRIPS:

Water Amounts: **Day Trips:** Good hiking shoes, fleece or non-cotton jacket, rain gear, filled water bottle(s)#, insect repellent, lunch, day pack

A hikes: 2-3 qts.

B hikes: 1.5-2 qts.

C hikes: 1-1.5 qts. **Overnights:** All of the above plus extra shirt, long pants (preferably not 100% cotton), sleeping bag & pad, overnight pack capable of carrying both personal and group gear, headlamp, eating utensils (knife, fork, spoon, cup, plate), toilet articles, bathing suit

