



* = **Transportation Needed**

@ = **Lake Road Bus Ticket Needed**




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

ATIS JUNIOR PROGRAM AUGUST 2010



ATIS Phone # 576-9157

See separate sheet for
sign-up procedure

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 AA: Marcy & Complete Great Range 6-6* B: Nun-da-ga-o Ridge 9-3* C: The Brothers 10-3* Rock Climbing Club 8:30-3:30* \$20 Discovery: Big Crow 10-1:30* Capture the Flag 7-8:30</p>	<p>3 A/B Schroon River Canoe 9-4* B: Dial 7:45-3:15@ C+: Catamount 9-3* C: Blueberry Cobbles 10-3* Lake Colden Overnight 8 Tue.-5 Thu.* \$30 (Marshall, Cliff, Redfield, Gray)</p>	<p>4 A: Basin, Saddleback, & Gothics 7:45-6:15@ C: Weston Mt. 10-3* Lower Lake Activities 9:45-3:15@ Nature Activities for 4-6 year olds 10:15-12:15</p>	<p>5 A: East Dix 8-4* B: Bald Peak 7:45-2:45* C: Tenderfoot Pools 10-3* Alderdice Overnight for 7-10 yr. olds 3:15 Wed.-3:15 Thu. @ \$15</p>	<p>6 A: Lower Range (Gothics to Lower Wolf Jaw) 8-5:15@ B+: Haystack 7:45-6:15@ C: Owl Head Lookout 9-2:30* Nature Activities for 7-10 year olds 9:15-12:15</p>
<p>9 A: Street and Nye 8-4* B: Buck Mtn. Bushwhack 9-4* C+: Cobble Mt. Bushwhack 9:30-2* UPPER Lake Activities 9:45-4:15@ (ages 11+) Nature Activities for 4-6 year olds 10:15-12:15 Capture the Flag 7-8:30</p>	<p>10 AAAExtreme: Complete Great Range and more 5am-9pm* A: Indian Pass Traverse 8-5* B: Hopkins & Spread Eagle 8:30-2:30* C: Boquet River Pools 10-1:30* Saranac Lake Canoe Overnight for 11-15 year olds 9 Tue.-5 Wed. @ \$25</p>	<p>11 A: Moose & McKenzie 9-5* B: Camel's Hump Bushwhack 8-4* Lower Lake Activities 9:45-3:15@ Nature Activities for 7-10 year olds 9:15-12:15 Sunset/Sunrise Overnight on Hurricane 5:30 PM - 8 am* (bring snack and sleeping bag, ages 10+)</p>	<p>12 A: Gothics and Sawteeth 7:45-4:15@ B: Catamount 8:15-2:45* C: Pitchoff Boulders 8-1* Upper Lake Overnight for 11-15 yr. olds @ 8:45 Thu.- 4:15 Fri. \$20</p>	<p>13 AA: Dix Range Traverse 6-6* A: Tabletop and Phelps 8-5* B+: Colvin and Blake 8:45-5:15@ Discovery: Owl's Head 10-1* Community Service Trail Work Day 9-4</p>
<p>16 AA: Allen Mt. 6-6* B+: Haystack 7:45-6:15@ C: Little Porter 10-3* Nature Activities for 4-6 year olds 10:15-12:15 Rock Climbing Club 8:30-4* \$20 Capture the Flag 7-8:15</p>	<p>17 Picnic Preparations and Skit Rehearsal (beginning @ noon)</p> 	<p>18 PICNIC Tickets on sale at 1 pm. Buses run 1:30-5 pm. Events begin at 2 pm.</p> 	<p>19 A: Whiteface via West Slide 8-5* A/B: Rainbow Lake Canoe 8-5* B: McKenzie Mountain 9-4* C: Lost Lookout & Beaver Meadow Falls 9:45-2:15@ Discovery: Round Pond 10-1* Alderdice Overnight for 7-10 yr. olds 3:15 Thurs.-3:15 Fri. @ \$15</p>	<p>20 AA: Santanoni Range 6-7* B: Avalanche Pass & Lake 9-4* C: Indian Head & Fish Hawk Cliffs 9:45-2:15@ Nature Activities for 7-10 year olds 9:15-12:15</p> 
<p>23 A: Nippletop via Slide 7:45-5:15@ B: Sage's Folly 8:45-4:15@ A/B Lake Flower Canoe 9-5* Nature Activities for 4-6 year olds 10:15-12:15 Capture the Flag 7-8:15</p>	<p>24 A: Marcy Traverse 7:45-5@ B: Pitchoff Traverse 9-2:30* C: Noonmark Burn Area 9:45-2@ Discovery: Baxter Mountain 10-1:30*</p>	<p>25 A+: Wright, Algonquin, & Iroquois 8-5* B: Sawteeth 8:45-4:15 @ C: Bear Run 9:45-1:30 @</p>	<p>26 A: Saddleback via Shanty Brook Slide Bushwhack 7:45-6:15@ B: Blueberry (from Keene Valley) 10:15-4:15* C: Nubble 10-2*</p>	<p>27 A: Giant and Rocky Peak 7-4* B: Lower Wolf Jaw 7:45-4@ C: Snow Mtn. from Club 9-4 Celebrate a great season with cake on the porch at 4!</p>

THE FOLLOWING EQUIPMENT SHOULD BE PACKED FOR ALL TRIPS:

Water Amounts: A hikes: 2-3 qts.
B hikes: 1.5-2 qts.
C hikes: 1-1.5 qts.

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

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

