

* = Transportation Needed
 @ = Lake Road Bus Ticket





ATIS JUNIOR PROGRAM JULY 2010



ATIS Phone # 576-9157

See separate sheet for
 sign up procedure

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 A: Lower Wolf Jaw via Bennies Brook Slide 9-3* A/B: Chub River Canoe 9-4* B: Hopkins & Spread Eagle 9-3* C: Boquet River Pools 10-1:30* Capture the Flag 7-8:30</p>	<p>6 A: Macomb 9-5* B: Wright Peak 9-4* C: Indian Head & Fish Hawk Cliffs 10:45-3:15@ <i>Johns Brook Overnight for 8-12 year olds 8 Tues.-5 Wed. * \$25</i></p>	<p>7 A: Giant via slide 8-4* B: Noonmark and Round 9-4:30 C: Weston Mt. 10-3* Lower Lake Activities 9:45-3:15@ Nature Activities for 7-10 year olds 9:15-12:15</p>	<p>8 AA: Colden via the Trap Dike 8-6* B+: Colvin & Blake 8:45-5:15* C: Snow Mt. 10-2 Discovery: Owl's Head 10-1* <i>Raquette River Canoe Overnight for 11-15 yr. olds 8 Thurs. -4 Fri. * \$25</i></p> 	<p>9 A: Gothics & Sawteeth 7:45-4:15@ B: Pitchoff Traverse 9-3* C: Round Mountain 10-3 Nature Activities for 4-6 year olds 10:15-12:15</p>
<p>12 A: Colden via East Slide 8-5* B+: Cascade and Porter with return to K.V. Airport 9-4* B: Ampersand 9:15-4:15* C: Nubble 10-2:30* Discovery: Rainbow Falls 10:45-1@ Capture the Flag 7-8:30</p>	<p>13 A: Stillwater Canoe 7:45-6:15@ B+: Algonquin 8-4* C: Blueberry Cobbles 10-3* C: Tenderfoot Pools 10:15-2:15* <i>Seward Range Overnight 8 Tues. -2 Thurs. \$30</i></p>	<p>14 A: Tabletop & Phelps 8-5* B: Hurricane 9-3* Lower Lake Activities 9:45-3:15@ Nature Activities for 4-6 year olds 10:15-12:15 Rock Climbing Club 8:30-3* \$20</p>	<p>15 AA: Skylight & Gray 6:45-6:15@ A/B Saranac Lake Canoe 9-5* B: Knob Lock Bushwhack 8:30-2:30* C: Pitchoff Boulders 10-3* <i>Alderdice Overnight for 7-10 yr. olds 3:15 Thu.-3:15 Fri. @ \$15</i></p>	<p>16 A+: Wright, Algonquin, & Iroquois 8-5* B: Dial 8:45-4:15@ C: Mt. Van Hoevenberg 10-2:30* Nature Activities for 7-10 year olds 9:15-12:15</p>
<p>19 AA: Cliff & Redfield 6-6* B: Bald Peak 9-4* B: Noonmark 9:45-3:45 C: Poke-O-Moonshine 10-3* Nature Activities for 4-6 year olds 10:15-12:15 Capture the Flag 7-8:15</p>	<p>20 A: Dix via North Slide 8-5* C: Roostercomb 10-3* <i>Sunset/Sunrise Overnight on Hurricane 5 PM - 8 am* (bring snack and sleeping bag, ages 10+)</i> Community Service Trail Work Day 9-4</p>	<p>21  Tickets on sale at 1 pm. Buses run from 1:30-5 pm. Events begin at 2 pm.</p>	<p>22 A: Whiteface and Esther 8-5* B+: Gothics 8:45-4:15@ B: Giant 7:45-2:45* C: Lost Lookout & Beaver Meadow Falls 9:45-2:15@ <i>Alderdice Overnight for 7-10 yr. olds 3:15 Thu.-3:15 Fri. @ \$15.</i></p>	<p>23 A: Buzzard Hill Canoe & Bushwhack 8-5  B: Phelps 9-5* C: The Crows 10-2:30* Nature Activities for 7-10 year olds 9:15-12:15</p>
<p>26 A: Giant and Rocky Peak 8-5* B: Pinnacle & Shanty Brook 8:45-5:15@ B: Pelkey Ledge Bushwhack 9-3* C: Pitchoff Boulders 10-3* Nature Activities for 4-6 yr. olds 10-12 Capture the Flag 7-8:15</p>	<p>27 A: Saddleback via Shanty Brook Slide Bushwhack 7:45-6:15@ A/B: Lake Placid canoe trip with ascent of Eagle Eyrie 9-4* B: Jay Mountain 8:30-2:30* C: Snow Mountain from KV 10-2* <i>Alderdice Overnight for 7-10 yr. olds 3:15 Tue.-3:15 Wed. @ \$15.</i></p>	<p>28 AA: Marshall 8-6* B+: Big Slide via Brothers 9-5* C: Tenderfoot Pools 10:15-3:15* Lower Lake Activities 9:45-3:15@ Discovery: Bear Run 8:45-1@</p>	<p>29/30 Counselor Break (No Activities)  Sign-ups for 8/2 and 8/3 trips will be taken 7/27 and 7/28 or Sunday 8/1 from 4-5 pm (or at Capture the Flag on 7/26).</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 (fork, spoon, knife, cup, plate), toilet articles, bathing suit