

Rafting!

**With Adirondack Treks
& Whitewater Challengers | Thur. June 23, 2016**



Adventure: We will spend the day rafting the Hudson River Gorge with Whitewater Challengers. If you haven't seen this incredible part of your backyard, now is your chance to have a fun day and meet other Trekkers! There will be opportunities for swimming and exploring a waterfall on the river. Food will be provided for lunch. If you have a peanut allergy, we need to know that ahead of time. This is an experiential trip, where you will be learning about all aspects of running a raft trip, including reading water and steering a raft.

Classification: C level (guided rafts). | Ages: 8 and up Limit: 40 people, Parents Welcome! (space permitting)

Trip Coordinator: Kelly Nessel, knessle@frontiernet.net 251-3739. Trip Questions, Contact Julie West 251-3930 or spiritsong@frontiernet.net

Trip Essentials: Sneakers, water shoes, or solid sandals with heel straps. Sunscreen, Personal medications, if any, Bathing suit and shorts (no cotton). Synthetic long sleeve shirt (if a cool day)

The Plan: Meet at 8:30am at Whitewater Challengers, North River. We will leave the rafting base shortly before 10:00am, and be on the river between 10:30 and 11:00. The river determines the rest of the schedule. We stop halfway for a lunch break. We will be off the river sometime between 3:00 and 4:00. We will know the timing details a day or two ahead of time.

Cost: \$30 (includes tip). \$5 Treks Membership Fee.

Paperwork: Go to Treks Website (AdkTreks.org) - Click on Rafting Trip 2016 - Scroll down look for Paperwork: Medical Release, Informed Consent, and Whitewater Challengers Release Form

Make checks payable to "Treks," and Bring them to Whitewater Challengers on the day of the trip

Questions? Contact Kelly Nessel, knessle@frontiernet.net 251-3739