



# NORTHAMPTON PARKS & RECREATION

## TEEN EXPEDITIONS



### Session 3: July 11 – July 15 – ADVENTURE AWAITS

Monday, 7/11	Tuesday, 7/12	Wednesday, 7/13	Thursday, 7/14	Friday, 7/15
<p><b>ORIENTATION HIKE</b></p> <p><b>@</b></p> <p><b>Buffam Falls</b></p> <p>We will begin the week with ice breakers and other games, a hike with lunch at Buffam Falls in Amherst, followed by an afternoon swim at Musante Beach in Leeds.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> swim gear</li> <li><input type="checkbox"/> suitable shoes</li> <li><input type="checkbox"/> water</li> <li><input type="checkbox"/> lunch and snack</li> <li><input type="checkbox"/> bug spray</li> <li><input type="checkbox"/> sunscreen</li> </ul>	<p><b>ICE CREAM BIKE TRIP TO MAPLE FARMS</b></p> <p>The day will be spent taking a leisurely bike trip to Maple Farms in Hadley where we will stop to get ice cream and various other snacks.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> bike and helmet</li> <li><input type="checkbox"/> suitable shoes</li> <li><input type="checkbox"/> water</li> <li><input type="checkbox"/> lunch and snack</li> <li><input type="checkbox"/> bug spray</li> <li><input type="checkbox"/> sunscreen</li> <li><input type="checkbox"/> money for ice cream</li> </ul>	<p><b>LOOK PARK JFK Pool</b></p> <p>The morning will start with <b>biking</b> to Look Park, where we will compete in activities and games, tie-dye t-shirts, eat lunch, and possibly leave for a bike ride along the bike path before finishing our day with a lengthy yet leisurely swim at JFK to end the day.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> bike &amp; helmet</li> <li><input type="checkbox"/> white t-shirt</li> <li><input type="checkbox"/> swim gear</li> <li><input type="checkbox"/> suitable shoes</li> <li><input type="checkbox"/> lunch and snack</li> <li><input type="checkbox"/> water</li> <li><input type="checkbox"/> bug spray</li> <li><input type="checkbox"/> sunscreen</li> </ul>	<p><b>BROWNSTONE</b></p> <p>The day will be spent at Brownstone Exploration and Discovery Park in Portland, CT.</p> <p>Brownstone is an adventure center for rock climbing, swimming, zip lining, hiking, cliff jumping &amp; more.</p> <p><i>*please note the waiver must be completed online*</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Required waiver</b></li> <li><input type="checkbox"/> tie-dye t-shirt</li> <li><input type="checkbox"/> swim gear</li> <li><input type="checkbox"/> suitable shoes</li> <li><input type="checkbox"/> lunch and snack</li> <li><input type="checkbox"/> water</li> <li><input type="checkbox"/> bug spray</li> </ul>	<p><b>NOTCH ROPES COURSE</b></p> <p><i>*Departing at 8:30 am*</i></p> <p>The day will be spent exploring the Notch nature reserve in Amherst and participating in high and low ropes course activities.</p> <p>We will be departing at 8:30 am as the Notch will be expecting the group at 9:00 am.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Required waiver</b></li> <li><input type="checkbox"/> suitable shoes</li> <li><input type="checkbox"/> lunch and snack</li> <li><input type="checkbox"/> water</li> <li><input type="checkbox"/> bug spray</li> <li><input type="checkbox"/> sunscreen</li> </ul>

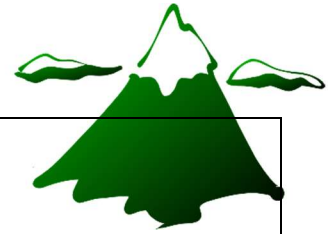
*\*Calendar subject to change. You may call the office after 4:00pm at 587-1040 to check for delays\**

*\*Please remember that camp is a cellphone-free space\**



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