



Trekking 101

Beginner ★

Designed by Jordan Brown, Trek Director 2019

This trek is designed for Troops that are new to High Adventure and have younger scouts (11-12 years old) that are interested in High Adventure and wilderness exploration. If your troop is new to High Adventure but consists of older scouts (14-17) we recommend looking at some of our Lake Flower and Tupper Lake treks.

Day 1: In the morning scouts will hike up Floodwood Mountain and get a great view of the surrounding area. When they return to camp they will be given their cold cut lunch and food for the rest of the week and be driven down to the Rollins Pond Adventure Base with their Voyageur. At Rollins, scouts will begin to develop basic trekking skills such as: setting up a tent, hanging a rain tarp, rigging a bear rope, Leave No Trace Principles, lighting a camp stove and more. The troop will then set up camp for the night and camp at Rollins.

Day 2: In the morning the troops will use some of the skills they developed the previous day to make breakfast and take down their campsite. Their Voyageur will demonstrate how to pack their bags including the group gear for trekking. The troop will proceed to launch empty canoes into the Rollins bay to work on basic canoe skills needed for the canoeing merit badge: canoeing strokes, rescues, launching and docking canoes, and more. Then the troop will eat lunch before departing in the canoes with their gear packed for trek. They will head east on Rollins pond through the creek to Floodwood pond and find a campsite on Floodwood pond and camp there for the night.

Day 3: In the morning the scouts will break down camp and prepare breakfast before departing for a day of paddling. They will head south west on Floodwood Pond into Fish Creek and continue along Fish Creek through Little Square Pond and into the Fish Creek Ponds. After stopping at the Fish Creek Ponds Public Campgrounds for Lunch and a brief trip to Donaldson's Trading Post you would continue to Spider Creek and into Follensby Clear Ponds where you would set up camp for the night and utilize all of the trekking skills taught on day one.

Day 4: In the morning you would pack up and leave Follensby Clear Pond and retrace your route from the previous two days back to Rollins pond where you would tube/waterski behind our Motorboat. Then be picked up and brought back to the West Pine base camp, where you would stay that night.

Day 5: Troops can choose their in-camp activities (additional merit badge, adventure area, etc.), or visit local amenities such as the Wild Center or Adirondack Experience.