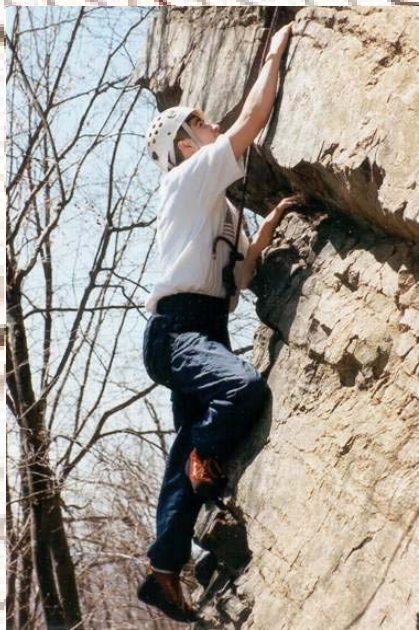


# Outdoor Adventure Fall 2009



**Program Orientation:** Thursday, September 10th, 9:30pm - 11pm in the Schaefer Center conference room. Fees for the program must be paid at this time. Bring a pad and pen. Participants will be introduced to the activities and equipment involved in the fall program.

**Canoeing:** Sunday, September 27th, Delaware River, N.Y. Experience the tranquil and beautiful scenery of the Delaware Water River while canoeing through the massive cliffs of the Delaware Water Gap. Class one and two rapids are encountered on this trip.



**Kayaking:** Sunday, September 13th, Delaware River, N.Y. Participants will be provided with their own kayak, life vest and paddle. Students will learn correct paddling and steering techniques on a three-hour trip down the Delaware River.

**Rock Climbing:** Sunday, September 20th, Allamuchy N.J. Learn proper climbing techniques in the natural beauty of Allamuchy State Park. We will be top-roping 60 ft. cliffs. Basic information about climbing and equipment will be covered.



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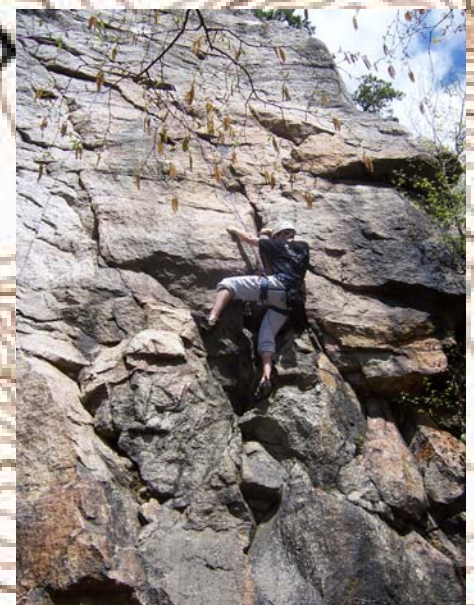
Mountain Biking: Sunday, October 4th at Minnewaska State Park, N.Y. Experience the extreme sport of Mountain Biking. Each trip is limited to 10 people. All participants must be comfortable and have recent experience riding a bicycle. If you have not been on a bicycle in over three years and wish to go on the mountain bike trip, you may sign out one of the mountain bikes some time before the trip to reacquaint yourself with riding. The Minnewaska trip circles Lake Minnewaska and Lake Awosting as well as cliff tops with extraordinary views of the Catskill Mountains.



Mountain Biking: Sunday, October 18th at Kitatinny State Park, N.J. This mountain bike trip is more difficult than the week before. Considered an intermediate level ride, all of the trails are single track with a number of obstacles such as logs, rocks and steep hills. To attend this trip you must have attended the week before or be approved by the trip leader.



Hiking: Sunday, October 25th, New Paltz, N.Y. and October 25<sup>th</sup>, Harriman, N.Y. Participants will hike six to seven miles while learning route finding on a topographical map in Minnewaska State Park and Harriman State Park.



Mt Warlow