

APOGEE ADVENTURES

2022 New England Mountains & Coast

Summarized Itinerary

TRIP BEGINS: Wakefield, Massachusetts (flights to Boston, MA)

TRIP ENDS: Wakefield, Massachusetts (flights out of Portland, ME)

- Day 1:** Our group will meet outside of Boston this afternoon. From there, we will climb into our van and travel to York, Maine, where we will spend our first afternoon familiarizing ourselves with our camping gear, getting to know one another, playing games, and getting excited about our trip.
- Day 2:** The next morning, we will meet our ropes course facilitators and spend half a day working on the low and high ropes course, practicing team-building and communication skills. By the end of these “ice-breaking” and challenge exercises, everyone in the group will feel more comfortable with one another and ready for our next set of adventures together.
- Days 3-6:** For the next several days, we’ll day-hike and explore the spectacular Presidential Range of New Hampshire’s White Mountains. From our bases in Pinkham Notch and Crawford Notch in the heart of the White Mountains National Forest, we will set out and spend our days picnicking above tree line in alpine fields and looking for wildlife in the New England woods. Depending on the weather and strength of our group, we might even try to “bag” some of the peaks in the Presidential Range (including Mount Washington!), a true highpoint of the trip.
- Day 7:** Just a short drive from our basecamp in the Whites, we’ll head north out of the National Forest to the shores of the Androscoggin River. Here, we’ll get oriented and ready for our exciting trip down the rapids with our professional rafting guides. We will spend Day 7 on the river – it promises to be a blast as we paddle the action-packed class II and III rapids of the Androscoggin. And when we’re done, we’ll be greeted at camp with a full-blown barbecue to celebrate our day on the river.
- Day 8:** This morning we’ll leave the pine-scented forest and riverbanks of northern New Hampshire for Maine’s rocky shoreline. We’ll spend the afternoon performing community service either with the Brunswick-Topsham Land Trust at a nature preserve, or with the Mid Coast Hunger Prevention Program at a food bank in the Brunswick area.
- Day 9:** On our last full day together, we will get up early and meet our professional sea kayaking guides for a day full of paddling instruction and exploration on the protected waters of Casco Bay near beautiful Orr’s Island. There may be time to get in a last swim before we head to Portland’s Old Port for a celebratory dinner at a local restaurant – a great ending to a great trip!
- Day 10:** This morning we’ll wake up and pack up camp one last time. We’ll head back towards Boston to say our final farewells, promising to stay in touch with new friends.

Please note that we often run New England Mountains & Coast with two groups in the field concurrently, an “A” and “B” group. Both groups will include very similar activities but might be in a different order. Students will be placed into groups and will receive their night-by-night itinerary a few weeks before the trip begins. All itineraries are subject to change.

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