

APOGEE ADVENTURES

2023 New England Mountains & Coast

Summarized Itinerary

TRIP BEGINS: Wakefield, Massachusetts (flights into 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 the White Mountains of New Hampshire, 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 2-4:** For the next several days, we'll day-hike and explore the spectacular Presidential Range of New Hampshire's White Mountains. From our basecamps 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. We might even try to "bag" some of the peaks in the Presidential Range (including Mount Washington!), a true highpoint of the trip.
- Day 5:** On the morning of Day 5, we will meet our rock climbing guides and spend much of the day climbing the granite rock faces in New Hampshire's Echo Lake State Park. Our group will practice communication and teamwork through belaying and climbing. After conquering the rock together, we'll be more connected as a group and ready for more adventure ahead.
- Day 6:** Just a short drive from our basecamp in the Whites, we'll head north to the Androscoggin River. Here, we'll get oriented and ready for our exciting rafting trip down the rapids with our professional guides. This day on the river always promises to be a blast!
- Day 7:** Today, we'll leave the pine-scented forest and riverbanks of northern New Hampshire for Maine's rocky shoreline. We'll spend the afternoon doing volunteer service work with one of several local community groups.
- Day 8:** 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 9:** This morning we'll wake up and pack up camp one last time. We'll head back towards Wakefield 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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