*Note: The itineraries given therein are intended to be a sample schedule of each type of trip. These may change due to circumstances such as weather and the skill level of participants.

**SAMPLE ITINERARIES FOR BOLD & GOLD EXPEDITIONS**

**ALL BACKPACKING TRIPS**

**DAILY TRAVEL TIME**
Hiking mileage will vary from trip to trip, but groups will cover between 3-10 miles a day

**SAMPLE ITINERARY**

Day 1: Arrive at base camp, gear check, bus to trail head, hike to first campsite
Days 2-4: Hike to new camping destination, explore around their campsite, cook dinner, enjoy team-building activities
Day 3, 4 or 5: Layover Day: a chance to camp at the same spot 2 nights in a row. Day hiking, exploring the area, outdoor skills, games

FOR 1-WEEK TRIPS:
Day 6: Final backpacking day
Day 7: Return to Basecamp in Seattle, unpack gear, closing ceremony

FOR 2-WEEK TRIPS:
Days 6-7: Participants continue to learn about each other through team-building activities and take turns being “leader of the day” on the trail
Day 8: A staff member will meet the group at a front country campsite with a re-ration of food and supplies
Days 9-12: Participants will take on more responsibility and leadership, practicing Leave No Trace principles, cooking meals for the group and navigating the terrain. There will be another layover day
Day 13: Final backpacking day
Day 14: Return to Basecamp in Seattle, unpack gear, closing ceremony

1 WEEK TRIPS:
- Beyond City Limits
- Call of the North Cascades
- Cascade Challenge
- Fierce & Fabulous
- Fishing & Backpacking
- Make A Scene: Art & Backpacking
- Olympic Coastal Backpacking
- Olympic Coastal Challenge
- Poets & Peaks
- She-Nannigans!
- Yoga & Backpacking

2 WEEK TRIPS:
- American Alps
- Backpacking & Leadership
- Backpacks & Kayaks**
- Backpacks, Beaches & Boulders
- Call to the Summit
- Mountain & Music

**BACKPACKS & KAYAKS: A PUGET SOUND ADVENTURE**

Start your journey at the YMCA BOLD & GOLD headquarters in Seattle, and head out on a 5-day backpacking adventure in the in the North Cascades, then travel to Camp Orkila to embark on a 5-day sea kayaking expedition around the San Juan Islands.
*Note: The itineraries given therein are intended to be a sample schedule of each type of trip. These may change due to circumstances such as weather and the skill level of participants.

**DAILY TRAVEL TIME**
Backpack 5 to 8 miles; Kayak 1 to 6 hours

**SAMPLE ITINERARY**
Day 1: Arrive at BOLD & GOLD headquarters in Seattle, travel to North Cascades National Park, camp in front country
Day 2: Hike into backcountry
Day 3-5: Hiking, camping in the National Park
Day 6: Hike out and travel by bus to YMCA Camp Orkila
Day 7: Swim check and skills instruction, paddle to overnight campground
Day 8-10: Paddling around the San Juans, camping at various islands
Day 11: Return to Camp Orkila
Day 12: Closing and return home

**ALL CLIMBING TRIPS**

**DAILY TRAVEL TIME**
Travel will vary from trip to trip.

**SAMPLE ITINERARY**
Day 1: Arrive at base camp, gear check, bus to trail head, hike to first campsite

**FOR 1-WEEK TRIPS:**
Days 2-3: The first few days will be spent getting comfortable on the rocks. There will be an extensive “ground school” so that common climbing language and techniques are established.
Day 4 or 5: Rest Day: a day off from climbing. Participants can spend the day hiking, exploring the area, build on some outdoor skills, and have mini lessons on climbing techniques.
Day 6: Final climbing day
Day 7: Return to Basecamp in Seattle, unpack gear, closing ceremony

**FOR 2-WEEK TRIPS:**
Days 2-5: The first few days will be spent getting comfortable on the rocks. There will be an extensive “ground school” so that common climbing language and techniques are established.
Day 6 or 7: Rest Day: a day off from climbing. Participants can spend the day hiking, exploring the area, build on some outdoor skills, and have mini lessons on climbing techniques.
Days 8-11: Participants continue to learn about each other through team-building activities, setting personal and team goals, and potentially opportunities to climb harder or longer routes.
Day 11 or 12: Second group rest day, if needed
Day 13: Final climbing day
Day 14: Return to Basecamp in Seattle, unpack gear, closing ceremony

1 WEEK TRIPS:
• Sea to Summit

2 WEEK TRIPS:
• The Great Canadian Rock Climbing Adventure
• Rivers and Rocks!!
*Note: The itineraries given therein are intended to be a sample schedule of each type of trip. These may change due to circumstances such as weather and the skill level of participants.

**RIVERS & ROCKS! RAFTING & CLIMBING IN OREGON**
Start your journey at the YMCA BOLD & GOLD headquarters in Seattle, and head down to Oregon to embark on a 3-day rafting adventure, then transition to 5 days of climbing.

**DAILY TRAVEL TIME**
Due to conditions and permitting, travel time will vary day to day.

**SAMPLE ITINERARY**
Day 1: Arrive at base camp, gear check, bus to trail head. Teambuilding activities and meeting the River Guides. Repack supplies and go through orientation.
Day 2-4: Rafting! All hands on deck for breaking camp, making breakfast, packing the gear raft and then rafting to the next campsite. Swimming and downtime are usual evening activities after camp is set up.
Day 5: This day will be the transition from rafting to climbing. There will be an extensive “ground school” so that common climbing language and techniques are established, and the group will spend time getting comfortable on the rocks.
Days 6-10: Participants continue to learn about each other through team-building activities, setting personal and team goals, and potentially opportunities to climb harder or longer routes.
Day 11: Return to Basecamp in Seattle, unpack gear, closing ceremony

**ALL MOUNTAINEERING TRIPS**

**DAILY TRAVEL TIME**
All climbs will depend on the weather windows as well as the groups’ goals and abilities. Travel time will vary.

**SAMPLE ITINERARY**
Day 1: Arrive at base camp, gear check, bus to trail head, hike to first campsite
Days 2-4: Snow/Glacier School 101: During the first few days of the trip, Participants will hike up and establish a high base camp in the alpine region of Mount Baker Wilderness. They will then go through a ground school and snow school to ensure every participant has the skills necessary to competently navigate the terrain. This will help build a foundation for alpine climbing and skills as they prepare for several summit attempts.
Day 5 or 6: Rest Day: a chance to sleep in, explore the area, outdoor skills, games, and some mini lessons to build on leadership styles or additional climbing skills.
Days 7-10: The group works on personal and group goals, and practice skills as they get ready to summit. The group will move their base came to the Mount Baker National Recreation Area to get in position for their summit attempt of Mt. Baker.
Days 11-12: Summit Attempt
Day 13: Final climbing day and start of descent.
Day 14: Return to Basecamp in Seattle, unpack gear, closing ceremony.

**Note:** While we spend the better part of two weeks preparing for a summit attempt and closely watching weather to put ourselves in the best position for a successful climb, there have been many trips where the incredible achievements of our group have not included a summit of Mt. Baker or Mt. Olympus. The journey is the destination and successful climbing trips do not always lead to summits! The art of enjoying the mountains and the freedom they provide are the most important skills we wish to foster.
*Note: The itineraries given therein are intended to be a sample schedule of each type of trip. These may change due to circumstances such as weather and the skill level of participants.

2 WEEK TRIPS:
• Call to the Summit
• Fire & Ice: A Mountain Climbing Adventure to Mt. Baker
• The Journey to Olympus

3–WEEK COMBO TRIPS:
ART OF LEADERSHIP: A ROCK CLIMBING, BACKPACKING & RAFTING ADVENTURE

DAILY TRAVEL TIME
Hiking mileage will vary from trip to trip, but groups will cover between 3–7 miles a day, with at least 1 layover day each week to rest and explore.

*SAMPLE ITINERARY
Day 1: Arrive at base camp, gear check, bus to trail head, hike to first campsite
Days 2–7: Throughout the first week, participants will hike to new camping destinations, explore the beauty of Olympic National Park, learning to cook, enjoying team-building activities and developing leadership skills.
Day 8: Hike out to a nearby trailhead for re-supply. A staff member will meet the group; you'll camp at that campsite for the night then head back out on the trail in the morning.
Days 9–14: Participants continue into the wilderness of the Olympics and will hike to a new backcountry camp each night. There will be another layover day to recharge and explore.
Days 15–18: Rock Climbing at Mt. Erie. There will be another layover day during this week.
Day 19: Travel to the North Cascades National Park
Day 20: Whitewater rafting in the North Cascades down the Sauk River
Day 21: Return to Basecamp in Seattle, unpack gear, closing ceremony