

*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.

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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!**

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****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 camp 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.

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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