

# MAINE MOUNTAINS & COAST

July 20 to July 30, 2013



## ORIENTATION DAY

**July 20** Arrive at Logan Airport, Boston in the morning. Your instructors will be waiting for you at your gate or baggage claim if arriving by plane. If driving, we meet at the American Airlines baggage claim office. Once our group is assembled we will load up our van and begin the few hour drive north toward the coast of Maine. We will spend the day getting to know each other, discussing details of the expedition and figuring out our daily routines and responsibilities. We spend the night at a campground in near Freeport, Maine.

## SEA KAYAKING ALONG THE MAINE COAST

**July 21 to July 24** After breakfast, we divide up group gear and provisions and begin packing for our sea kayaking expedition. We learn kayak safety and wet-exits in the relatively warm waters of a local lake and then set out in the afternoon to begin our exploration of Muscongus Bay. Paddling tandem and single kayaks, we learn paddling techniques, tide and current predictions and marine navigation. Putting in our kayaks near Friendship, we make our way through the protected waters of coastal Maine. Based on weather and tides, we stay at a different island each night and explore remote islands and secluded coves. Along the way we look out for harbor seals, ospreys and puffins.

Trading in our paddles for packs, we transition to the Bigelow Range section of Maine's Appalachian Trail. We plan and provision for our backpacking trip and stay at a campground in Camden on the way.

## APPALACHIAN TRAIL – BIGELOW RANGE HIKING & BACKPACK

**July 25 to July 28** After breakfast, we divide up group gear and provisions, learn to pack our backpacks and start off on the trail to explore this spectacularly wild area on foot. These mountains feature amazing views above treeline and a spectacular campsite next to an alpine pond. Bonding with our group, we enjoy the simple self-sufficiency of being in the backcountry and exploring the wilderness. We move at a comfortable pace and spend several days developing our wilderness skills, discussing backcountry safety, Leave-No-Trace camping and land navigation. When not on the move, we have time to play games and get to know the rest of the group, go swimming and maybe even partake in a traditional Williwaw water-bottle-race. After emerging from the backcountry, we make our way toward the Kennebec River and get ready for the next part of our adventure.

## KENNEBEC RIVER – WHITEWATER RAFTING & FINAL DAY

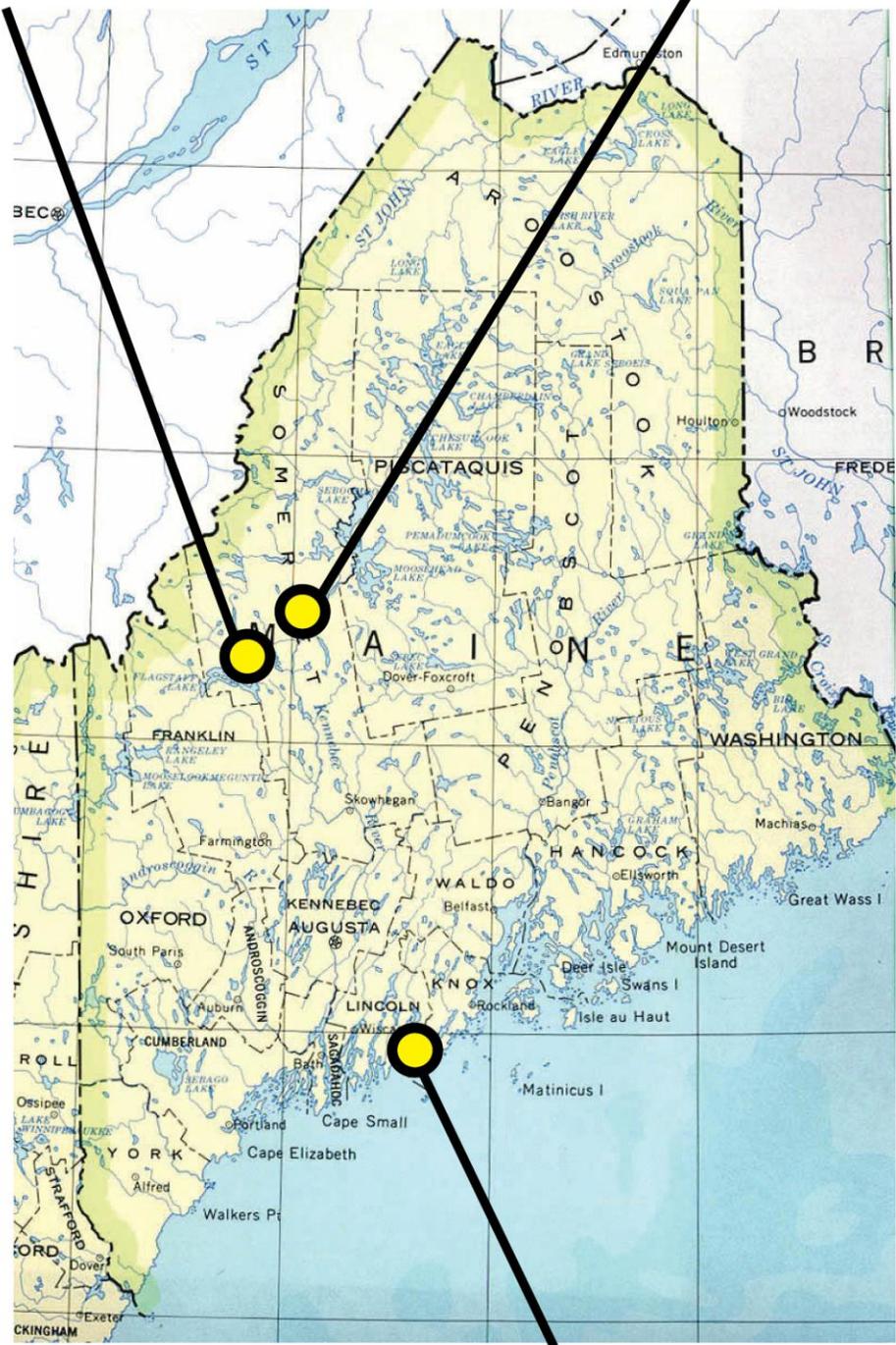
**July 29 to July 30** We drive a short distance to the Kennebec River, the most popular whitewater river in New England. After learning paddling and river reading techniques from our expert guides, we load our boats to begin our descent. With the help of our guides, we navigate down class III+ whitewater on this section of the Kennebec River. Depending on water levels, we may also get to paddle our own individual inflatable kayaks through a less technical stretch of river. This is a great way for us to spend our last day together, enjoying a exhilarating day on the river.

After finishing our river trip in the early afternoon, we begin our trip back toward Boston and enjoy our last night together with a final-farewell-feast in along the way. We stay at a campground on the way, and the next afternoon we say our goodbyes where we began 8 days earlier, at Logan Airport in Boston, after what promises to be an amazing experience.

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**BACKPACKING,  
BIGELOW RANGE**

**WHITEWATER RAFTING,  
KENNEBEC RIVER**



**MUSCONGUS BAY,  
SEA KAYAKING**