

# NEW ENGLAND EXPLORER

July 6 to July 13, 2014



## ORIENTATION DAY

**July 6** 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 Rangeley Lakes area of the Appalachian Trail in 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 the area.

## APPALACHIAN TRAIL – BIGELOW RANGE HIKING & BACKPACK

**July 7 to July 9** After breakfast, we divide up group gear and provisions, learn to pack our backpacks and start off on the trail to explore the Bigelow Range. 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 and Leave-No-Trace camping. 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 returning from the backcountry, we make our way toward Flagstaff Lake. We plan our meals for the next phase of our expedition and begin packing for our upcoming paddling trip.

## FLAGSTAFF LAKE KAYAKING

**July 9 to July 11** We begin our expedition by learning kayak safety, including wet-exits, rescues and paddling techniques. After loading up our boats – we begin our exploration of Flagstaff Lake. We learn to navigate and paddle our boats efficiently, as we continue our journey through this remarkable wilderness area in Northern Maine. We set up camp each night along this beautiful stretch of wilderness waterway – swimming in clear water, watching for moose and listening for loons. After two nights on the lake, we finish at our transition point on the other side of Flagstaff Lake.

## KENNEBEC RIVER – WHITEWATER RAFTING & FINAL DAY

**July 12 to July 13** 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 in rafts or individual inflatable kayaks. This is a great way for us to spend our last day together, enjoying an 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**



**LAKE KAYAKING,  
FLAGSTAFF LAKE**