

## Summer Adventure Week

This summer, join us for a week of adventure, exploration, fun and games! Visit a different location in the Pioneer Valley each day as you paddle rivers, scale rock walls and explore the secret world inside caves. Learn how to canoe, kayak, rock-climb and cave, and take part in fun outdoor games like GPS scavenger hunts and our Great Raft Building Race! The culminating experience will be the exploration of a 3/4 mile long network of caves!

**Dates: Aug 6th-10th**

**Time: 8:30am - 4pm**

**Ages: 10-14**

**Cost: \$325**

*Meet at the Wilbraham Parks and Recreation Department for drop-off at 8:30am and pick-up at 4:00pm. Transportation to each day's site provided.*

### Activities Outline:

- Day 1 - Team-building games and canoeing
- Day 2 - Kayaking on the Swift River
- Day 3 - Rock-climbing at Rose Ledges
- Day 4 - GPS Scavenger Hunt and Raft Race
- Day 5 - Cave exploration at Ward-Gregory Cave

### Pack your Day Pack! Here's what to bring:

- Day pack.
- Nutritious lunch, snacks, and 1 quart of water.
- Fleece jacket, sweater or a thick sweatshirt (avoiding cotton is best).
- Raincoat or other water resistant jacket.
- Wear your bathing suit (bring dry shorts to change into)
- Athletic shoes or sandals with ankle and heel straps (no flip flops) for paddling. Hiking boots or sneakers with good traction for rock climbing and all other events.
- Sunhat and sunscreen.
- Insect repellent.

### Extra items for Caving:

- Synthetic pants (fleece, jogging pants, hiking pants, etc.) **NO JEANS**
- A wool or fleece hat
- Sneakers or hiking boots – **NO SANDALS**

**Adventure In Adventure Out will supply:** canoes, kayaks, paddles, life jackets, climbing gear, other safety gear, first aid, and all activity materials.

### About Adventure In Adventure Out:

Adventure In Adventure Out has been working with local schools, colleges, youth programs, camps, corporations and parks and recreation programs to provide exciting outdoor adventure programming in the Pioneer Valley region and beyond for over fifteen years. Our passion is fostering connections between people and the natural world of their local area, helping to cultivate a sense of place, identity and belonging. AIAO is a fully outfitted organization and facilitating workshops, team-building and group activities, day and multi-day outings and programming in self-discovery. AIAO is proud to have highly skilled, trained and experienced staff who are professionals in the field of outdoor adventure education. Located at 49 South Pleasant St in Amherst, MA, we always welcome visitors! You can also visit us at: [adventureinadventureout.com](http://adventureinadventureout.com) or at [facebook.com/adventureinadventureout](https://facebook.com/adventureinadventureout).

### Adventure in Adventure Out staff qualifications:

AIAO is proud to have highly skilled, trained and experienced staff who are professionals in the field of outdoor adventure education. Our staff has formal education and training in outdoor skills ranging from the certificate level up to Masters Degree programs. Many of them have specialized skills and training in their favorite outdoor adventure activities and we match their expertise with the appropriate programs. All staff are required to maintain current certifications in CPR and First Aid and have training in emergency care and rescue. Our leaders are passionate about mentoring and empowering their participants to make new discoveries, to learn outdoor skills and to gain a deeper appreciation and respect for themselves, each other and the natural environment.

