



## 2012 Adventure Bound Treks: TREK DESCRIPTIONS

### **Adventure Pack— July 15-21, 2012**

Explore many different aspects of adventure trekking in the beautiful Delaware Water Gap National Recreation Area. Our first activity will be rock climbing at nearby Rick's Rocks where we'll cheer each other on through climbs of all skill levels. The next day will be spent high atop the ridges of the Appalachian Mountains, taking in some of the best views around. After this we'll pick up our bikes and spend the day riding the remote path of the Paulinskill Valley Trail. The Delaware River is the site of our next adventure- an overnight canoe trip featuring swimming, fishing, and watching the sunset. We'll end with a chance to challenge ourselves on Camp Mason's high ropes course. This is a great opportunity to sample the best the Delaware Water Gap has to offer! Intermediate swim level required.

### **River Runners—July 22-28, 2012**

The Delaware River is the last pure, free-flowing river left in the east. We'll pick up our paddles and launch our canoes in the Upper Delaware, making sure we hit the best rapids the river has to offer. Our journey will take us under bridges and cliffs and through the best bald eagle watching area around. We'll fish, swim, soak up the sun, and paddle down through the Delaware Water Gap National Recreation Area, camping along the river each night. A great wilderness experience for trekkers interested in canoeing, nature, and having a blast! Intermediate swim level required.



**For more information on  
our programs please visit  
[www.campmason.org](http://www.campmason.org)**

