



White Mountains Trip Middle School Summer Opportunity - July 14-17, 2019 Episcopal Diocese of Maine Youth Ministry

Middle School youth are invited to travel to the mountain in New Hampshire for a fun-filled, friend-filled four days of adventure. Participants will get to see new sights, and find out how amazingly strong they are, all while staying safe and working as a team. This team of 13 current 6th-8th graders will get to experience worship around a campfire, and find friendship on the trail.



From the Leader:

My name is Meredith Cough, I have been involved in leading youth activities at St. Luke's Cathedral for 15 years. I am an avid hiker and have trained with the Appalachian Mountain Club's Youth Opportunities Program, (AMC YOP) learning the skills necessary to take youth outdoors safely on hiking trips and I have completed wilderness first aid training. I have three children that are in their mid twenties and early thirties.

I will be leading this Diocesan Youth Ministry Middle School Trip in July to the White Mountains of New Hampshire. We will be hiking the historic Crawford Path on the presidential traverse of the White Mountains. The Crawford Path ranks as the oldest continuously used hiking trails in the Northeastern United States, dating to 1819. It provides stunning view of Mount Washington on a clear day. On this trip my first priority is safety, followed by connecting youth with nature and one another. Another important aspect of the trip is youth leadership. With adult supervision, two youth will team up each day to lead a portion of the hike, taking responsibility to map out the trail and attend to the needs of the group and practice leave no trace principals. All are welcome and no skill level is necessary. We will take it slow.

Cost and Equipment:

The trip costs \$300. Please do not let cost be a barrier to participation. Talk to your priest about financial aid, and reach out to Youth Missioner Sara D'Angio White at sdangiowhite@episcopalmaine.org or (585) 749-9125.

Any equipment you may be missing like back packs, hiking boots, rain gear, fleece jackets, etc. can be provide at no additional cost. An equipment checklist will be provided at a later date. We do not want anyone to have to buy unnecessary equipment, it is the mission of YOP AMC to get kids outdoors. So we have access to an extensive equipment room in which to borrow from.

Approximate Itinerary: (itinerary subject to the ability of the group and the demands of the weather)

- Day one: Sunday, July 14 - Leave Portland and/or Augusta at noon (youth bring lunch with you), we will drive to Crawford Notch AMC Highland Center, unload our gear in the bunkhouse, eat snacks, play some games and get to know one another. Then go for a short hike around the lake before dinner. Dinner at Highland Center. Compline. Sleep at Shapleigh Bunkhouse.
- Day two: Monday, July 15 - Breakfast at Highland Center, pick up our box lunch in the cafeteria, hike to Mizpah Spring Hut, dump our gear and hike to nearby Mt. Webster. Family Dinner made by AMC Hut Croo. Games, naturalist talk and Compline.
- Day three: Tuesday, July 16 - Breakfast at Mizpah Springs, hike to Mount Eisenhower or further depending on weather conditions and group readiness. Eat lunch on the trail then back to Mizpah Springs Hut for dinner. Free time, program and Compline.
- Day four: Wednesday, July 17 - Breakfast at Mizpah Springs, hike back out to the Highland Center, eat lunch and drive home, arriving in Portland and /or Augusta at 4:00 pm

Visit www.maine youth.org to register. Click on the link in Summer Opportunities to register. This trip can take up to 13 youth, and registration is first-come, first-served.