

# IMPORTANT ATIS TRIP INFORMATION

## 2022

This year, all trips will meet and leave from the area between the parking lot behind the clubhouse and the ATIS Hut.

Each trip is rated to allow potential participants to judge a trip's difficulty and to ensure that all hikers on a given hike are of approximately the same ability and therefore form a well-matched group. ATIS hikes are not "races", but individuals joining a trip should feel reasonably confident that they can complete the trip within the time stated on the trip schedule. When ages are specified, it is the age the child will be on October 1.

**AA Trips** are full day (10+ hours of hiking) outings often covering 18 or more miles.

**A Trips** are for experienced hikers. Distances covered range from 8-15 miles.

**B Trips** are generally 4-8 miles in length and are for children who have hiking experience.

**C Trips** are primarily for younger children down to age six as long as they are self-sufficient for the duration of the trip.

**Discovery Trips** are designed for 4-7-year-olds as introductory hiking experiences. These trips are less focused on reaching the summit and more interested in exploring the trail along the way. Activities include storytelling, games, and songs.

**Nature Activities** alternate between programs designed for 4-6-year-olds and 7-10-year-olds as designated on the trip calendar. Children generally explore the West River Trail while learning about the natural world.

**Rock Climbing** trips are organized into three ability levels—beginner, intermediate, and advanced—to allow for kids to become comfortable on rock, practice their climbing skills, and progress toward self-sufficiency in the sport.

**Adult Trips** are led by adult volunteers. These trips are listed on a separate schedule.

**What to Bring:** See equipment list on the bottom of the trip calendar.

**Sign Up Procedure** - No early sign up is required for overnight trips and rock climbing trips anymore due to our implementation of a new online sign up system. The procedures for 2022 are similar to the new system we used in 2021. Details are on the back of this sheet.

**Transportation** - The ATIS must rely on the generosity of parents and other adult drivers for transportation. *ALL PARENTS SHOULD CONSIDER IT AN OBLIGATION TO REMAIN UNTIL A TRIP HAS DEPARTED TO BE SURE THAT THERE IS ENOUGH TRANSPORTATION. ATIS PROGRAMS BENEFIT ALL. EVERYONE SHOULD DO HIS OR HER FAIR SHARE TO MAKE THEM WORK.* Don't let the loyal few unfairly bear the burden.

**Bus Ticket Needed** - Those joining trips requiring bus transportation to or from the Lower Lake may purchase those tickets on the day of the trip. This is indicated by the "@" symbol on the calendar. The fare is \$3.50 one-way for children 12 and under, and \$5.50 one way for adults.

**Mandatory Health Form** - Each participant must have a "Health Information and Permission to Treat form on file before going on any trip. This form does not require a physical exam or physician's statement, but insures that the counselors are aware of any allergies or medications taken. Copies of this form are available at the ATIS Headquarters, the Club desk, and on the ATIS web site: [www.atistrail.org](http://www.atistrail.org)

**Cancellation** of trips due to weather is rare, since many stormy mornings have turned into beautiful afternoons. Call the ATIS number for information regarding cancellations.

# UNIQUE TRIP SIGN UP PROCEDURE

ATIS uses a unique trip sign up procedure that is worth reviewing at the start of each summer. **We encourage participants to sign-up** for trips to avoid disappointment when trips fill up. However, participants may join day trips the morning of the trip simply by showing up, but only *if there is space available*. In order to comply with group size regulations on state land, all trips are limited in group size. Advance sign-ups also help us gauge demand for a particular trip and add a trip if necessary and possible.

1. After last year's positive experience with an online system for signing up for Junior Program trips, we will continue to use an online system for sign-ups for 2022. As was the case last summer, the bulk of sign-ups for ATIS trips will take place via a Google Form, which will be available on the ATIS website. That form will be released on Wednesday for the following week's trips; we ask that families complete that form by 8:00 am on Saturday mornings (for example, to sign up for trips the week of July 4-8, the form will be released on Wednesday, June 29 and families should fill out the form by Saturday, July 2). We will then place participants on trips and confirm via email places on trips by Sunday morning. In the case that a trip is overenrolled, we will randomly select who will be on the trip and who will be on the waitlist.

2. This is not a first-come, first-served system. A sign-up received Saturday morning will be treated the same as one received Wednesday afternoon. This should permit some discussion/deliberation of which trips a child really wants to do as opposed to grabbing spots 'just in case...' On Saturday, we will look at all the submitted trip requests and allocate them as fairly as possible over the course of the week. A person who ends up on a waiting list for a Monday trip, for instance, would be given preference for any trip request later in the week.

2. As in previous years, we will still have someone available from 8-11 am each weekday to staff our phone line. You can sign up for trips during the current week via phone if there are any spaces available (for example, you can sign up via phone on Monday, July 4 for any trips on July 4-8.) You cannot, however, sign up for trips for the following week by phone. You can also reach us by phone with any questions or cancellations.

3. Those registered who are forced to cancel at the last minute should call the ATIS number so that the space can be filled. Last minute cancellations and no-shows are a nuisance and are often unfair to others who wanted to go on the trip. **Please sign up only for trips you know you want to do.**

**Special Mail Pre-registration for AA, Rock Climbing, and Overnight Trips is no longer necessary due to this new system.**



\* = Transportation Needed

@ = Lake Road Bus Ticket Needed

# ATIS JUNIOR PROGRAM

## July 2022



ATIS Phone # 518 576-9157

See separate sheet for  
NEW sign-up procedure

Additional trip information available at [atistrail.org](http://atistrail.org) or at ATIS Building

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b> A: Giant and Rocky Peak Ridge 8-5* A/B: Schroon River Canoe 9-4* B: Gothics 8:45-4:15@ C: Baxter from KV 10-1:30* Discovery: Gill Brook Waterfalls 10:45-12:45@ <b>Capture the Flag 7-8:30 PM</b></p>	<p><b>5</b> A+: Nippletop via slide 7:45-4:15@ B: Iron Mountain 9-3* C: Owl Head Lookout 9:30-2:30* Nature Activities (ages 4-6) 10-12 Rock Climbing (Intermediate) 8:30-3* \$5 Alderdice Overnight (ages 7-10) 4:15 Tues. - 2:15 Wed. @ \$15</p>	<p><b>6</b> A: Street and Nye 8-5* B: Hurricane 9-3* C: Boquet River Pools 10:30-2* Survivor: Emergency Scenarios (ages 8-13) 9:45-3:15@ Discovery: Round Pond 10-1*</p>	<p><b>7</b> A: Macomb 8-5* B: Noonmark from Round Pond 9-3* C: Nubble 9:30-2:30* Lower Lake Activities 9:45-3:15@ Rock Climbing (Advanced) 8-4* \$5 John's Brook Overnight (ages 8-12) 8:30 Th. - 4 Fri. *\$25</p>	<p><b>8</b> AA: Marshall 8-6* B+: Cascade and Porter w/ return to Marcy Field 8:30-3:30* C: Snow 10-2* Discovery: Indian Cove Paddle 10:45-12:45@ Nature Activities (ages 7-10) 9-12</p>
<p><b>11</b> A+: Basin, Saddleback, and Gothics 7:45-5:15@ B+: Colvin and Blake 8:45-4:15@ C: King Wall 10:30-1:30* Nature Activities (ages 4-6) 10-12 Lower Lake Activities 9:45-3:15 Panther Gorge Overnight 7:45 Mon. - 4:15 Wed. @ \$40 <b>Capture the Flag 7-8:30 PM</b></p>	<p><b>12</b> A: Sawteeth and Gothics 7:45-4:15@ B: Nun-da-ga-o Ridge 9-3* C: Mt. Van Hoevenberg 10-3* Discovery: Beaver Meadow Falls 10:45-2:15@ Rock Climbing (Beginner) 10-2:30* \$5</p>	<p><b>13</b> AA: Colden via Trap Dike 8-5:30* B+: Algonquin 8:30-4:30* C: Lost Lookout and Beaver Meadow Falls 9:45-2:15@ Discovery: Big Crow 10:30-2* Nature Activities (ages 7-10) 9-12</p>	<p><b>14</b> A: Whiteface via slide 8-5* B: Bald Peak 9-4* C: The Brothers 10-3* Survivor: Backcountry Cooking (ages 10-15) 8:45-2:45@ Rock Climbing (Intermediate) 8:30-3* \$5 Algonquin Sunrise Overnight 12 pm Th. - 12 pm Fri. *\$20</p>	<p><b>15</b> A: Moose and McKenzie 8-4:30* A/B: Chubb River Canoe 9-3:30* B: Giant 9-4* C: Fish Hawk Cliffs and Indian Head 9:45-2:15@ Discovery: Marble Point Paddle and Hike 10:45-2:15@</p>
<p><b>18</b> AA: Dix Range Traverse 6-6* B+: Phelps 8:30-3:30* C: Flume Knob 10-3* Discovery: Rainbow Falls 10:45-12:45@ Nature Activities (ages 7-10) 9-12 Survivor: Intro to Map and Compass (ages 8-13) 9:30-2:30 <b>Capture the Flag 7-8:30 PM</b></p>	<p><b>19</b> A: Algonquin and Iroquois w/ descent via Avalanche Pass 8-5:30* B: Knob Lock 9:30-3* C: Noonmark Burn Area 9:45-2@ Rock Climbing (Advanced) 8-4* \$5 Junior Trail Crew (ages 10-15) 9-4* Hurricane Sunset/Sunrise Overnight 5 pm Tu. - 8 am Wed.* (bring snack &amp; sleeping bag, ages 11+)</p>	<p><b>20 ATIS Picnic!</b> At the Lower Ausable Lake  Tickets on sale at 1 PM Swim Races 2-3 Sandcastle judging 3:15 Canoe races 3:15-4:30 Dinner 4:30 PM Return buses on the hour 3-6PM \$15/person incl. dinner and bus fare</p>	<p><b>21</b> A+: Cascade via slide 8:30-3* B: Jay 9-3:30* C: Clements Pond 9:30-2:30* Discovery: Baxter 10:30-1:30* Rock Climbing (Beginner) 10-2:30* \$5  Alderdice Overnight (ages 7-10) 4:15 Th. - 2:15 Fri. @ \$15</p>	<p><b>22</b> AA: Santanoni Range 6-7* A/B: Saranac Lake Canoe 8:30-4* B+: Big Slide via the Brothers 9-4* C+: Roostercomb 9:30-2:30*  Nature Activities (ages 4-6) 10-12</p>
<p><b>25</b> A: Lower Great Range 7:45-5@ B+: Dial 8:45-4@ C: Pitchoff Boulders 10-3* Discovery: Mossy Cascade 10:30-1* Nature Activities (ages 7-10) 9:30-12:30 <b>Capture the Flag 7-8:30 PM</b></p>	<p><b>26</b> A: Grace Peak 8-4* B: Elizabethtown Peak No. 4 Bushwhack 8:30-3* C: Tenderfoot Pools 10-3* Rock Climbing (Intermediate) 9-3:30 \$5 Survivor: Wilderness Medicine (ages 10-15) 9:30-2:30 Raquette River Canoe Overnight 8:30 Tues. - 4 Wed. *\$35</p>	<p><b>27</b> A+: Giant via slide 8:30-3:30* B+: Wright 9-4* C: Owen and Copperas Pond 10-3* Discovery: Giant's Washbowl 10:30-2* Lower Lake Activities 9:45-3:15@</p>	<p><b>28</b> AA+: Swards in a day 5am - 8pm* B+: Haystack 7:45-5:15@ C: Blueberry Cobbles 9:30-2:30* Nature Activities (ages 4-6) 10-12 Rock Climbing (Advanced) 8-4* \$5  Alderdice Overnight (ages 7-10) 4:15 Th. - 2:15 Fri. @ \$15</p>	<p><b>29</b> A+: Marcy Traverse (Warden's Camp to Garden) 7:45-5:30@* B: Sawteeth 8:45-4:15@ C: The Crows 10-2* Discovery: Wedge Brook Cascades 10:45-2:15@ Roostercomb Dinner and Sunset 5:30 pm - 10 pm (bring utensils, plate, and headlamp, ages 10+)</p>

**PLEASE BE SURE THAT THE FOLLOWING EQUIPMENT IS PACKED FOR ALL TRIPS:**

**Water Amounts:**

A hikes: 2-3 qts.

B hikes: 1.5-2 qts.

C hikes: 1-1.5 qts.

**Day Trips:**

**Overnights:** Good hiking shoes, fleece or non-cotton jacket, rain gear, filled water bottle(s), insect repellent, lunch, day pack carrying both personal and group gear, headlamp, eating utensils (knife, fork, spoon, cup, plate), toilet articles, bathing suit

**ALL PARTICIPANTS SHOULD ARRIVE AT THE ATIS BUILDING AT LEAST 5 MINUTES BEFORE SCHEDULED TRIP DEPARTURE**





\* = Transportation Needed

@ = Lake Road Bus Ticket Needed

# ATIS JUNIOR PROGRAM AUGUST 2022



ATIS Phone # 518 576-9157

See separate sheet for  
NEW sign-up procedure

Additional trip information available at [atistrail.org](http://atistrail.org) or at ATIS Building

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> A: Nippetop and Dial 7:45-5@ A/B: Lake Placid Canoe w/ ascent of Eagle Eyrie 8:30-3:30* B: Pitchoff Traverse 9:30-3:30* C: Round Mt. 10-3* Discovery: Indian Cove Paddle 10:45-12:45@ Nature Activities (ages 7-10) 9-12 <b>Capture the Flag 7-8:30 PM</b></p>	<p><b>2</b> A: Tabletop and Phelps 8-5* B: Hurricane 9-3* C: The Brothers 10-3* Discovery: Hurricane Lookout 10:30-1* Rock Climbing (Beginner) 9:30-2* \$5 Grace Peak Sunrise Overnight 2 pm Tues. – 12 pm Wed. *\$20</p>	<p><b>3</b> AA: Cliff and Redfield 6-6* B: Sages Folly and Shanty Brook Swim 8:45-4:15@ C: Mt. Van Hoevenberg 9:30-2:30* Nature Activities (ages 4-6) 10:30-12:30 Lower Lake Activities 9:45-3:15@ Alderdice Overnight (ages 7-10) 4:15 Wed. – 2:15 Th.@\$15</p>	<p><b>4</b> A+: Saddleback and Gothics via Ore Bed Brook Slide 8-5:15*@ B: Ampersand 9-4* C: Weston 10-3* Discovery: Rainbow Falls 10:45-12:45@</p>	<p><b>5</b> A+: Macomb, South Dix, and Hough 8-5:30* B: Noonmark and Round 9-3 C: Poke-O Moonshine 10-3* Discovery: Big Crow 10:30-2* Survivor: Backcountry Cooking (ages 11-15) 9:45-3:15@</p>
<p><b>8</b> AA: Marcy and the Complete Great Range 6-7* A/B: Stillwater Canoe 8:45-4:15@* B: Hopkins and Spread Eagle 9-3* C: Snow 9:30-1:30* Lower Lake Activities 9:45-3:15@ Nature Activities (ages 4-6) 10:30-12:30 <b>Capture the Flag 7-8:30 PM</b></p>	<p><b>9</b> A: Whiteface and Esther 8-5* B: Jay 9-3:30* C: West River Trail to Beaver Meadow Falls, Rainbow Falls, and Lower Lake 9:30-2:15@ Discovery: Owl's Head 10-1:30* Rock Climbing (Advanced) 8:30-4:30* \$5 Seward Range Overnight 8 Tues. – 2 Thurs. *\$40</p>	<p><b>10</b> A+: Rocky Peak Ridge and Giant Traverse (Blueberry Cobbles to Owl Head Lookout)8-5:30* B+: Big Slide via the Brothers 9-4* C: Boquet River Pools 10:30-2* Nature Activities (ages 7-10) 9-12 Survivor: Fire Building (ages 10-15) 9:45-2:15@</p>	<p><b>11</b> A+: Colden via East Slide 8-5* B+: Indian Pass Traverse 9-5* C: Fish Hawk Cliffs and Indian Head 9:45-2:15@ Rock Climbing (Intermediate) 9-3:30* \$5 Discovery: Gill Brook Waterfalls 10:45-12:45@ Alderdice Overnight (ages 7-10) 4:15 Th. – 2:15 Fri.@\$15</p>	<p><b>12</b> AA: Allen 6-6* B: Gothics 8:45-4:15@ C+: Catamount 9:30-3:30* Discovery: Marble Point Paddle and Hike 10:45-2:15@ Nubble Dinner and Sunset 5:30 pm – 10 pm (bring utensils, plate, and headlamp, ages 10+)</p>
<p><b>15</b> A+: Dix via North Slide 8-5:30 B+: Haystack 7:45-5:15@ C: Lost Lookout and Beaver Meadow Falls 9:45-2:15@ Discovery: Baxter 10:30-1:30* Rock Climbing (Beginner) 10-2:30* \$5 <b>Capture the Flag 7-8:15 PM</b></p>	<p><b>16</b> <u>Junior Trail Crew (ages 10-15)</u> <u>Location TBD 9-4*</u> Hurricane Sunset/Sunrise Overnight 5 pm Tues. – 8 am Wed.* (bring snack &amp; sleeping bag, ages 11+)</p>	<p><b>17 ATIS Picnic!</b> <u>At the Lower Ausable Lake</u> Tickets on sale at 1 PM Swim Races 2-3 Sandcastle judging 3:15 Canoe races 3:15-4:30 Dinner 5PM Return buses on the hour 3-6PM \$15/person incl. dinner and bus fare</p>	<p><b>18</b> A: Grace Peak w/ descent via Spotted Mt. and Elizabethtown No. 4 8-5* B+: Algonquin 8:30-4:30* C: Noonmark Burn Area 9:45-2@ Rock Climbing (Intermediate) 9-3:30* \$5 Rainbow Lake Canoe Overnight (ages 8-13) 8:30 Th. – 4 Fri. *\$35</p>	<p><b>19</b> AA: Skylight and Gray 6:45-6:15*@ B: Giant 9-4* C: Blueberry Cobbles 10-3* Discovery: Wedge Brook Cascades 10:45-2:15@</p>
<p><b>22</b> A+: Haystack, Basin, Saddleback, and Gothics 7:45-6:15@ B+: Colvin and Blake 8:45-4:15@ C: Pitchoff Boulders 10-3* Rock Climbing (Advanced) 8-4* \$5 <b>Capture the Flag 7-8:15 PM</b></p>	<p><b>23</b> A: Lower Great Range 7:45-5@ B+: Cascade and Porter w/ return to Marcy Field 9-4* C: Tenderfoot Pools 10-3* Noonmark Dinner and Sunset 5:15pm-10pm (bring utensils, plate, and headlamp, ages 10+)</p>	<p><b>24</b> A+: Wright via Airplane Slide 8-5* B: Nun-da-go-o Ridge 9-3* C: Owl Head Lookout 10-3* Discovery: Beaver Meadow Falls 10:45-2:15@</p>	<p><b>25</b> AA: Marcy, Algonquin, Haystack, and Skylight 6-6:15*@ B: Sawteeth 8:45-4:15@ C: Nubble 9:30-2:30* Lower Lake Activities 9:45-3:15@</p>	<p><b>26</b> A: Lower Wolfjaw via Bennie's Brook Slide 10-4* B+: Dial 8:45-4@ C+: Roostercomb 11-4* Discovery: Bear Run 12:15-4@ <b>Season-end celebration</b> 4pm</p>

**PLEASE BE SURE THAT THE FOLLOWING EQUIPMENT IS PACKED FOR ALL TRIPS:**

**Water Amounts:**

A hikes: 2-3 qts.

B hikes: 1.5-2 qts.

C hikes: 1-1.5 qts.

**Day Trips:** Good hiking shoes, fleece or non-cotton jacket, rain gear, filled water bottle(s), insect repellent, lunch, day pack

**Overnights:** All of the above plus extra shirt, long pants (preferably not 100% cotton), sleeping bag & pad, overnight pack capable of carrying both personal and group gear, headlamp, eating utensils (knife, fork, spoon, cup, plate), toilet articles, bathing suit

**ALL PARTICIPANTS SHOULD ARRIVE AT THE ATIS BUILDING AT LEAST 5 MINUTES BEFORE SCHEDULED TRIP DEPARTURE**

