

IMPORTANT ATIS TRIP INFORMATION

2023

As in recent years, in 2023 all Junior Program trips will meet and leave from the area in front of the ATIS building.

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. While ATIS hikes are not "races" by any means, 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 16 or more miles.

A Trips are for experienced hikers. Distances covered range from 9-15 miles.

B Trips are generally 5-9 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. Trips are usually 2.5-5 miles in length.

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 – All signups are now available online via the ATIS webpage (atistrail.org). For questions about signing up please feel free to call from 8-11 am every weekday (518-576-9157).

Transportation - ATIS relies 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 THEIR 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 ensures 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

Cancellation of trips due to weather is rare, since many stormy mornings have turned into beautiful afternoons. Call the ATIS number (518-576-9157) for information regarding cancellations.



* = Transportation Needed

@ = Lake Road Bus Ticket Needed

ATIS JUNIOR PROGRAM

July 2023



ATIS Phone # 518 576-9157

Signups available online at
atistrail.org/signups

Additional trip information available at atistrail.org or at ATIS Building

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Capture the Flag 7-8:30 PM</p>	<p>4 A: Grace Peak 8-5* B: Noonmark and Round 9-3 C: Snow 10-2* Discovery: Baxter 10:30-1:30* Nature Activities (ages 7-10) 9:30-12:30</p>	<p>5 A: Lower Great Range 7:45-4:30@ B: Giant 8:30-4:30* C: The Brothers 10-3* Nature Activities (ages 4-6) 10-12 Survivor: Intro to Map and Compass (ages 8-13) 9:30-2:30</p>	<p>6 A: Tabletop and Phelps 8-5* B+: Indian Pass Traverse 9-5* C: Fish Hawk Cliffs and Indian Head 9:45-2:15@ Discovery: Beaver Meadow Falls 10:45-2:15@ Alderdice Overnight (ages 7-10) 5:15 Thurs. – 3:15 Fri.@</p>	<p>7 A+: Wright via slide 8-4* A/B: Schroon River Can. 8:30-3:30* B: Sages Folly 8:45-4:15@ C: Tenderfoot Pools 10-3* Discovery: Hurricane Lookout 10:30-1* Rock Climbing (Intermediate) 9-3:30*</p>
<p>10 A: Giant and Rocky Peak Ridge 8-5* B: Sawteeth 8:45-4:15@ C: Owl Head Lookout 10-3* Discovery: Gill Brook Waterfalls 10:45-2:15@ Lower Lake Activities 9:45-3:15@ Capture the Flag 7-8:30 PM</p>	<p>11 AA: Skylight and Gray 6:45 – 6:15*@ B+: Haystack 7:45-5:15@ B: Hopkins and Spread Eagle (with Keene Youth Commission) 9-3* C: Lost Lookout and Beaver Meadow Falls 9:45-2:15@ Rock Climbing (Advanced) 8-4* Seward Range Overnight (ages 10-15) 8 Tues. – 2 Thurs.*</p>	<p>12 A: Nippletop and Dial 7:45-5@ B: Ampersand 8:30-3:30* C+: Roostercomb 9:30-2:30* Discovery: Indian Cove Paddle 9:45-12:45@ Nature Activities (ages 7-10) 9-12</p>	<p>13 A+: Saddleback and Gothics via Ore Bed Brook Slide 8-5:15*@ B: Hurricane 9-3* C: Noonmark Burn Area 9:45-2:30@ Rock Climbing (Beginner) 10-2:30* Alderdice Overnight (ages 7-10) 5:15 Thurs. – 3:15 Fri.@</p>	<p>14 AA: Cliff and Redfield 6-6* A: Moose and McKenzie 8-5* B: Gothics 8:45-4:15@ C: Nubble 10-3* Nature Activities (ages 4-6) 10-12</p>
<p>17 AA: Marcy and the Complete Great Range 6-7* A/B: Stillwater Canoe 8:45-4:15@ B+: Algonquin 8:30-5* C: Blueberry Cobbles 10-3* Discovery: Round Pond 10-1:30* Survivor: Backcountry Cooking (ages 11-15) 9:45-3:15@ Capture the Flag 7-8:30 PM</p>	<p>18 A: Lower Wolfjaw via Bennie’s Brook Slide 9-4* B: Bald Peak 9-4* C: Baxter (with KYC) 10-1:30* Junior Trail Crew (ages 10-15) 9-4* Rock Climbing (Int.) 9-3:30* Hurricane Sunset/Sunrise Overnight (ages 11+) 5 pm Tues. – 8 am Wed.*</p>	<p>19 ATIS Picnic! At the Lower Ausable Lake 1:30pm-6:15pm Swim Races 2-3 Canoe races 3:30-4:45 Dinner 5 PM Return buses on the hour 3-6PM \$15/person incl. dinner and bus fare Children under 12 must be accompanied and supervised by an adult</p>	<p>20 A: Sawteeth and Gothics 7:45-4:15@ B+: Colvin and Blake 8:45-5:15@ C: The Crows 10-2* Nature Activities (ages 4-6) 10-12 Rock Climbing (Advanced) 8-4* Saranac Lake Canoe Overnight (ages 9-14) 9 Thurs. – 4 Fri.*</p>	<p>21 A+: Dix from the Ausable Club 8-5 B+: Dial 8:45-4@ C: Pitchoff Boulders 10-3* Discovery: Owl’s Head 10:30-2* Lower Lake Activities 9:45-3:15@ Nubble Dinner and Sunset 5:30 pm-10 pm* (bring utensils, plate, and headlamp, ages 10+)</p>
<p>24 A+: Algonquin, Iroquois, and Wright 8-5:30* A/B: Chubb River Canoe 9-3:30* B: Pitchoff Traverse 9:30-3:30* C: West River Trail to Lower Ausable Lake 9:30-2:15@ Discovery: Rainbow Falls 10:45-12:45@ Nature Activities (ages 7-10) 9-12 Capture the Flag 7-8:30 PM</p>	<p>25 A+: Macomb, South Dix, and Hough 8-5:30* B: Iron Mountain 9-3* B: Jay (with KYC) 9-3:30* C: Round Mt. 10-3* Rock Climbing (Beginner) 10-2:30* Alderdice Overnight (ages 7-10) 5:15 Tues. – 3:15 Wed.@</p>	<p>26 A: Whiteface and Esther 8-5* B+: Cascade and Porter w/ return to Marcy Field 9-4* C: Mt. Van Hoevenberg 10-3* Discovery: Big Crow 10:30-2* Lower Lake Activities 9:45-3:15@</p>	<p>27 AA: Allen 6-6* B: Nun-da-ga-o Ridge 9-3* C: Bouquet River Pools 10-1:30* Discovery: Marble Point Paddle and Hike 10:45-2:15@ Grace Peak Sunrise Overnight (ages 10-15) 2 pm Thurs. – 12 pm Fri.*</p>	<p>28 A+: Colden via East Slide 8-5* B+: Big Slide 9-5* C: Weston 10-3* Nature Activities (ages 4-6) 10-12</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, sleeping bag & pad, headlamp, eating utensils (knife, fork, spoon, cup, plate), toilet articles, bathing suit (optional), long pants (optional), overnight pack capable of carrying both personal and group gear

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





* = Transportation Needed

@ = Lake Road Bus Ticket Needed

Additional trip information available at atistrail.org or at ATIS Building

ATIS JUNIOR PROGRAM AUGUST 2023



ATIS Phone # 518 576-9157

Signups available online at atistrail.org/signups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 A: Street and Nye 8-5* B: Hurricane 9-3* C: Clement's Pond 9:30-2:30* Discovery: Giant's Washbowl 10:30-2* Lower Lake Activities 9:45-3:15@ Capture the Flag 7-8:30 PM</p>	<p>1 A: Basin, Saddleback, and Gothics 7:45-5:15@ B: Sawteeth 8:45-4:15@ C: Flume Knob 10-3* C: Nubble (with KYC) 10-3* Disc.: Rainbow Falls 10:45-12:45@ Rock Climbing (Int.) 9-3:30* <i>Lake Colden Overnight (ages 11-15) 8 Tues. - 4 Thurs.*</i></p>	<p>2 A+: Nippletop via slide 7:45-4:15@ B+: Wright 9-5* C: Snow 10-2* Nature Activities (ages 4-6) 10-12 Survivor: Wilderness Medicine (ages 10-15) 9:30-2:30</p>	<p>3 AA: Santanoni Range 6-7* B: Elizabethtown Pk. No. 4 9-3:30* C: Fish Hawk Cliffs and Indian Head 9:45-2:15@ Rock Climbing (Beg.) 10-2:30* <i>Alderdice Overnight (ages 7-10) 5:15 Thurs. - 3:15 Fri.@</i></p>	<p>4 A: Giant and Rocky Peak Ridge 8-5* B+: Gothics 8:45-4:15@ C+: Catamount 9-3* Discovery: Baxter 10:30-1:30* Nature Activities (ages 7-10) 9-12 Roostercomb Dinner and Sunset 5 pm - 10 pm* (bring utensils, plate, and headlamp, ages 10+)</p>
<p>7 A: Marcy Traverse (Warden's Camp to ADK Loj) 7:45-5@* A/B: Lake Placid Canoe w/ ascent of Eagle Eyrie 8:30-3:30* B+: Haystack 7:45-5:15@ C: Mt. Van Hoevenberg 10-3* Nature Activities (ages 4-6) 10-12 Survivor: Emergency Scenarios 9-3 Capture the Flag 7-8:30 PM</p>	<p>8 A: Lower Great Range 7:45-5@ B: Bald Peak (with KYC) 9-5* B: Hopkins and Spread Eagle 9:30-4* C: Lost Lookout and Beaver Meadow Falls 9:45-2:15@ Discovery: Mossy Cascade 10:30-1* Rock Climbing (Adv.) 8-4* <i>Haystack Sunrise Overnight (ages 10-15) 10:45 Tues. - 2:15 Wed.@</i></p>	<p>9 AA: Dix Range Traverse 6-6* B: Jay 9-3:30* C: King Wall 10:30-1:30* Nature Activities (ages 7-10) 9-12 <i>Alderdice Overnight (ages 7-10) 5:15 Wed. - 3:15 Thurs.@</i></p>	<p>10 A+: Cascade via slide 8:30-3* B: McKenzie 9-4* C: Tenderfoot Pools 10-3* Rock Climbing (Int.) 9:30-4* <i>Forked Lake Canoe Overnight (ages 9-14) 9 Thurs. - 4 Fri.*</i></p>	<p>11 A: Pharaoh Mt. 8-4:30* B+: Phelps 9-5* C: The Brothers 10-3* Discovery: Gill Brook Waterfalls 10:45-2:15@ Lower Lake Activities 9:45-3:15@</p>
<p>14 AA: Marshall 7:30-5:30* A/B: Saranac Lake Canoe 9-4* B: Noonmark and Round 9:30-3:30 C: Blueberry Cobbles 10-3* Nature Activities (ages 4-6) 10-12 Capture the Flag 7-8:15 PM</p>	<p>15 B: Roostercomb and Snow (with KYC) 9:30-3:30* C: The Crows (with KYC) 10-2* Rock Climbing (Beg.) 12-4:30* <u>Junior Trail Crew (ages 10-15) 9-4*</u> <i>Hurricane Sunset/Sunrise Overnight 5 pm Tues. - 8 am Wed.* (bring snack & sleeping bag, ages 11+)</i></p>	<p>16 ATIS Picnic! At the Lower Ausable Lake 1:30pm-6:15pm Swim Races 2-3 Canoe races 3:30-4:45 Dinner 5 PM Return buses on the hour 2-6PM \$15/person incl. dinner and bus fare Children under 12 must be accompanied and supervised by an adult</p>	<p>17 A: Macomb 8-5* B+: Cascade and Porter w/ return to Marcy Field 9-4* C: Baxter from KV 10-1:30* Discovery: Indian Cove Paddle 9:45-12:45@ <i>John's Brook Overnight (ages 8-12) 9 Thurs. - 3 Fri.*</i></p>	<p>18 A: Whiteface and Esther 8-5* B: Nun-da-ga-o Ridge 9-3* C: Noonmark Burn Area 9:45-2:30@ Discovery: Beaver Meadow Falls 10:45-2:15@</p>
<p>21 AA: Colden via Trapdike 8-5:30* B+: Big Slide 9-5* C: Owl Head Lookout 10-3* Discovery: Marble Point Paddle and Hike 10:45-2:15@ Capture the Flag 7-8:15 PM</p>	<p>22 A: Nippletop and Dial 7:45-4:30@ B: Knob Lock 9-2:30* C: Bouquet River Pools 10-1:30* Rock Climbing (Adv.) 8-4* Noonmark Dinner and Sunset 5 pm-10pm (bring utensils, plate, and headlamp, ages 10+)</p>	<p>23 A: Grace Peak 8-4* B+: Algonquin 8:30-4:30* C+: Roostercomb 10-3* Nature Activities (ages 4-6) 10-12</p>	<p>24 A+: Haystack, Basin, Saddleback, and Gothics 7:45-6:15@ B+: Colvin and Blake 8:45-5:15@ C: Pitchoff Boulders 10-3* Lower Lake Activities 9:45-3:15@</p>	<p>25 A+: Giant via Tulip or Bottle Slide 8-4 B: Giant 8-4* C: Nubble 11-4* Discovery: Roaring Brook Falls 12:30-4* Season-end celebration ATIS Building - 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, sleeping bag & pad, headlamp, eating utensils (knife, fork, spoon, cup, plate), toilet articles, bathing suit (optional), long pants (optional), overnight pack capable of carrying both personal and group gear

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

