

# 100 MILE WILDERNESS EXPEDITION

July 17 to July 30, 2011



## ORIENTATION & PREP DAYS

**July 17 to July 18** Arrive at Logan Airport, Boston in the morning. Your instructors will be waiting for you at your gate or baggage claim if arriving by plane. If driving, we meet at the American Airlines baggage claim office. Once our group is assembled we will load up our van and begin the few hour drive north toward northern Maine. We will spend the day getting to know each other, discussing details of the expedition and figuring out our daily routines and responsibilities. We spend the night at a State Park campground. The next day we plan our meals for the next phase of our expedition and begin packing for our expedition on the 100 Mile Wilderness, spending the night close to our trailhead.

## BACKPACKING EXPEDITION – 100 MILE WILDERNESS

**July 19 to July 26** After breakfast, we divide up group gear and provisions, learn to pack our backpacks and start off on the most remote section of the Appalachian Trail. For the next several days, we take time to develop our wilderness skills, discuss backcountry safety, land navigation and low-impact camping techniques. Moving at a pace comfortable for all, we make our way through this vast wilderness past placid lakes and cascading rivers, and ascending above tree-line for magnificent views. This section of trail is always a highlight for students, and we take lots of time to go swimming and explore this wild area. We backpack between 4 -12 miles each day, depending on terrain and our comfort level, and will have at least one re-supply along the way. As a group, we become skilled at traveling through the backcountry. On the way, we catch glimpses of our ultimate destination - Mt. Katahdin in Baxter State Park, the northern terminus of the Appalachian Trail.

## WHITewater RAFTING – MT. KATAHDIN ASCENT

**July 26 to July 30** After we emerge from the wilderness, we trade in our boots and packs for paddles and rafts, meet our rafting guides and load up to begin our descent. After learning paddling and river reading techniques from our expert guides, we spend the day navigating our rafts down class III & IV whitewater on the Penobscot River, and spend the night on the river – enjoying a re-supply and some fresh food. The next day we continue along the trail toward the summit of Mount Katahdin – the highest peak in Maine and the end of our journey. One more night out on the trail, brings us to the base of the mountain – where we prepare for an early morning ascent. After descending from Katahdin, we make our way south to enjoy our last evening together with a final-farewell-feast and a stay at a campground in Freeport, Maine enroute to Boston. In the afternoon we say farewell to each other where we began two weeks earlier, at Logan Airport in Boston, after an amazing experience.