

SUMMER ADVENTURES 2010



Dear Parents,

How often do you find yourself uttering the phrase, "When we were kids . . .", or at a minimum thinking about your youthful days when you left the house first thing in the morning and returned only to pass through the kitchen at meal times or to collapse into bed at the end of a long sun-soaked day filled with non-stop activities limited only by your own imagination. The world has changed so much for our kids, complicated by computers, video games, cell phones and scheduled activities, that we can't help but wonder if they may be losing touch with the simple, but rich outdoor experiences that defined the seemingly endless summers of years gone by.

The mission of The Mountain Workshop's programs is to celebrate outdoor and adventure activities to help kids connect with the natural world. It's not just the spectacular view from the summit or the feeling of accomplishment they will remember from their hike, but also the frog they stopped to watch along the way. Watching the clouds go by on a clear summer's day will be as valuable an experience as the new kayak or canoe skills they learned. Getting outside, spending time with old and new friends, enjoying the amazing adventure opportunities that Southern New England has to offer - these all remind us that memories may be our most priceless possessions of all.

Introduce your kids to the simple pleasures of the great outdoors and watch them grow in ways that cannot be measured on a door frame. I welcome you to "take it outside"!

Susan Friedrich
Director

NEW DIRECTIONS



OUR PHILOSOPHY

Since our founding in 1979 we have worked with hundreds of summer camp groups and organizations to take tens of thousands of campers and students on life changing adventures!

Our mission is to instill in children and young adults the confidence to excel as individuals, the understanding, compassion, and empathy to work in teams and a strong and lasting sense of stewardship for the environment.

As professional outdoor educators, we understand the challenges facing today's youth in the "modern" world. Our adventures are designed to support the core values and principles embraced by our families, schools and communities. We offer an exciting array of outdoor adventures that address and support these values and unique circumstances of each participant. We hope you will consider joining us on an adventure.

OUR VALUES

Respect Yourself

By respecting yourself, you will be able to experience all Mountain Workshop activities safely and with good health.

Respect Each Other

You can show the highest level of respect by helping each other accomplish group and personal goals/tasks. By being supportive and encouraging, you shall receive the same in return.

Respect Group Gear

It is very important to keep all program gear clean and working properly for the safety of your group and future groups.

Respect the Environment

We are going to be visiting many different places and it is very important to show complete respect to our natural and man-made surroundings.

DISTANT SHORES



PARTICIPANT COMMITMENT

For most programs, previous experience is not necessary. Attitude is everything! All activities are designed to be age-appropriate and instruction is provided for each activity. A reasonable physical condition and a desire to participate is needed. All participants share in The Mountain Workshop's Contract, agreeing to work individually and as a group towards goals set together, to adhere to behavior and safety rules.

SAFETY

Safety is our primary consideration at all times. It is the bottom line in all decisions regarding the outdoors. While outdoor activities do entail certain risks, we greatly reduce the chances of injury with strict guidelines and thorough instruction. Our staff is certified in CPR, Lifeguard, Wilderness First Aid, and all are trained in the safety aspects of the activities according to the industry standards. We are extremely proud of our excellent safety record.

GROUP SIZE

All programs run with a minimum of 6 and no more than 13 participants and two adult staff members. All programs are offered as co-ed, with one male and one female staff member assigned to each group. This small group allows for full group participation, interaction and decision-making, as well as individual instruction.

REGISTRATION

Trip registration is required and trip openings are filled on a first-come, first-served basis. To register online for your adventure, simply click "Register" at www.mountainworkshop.com and follow the instructions. You may also call our office and we will be happy to assist you with registration over the phone. To register for a program, you have the option to pay in full or make a deposit with the final balance due by May 1, 2010. The deposit amount required is \$300 for our day sessions, \$750 for our 1-week expeditions, and \$1,000 for our 2-week expeditions. Upon online registration, we will send an email confirming your registration along with all paperwork needed.

TEAM EFFORTS



WHAT TO EXPECT

The Mountain Workshop's Adventure Camp series is a carefully graduated sequence of adventure activities, beginning with day trips at local sites for our youngest campers ages 8 to 14 and progressing to overnight expeditions at locations throughout New England for teens ages 11 to 17.

DAY PROGRAMS

Awesome Adventure Day Programs combine Canoeing, Hiking, Rock Climbing, Rappelling, Caving, Kayaking, Sailing, River Rafting and River Tubing with laughter and play!

Program weeks have pick-ups and drop-offs in Branchville or Westport, Connecticut. Our staff and vans will meet the campers at the pick-up location at 8:00AM and drop them off each day at 4:00PM. Each program group will be assigned to a separate van which will head off for their activity and destination each day, based on a tentative itinerary for the week. Participants bring their own lunches and water every day and The Mountain Workshop provides all activity-specific gear.

OVERNIGHT PROGRAMS

With over 30 years of experience, The Mountain Workshop is a national leader in outdoor programming and adventure travel. Trailmark Expeditions take participants on 1-2 week adventures and community service trips throughout New England.

Expedition fees include instruction, food, accommodations, camping and permit fees, admissions, program equipment (except bikes), group camping equipment, and transportation from Ridgefield, Connecticut. Airfare is not included in Trailmark Expedition programs. Specific trip itineraries, clothing and equipment needs will be sent to you upon registration.



AWESOME ADVENTURES DAY PROGRAMS



OSPREYS

PRICE: \$699

**HIKE/OUTDOOR SKILLS, MOBY CANOE, CAVE,
RIVER TUBE, ROCK CLIMBING GYM**

AGES: 8 - 9

DURATION: 5 DAYS

For our youngest outdoor enthusiasts, the Osprey's program is where it all begins with our introductory level activities! Join us if you are ready to learn new skills and try things you might not find in other summer camps. Every day is a new adventure in a new location, starting with an awesome hike where you'll get to learn some new survival skills - like building a debris hut using sticks, leaves, grass and anything else you might find in the woods. On other days we'll have fun working as a group to paddle Moby, our 30' voyageur canoe, where you just may get splashed along the way or get dirty as we explore a local cave and mica mine. We'll visit a climbing gym so you can challenge your courage and strength on the rock walls and finally enjoy a lazy day of river tubing. So get ready to meet your instructors and other awesome kids as we plan cool adventures all week long.

Pick-up/Program Dates

Branchville, CT	Westport, CT
June 21 - June 25	June 28 - July 2
June 28 - July 2	July 5 - July 9
July 5 - July 9	July 12 - July 16
July 12 - July 16	July 19 - July 23
July 19 - July 23	July 26 - July 30
July 26 - July 30	Aug. 2 - Aug. 6
Aug. 2 - Aug. 6	Aug. 9 - Aug. 13
Aug. 9 - Aug. 13	

QUESTIONS? PLEASE CALL 203 • 544 • 0555

FALCONS

PRICE: \$699

HIKE/OUTDOOR SKILLS, TANDEM CANOE,
RIVER TUBE, KAYAK, RAPPEL

AGES: 9 - 10

DURATION: 5 DAYS

Join us for a week of increased challenges with the Falcon's program: five days of high-energy adventures in a different location every day. We'll learn new skills, try new activities, and fill every minute with games and more fun! We'll start off the week with a hike where you'll have the opportunity to use a map and compass to help navigate our route. After paddle skills instruction, you'll have an amazing time exploring a beautiful Connecticut lake in a tandem canoe, while another day you'll have the chance to paddle your own kayak. Other highlights of the week will be the challenge of rappelling off a cliff and enjoying a lazy-splashing-fun day of river tubing. As a group, we will be learning, growing together, making decisions, taking calculated risks, and most importantly, having fun while exploring these new adventures.

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REGISTER @ WWW.MOUNTAINWORKSHOP.COM





EAGLES

PRICE: \$699

HIKE/OUTDOOR SKILLS, ROCK CLIMB, KAYAK,
RIVER RAFT, CANOE

AGES: 10 - 11

DURATION: 5 DAYS

With the Eagle's program, there will be more skills and thrills at different sites with new lessons to learn and new discoveries to make. Our hike at the beginning of the week will get our group ready for the adventures that await us this week. Highlights include an introduction to the Long Island Sound as you apply your canoe skills to navigate the tide pools or improve your kayak skills as we explore a local lake. Challenge yourself to climb a rock face, then get ready for an exciting day of river rafting. With our new friends, there will be plenty of opportunities for discoveries as we keep moving and playing from beginning to end.

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QUESTIONS? PLEASE CALL 203 • 544 • 0555

HAWKS

PRICE: \$749

HIKE/OUTDOOR SKILLS, VOYAGEUR CANOE,
RIVER RAFT, ROPES COURSE, KAYAK

AGES: 11 - 13

DURATION: 5 DAYS

Enjoy greater challenges with the Hawk's program, an exciting week for both seasoned campers and newcomers with an adventurous spirit. The week includes a challenging summit hike, the perfect place to practice map and compass skills. The currents and tides of the Hudson River will offer additional challenges as we paddle voyageur canoes, while our kayak skills will be put to the test as we navigate a local lake and tributary rivers, complete with beaver dams and wildlife. We will have the opportunity to discover the courage within each of us and help develop our teamwork through high and low challenge ropes course elements. Combined with the excitement of river rafting on one of Connecticut's beautiful rivers, this is sure to be a memorable week.

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Aug. 9 - Aug. 13	



REGISTER @ WWW.MOUNTAINWORKSHOP.COM



SEAHAWKS

PRICE: \$749

TANDEM CANOE, RIVER RAFT,
VOYAGEUR CANOE, KAYAK, SAIL

AGES: 11 - 13

DURATION: 5 DAYS

Seahawks are birds that have adapted to life in a marine environment. Over the course of five days, we will be learning to adapt to life on the water as well, with all the week's activities on the water. The Hudson River provides a dramatic setting for a day's paddle in our kayaks, while the Long Island Sound, with the complex action of wind, waves and tides will challenge our group to navigate our voyageur canoes. In our tandem canoes we will explore a local lake with plenty of wildlife and foliage to discover. River rafting provides an exciting mental and physical challenge, culminating the week with a day sailing the seas of the Long Island Sound. It will be a memorable week of boating, beginning with basic instruction and building upon new skills, with plenty of challenges and fun along the way.

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QUESTIONS? PLEASE CALL 203 • 544 • 0555

OWLS

PRICE: \$819

HIKE, KAYAK, CAVE, WHITEWATER RAFT,
ROCK CLIMB, CAMPING 2 NIGHTS

AGES: 12 - 14

DURATION: 5 DAYS

The Owl's program is a great transition to our overnight expeditions. This five-day program starts out Monday and Tuesday as a day program - an incredible summit hike overlooking the Hudson River begins our week, followed by an opportunity to improve your kayak skills as we navigate the Long Island Sound. We hit the road on Wednesday for a two-night overnight camping component, heading out to explore one of the largest caves in the northeast near Albany, NY before we cook out and camp under the stars. The following day we spend whitewater rafting on the Deerfield River in MA. The week finishes by scaling some of the best rock climbing cliffs Connecticut has to offer. This program is a great introduction to overnight camping, filled with challenges, excitement and adventure.

Pick-up/Program Dates

Branchville, CT	Westport, CT
June 21 - June 25	June 28 - July 2
July 5 - July 9	July 12 - July 16
July 19 - July 23	July 26 - July 30
Aug. 2 - Aug. 6	Aug. 9 - Aug. 13

REGISTER @ WWW.MOUNTAINWORKSHOP.COM





HARRIERS

PRICE: \$819

ROCK CLIMB, GEOCACHING, HIKE,
CANOE EXPEDITION, CAMPING 2 NIGHTS

AGES: 12 - 14

DURATION: 5 DAYS

The Harrier's program is a great transition to our overnight expeditions. This five-day program starts out Monday and Tuesday as a day program - an exciting day of rock climbing on one of the premier rock climbing spots in Connecticut begins our week, followed by the challenge of navigating through the woods to find check-points using GPS. On Wednesday and Thursday we are off to paddle the waters of the Delaware River Gap between NJ and PA where we will cook out and camp along the riverbank. On Friday we head back home with a stop at Storm King to hike along the ridge of the Hudson River Valley to a dramatic scenic overlook.

Pick-up/Program Dates

Branchville, CT	Westport, CT
June 28 - July 2 July 12 - July 16 July 26 - July 30 Aug. 9 - Aug. 13	July 5 - July 9 July 19 - July 23 Aug. 2 - Aug. 6

REGISTER @ WWW.MOUNTAINWORKSHOP.COM



TRAILMARK EXPEDITIONS

OVERNIGHT ADVENTURES



ADIRONDACKS

PRICE: \$1,550

CANOE EXPEDITION, CAVE, WHITewater RAFTING, SUMMIT HIKE

AGES: 11 - 12 DURATION: 7 DAYS (SUN - SAT)

This program is perfect for your first expedition. Adirondack State Park in Upstate New York is an adventure playground with an expansive system of lakes, hiking trails, and high peaks. You'll learn how to camp and live as a group in the wilderness. Our journey will start underground with a day of caving at Crane Mountain, followed by an exciting day of whitewater rafting. We now venture to the water systems that make the Adirondacks famous. We will plan and execute a four-day canoe trip exploring Raquette Lake and the surrounding bodies of water. We'll use map and compass to navigate our way through a lush mountain estuary and then climb West Mountain. After leaving the lake we will spend the evening around the campfire drying out and trading stories from our adventures!

Pick-up/Program Dates
Branchville, CT/Albany, NY
July 11 - July 17 July 25 - July 31 Aug. 8 - Aug. 14

QUESTIONS? PLEASE CALL 203 • 544 • 0555

BIKE TOURING MARTHA'S VINEYARD AND NANTUCKET

PRICE: \$1,675

**HISTORICAL TOWNS, FERRIES, HOSTELS,
BEACHES, BIKE TOUR**

AGES: 11 - 13 DURATION: 7 DAYS (SUN - SAT)

The islands of Martha's Vineyard and Nantucket provide the perfect setting for a first-time summer camp bike trip. Daily mileage of this trip is up to 25 miles and is broken up with lots of great things to see and do. Our first morning will be spent learning about bike safety and safe group riding technique. Then off to catch a ferry for several days on Martha's Vineyard where we'll visit the island's main attractions, towns and beaches. From Martha's Vineyard, we ferry over to Nantucket. We start with a tour of Nantucket's famous whaling port. We keep busy riding along miles of sandy beaches, visit lighthouses, and will stay in a converted lifesaving station on Surfside Beach. An "Awesome" way to finish this memorable week!

Pick-up/Program Dates
Branchville, CT/Newton, MA
July 18 - July 24 Aug. 1 - Aug. 7

REGISTER @ WWW.MOUNTAINWORKSHOP.COM





COASTAL MAINE

PRICE: \$2,850

ROCK CLIMB, HIKE, SERVICE PROJECT, HIGH-ROPE COURSE, SAIL, SEA KAYAK, BIKE

AGES: 12 - 14 DURATION: 14 DAYS (SUN - SAT)

Our adventure will start with group challenges, teamwork, and personal growth as we conquer a high-ropes course at The University of New Hampshire. We then head to a rock-climbing crag riddled with glacially deposited boulders and the remnants of an ancient volcano to improve our climbing skills. For the next couple of days we'll experience the beauty and adventure of sailing through the coastal islands of Maine. Sea captains will teach us how to read wind, maps, tide charts, and how to navigate through the beautiful islands of the Penobscot Bay. We will set out on our final water day to kayak and explore more of this expansive area of Maine. Back on shore, we will head up to Acadia National Park where you will be outfitted with a mountain bike to pedal one of the coolest carriage road systems in the country. Then roll up our sleeves - it is time to volunteer! Become part of the community of people that helps maintain the beautiful Acadia National Park. The trip culminates with a summit hike up Cadillac Mountain, which hosts one of the best (and earliest) views of the sunrise on the east coast. We then finish our afternoon at the beautiful Sand Beach to swim in the refreshing Atlantic Ocean.

Pick-up/Program Dates

Branchville, CT/Hartford, CT

July 11 - July 24

QUESTIONS? PLEASE CALL 203 • 544 • 0555

MAINE ISLAND

PRICE: \$2,200

ROCK CLIMB, HIKE, VOYAGEUR CANOE,
ISLAND EXPLORATION

AGES: 13 - 14 DURATION: 10 DAYS (THU - SAT)

Our group will embark on a paddling adventure along the eastern shore of Penobscot Bay in a 26 ft voyageur canoe. There will be many opportunities to explore and learn about the local geology and marine biology as the group paddles its way through the Merchant Row island chain. Ascending the sheer granite walls of Otter Cliffs, we will experience some of the best rock climbing east of the Rocky Mountains.

The finale of our journey will be a transit hike in Acadia National Park that will take the group along a trail that crosses two mountain peaks, skirts numerous remote bogs and ends at the Atlantic for a refreshing swim. The schedule will leave time to enjoy local culture and a visit to Bar Harbor!

Pick-up/Program Dates
Branchville, CT/Hartford, CT
July 22 - July 31

REGISTER @ WWW.MOUNTAINWORKSHOP.COM





BERKSHIRE ADVENTURE

PRICE: \$1,775

**ROCK CLIMB, WHITEWATER RAFT, WHITE-
WATER KAYAK, CAVE, SUMMIT HIKE**

AGES: 14 - 16 DURATION: 7 DAYS (SUN - SAT)

The adventure begins with a day of caving in one of the largest caves in the northeast where we will explore over a mile of underground passageways. The second day we will travel to Massachusetts to hike the Appalachian Trail to the summit of Mt. Greylock, the highest point in the state! With the summit of Greylock notched on our hiking sticks, it is time to test our skills rock climbing the vertical cliffs at one of Massachusetts most beautiful climbing crags. The second half of the week we will be moving down sections of the Deerfield River in whitewater kayaks and finally end with a rafting trip down class III and IV rapids!

Pick-up/Program Dates
Branchville, CT/Albany, NY
July 18 - July 24
Aug. 1 - Aug. 7

QUESTIONS? PLEASE CALL 203 • 544 • 0555

BIKE TOURING VERMONT

PRICE: \$1,675

BIKE TOURING, HIKING, CAMPING,
SWIMMING, HISTORIC TOWNS

AGES: 15 - 17 DURATION: 7 DAYS (SUN - SAT)

For our older biking enthusiasts, the challenges and scenery of Vermont will be the backdrop for our bike touring expedition. We will bike along trails through towns and parks. Our playground will be the Green Mountain National Forest, but we'll make stops in great Vermont towns including Burlington and Woodstock. A fully equipped "sag wagon" van will support every leg of this trip to assist riders with bike repairs or simply give them a lift when they are too tired to ride.

You will play an active role in deciding how we spend our time, managing our mileage and planning our trip.

Pick-up/Program Dates
Branchville, CT/Hartford, CT
July 25 - July 31

REGISTER @ WWW.MOUNTAINWORKSHOP.COM

New
this Year





LEADERSHIP

PRICE: \$1,550

THROUGH ADVENTURE

**BACKPACK, CAVE, CANOE EXPEDITION,
LEADERSHIP SKILLS**

AGES: 15 - 17 DURATION: 7 DAYS (SUN - SAT)

While all Trailmark Expeditions help develop outdoor, communication, and leadership skills, there comes a time when some adventurers would like to lead their own trips. With the Adirondacks as our setting, the Leadership Through Adventure ("LTA") program helps build strong outdoor leaders, focusing on the instruction techniques and hard skills necessary to lead an outdoor expedition of your own. LTA is specifically designed to develop leadership skills in young adults through experiential education. You will be challenged to plan and lead segments of this exciting and challenging adventure. Safety will be your primary concern and you learn how to ensure it in a wilderness context. Along the way you will backpack, paddle canoes, and explore one of the eastern Adirondacks most unique cave systems. You will come away a stronger leader with a heightened sense of self-confidence! This expedition is more than outdoor skills, rather a "leadership development program" that serves as preparation for college, work, and future outdoor adventures.

Pick-up/Program Dates
Branchville, CT/Albany, NY
Aug. 1 - Aug. 7

QUESTIONS? PLEASE CALL 203 • 544 • 0555

OUR STAFF

Safety is our first and most important concern. The Mountain Workshop receives hundreds of applications from field staff candidates each year. Each qualified applicant is thoroughly reviewed to find the most responsible and qualified field staff. Our instructors must pass a national background check, have three professional references, and possess the outdoor experience and/or training needed to safely lead their assigned trips.

Our staff range in age from 21-50 years old, and many have extensive backgrounds in outdoor education and expedition programming. We attract many outdoor professionals coming from diverse backgrounds including: field-staff from other outdoor companies, school teachers, and graduate students. Many of our staff have certifications in Wilderness First-Aid, Waterfront Lifeguard training, CPR & First-Aid, American Mountain Guide Association Top-Rope Site Manager, American Canoe Association certifications and more. Our two week training programs ensure that our field leaders are well prepared to run safe, fun and enriching programs.

REGISTER @ WWW.MOUNTAINWORKSHOP.COM

