



Paul Smith's College
THE COLLEGE OF THE ADIRONDACKS

Adirondack Experience Program

Wednesday, August 24 – Saturday, August 27, 2011

Application deadline: August 10

We hope you will join us for this year's Adirondack Experience. The program is open to all members of the Class of 2015.

For sixty-four years, thousands of Paul Smith's College students have enjoyed their outdoor experience and education in the beautiful Adirondacks. Prior to beginning your education at Paul Smith's College, you have an opportunity to enjoy the hiking, canoeing, fishing, rock climbing, cycling, and whitewater rafting that entices visitors and year-around residents to this region.

You will make new friends and experience life at Paul Smith's College with your Adirondack Experience leaders, who are current students, faculty, and staff. Traveling, canoeing, hiking, rock climbing, cycling and fishing or whitewater rafting with a small group (8 freshmen and two leaders) is a wonderful way to meet people and enjoy the outdoors. We offer a broad range of trip activities over three days: hiking and canoeing trips at an easy pace for 5 – 6 miles during a six-hour day, flyfishing some of the finest trout streams in our area, whitewater rafting down the Hudson River, to more strenuous hiking and canoeing (8 – 12 miles) for those who are more experienced and gung-ho to bag some of the High Peaks. For those who are interested in learning the local cycling routes, we are offering both mountain and road bike treks. Cyclists will be expected to bring their own helmets, bikes in good running condition, and to be prepared to spend a few hours riding per day.

The Adirondack Experience is one of the best ways to understand what makes Paul Smith's College what it is. Students make lifelong friends in the woods during outdoor adventures, and gain both familiarity with the Adirondacks and the confidence to participate in outdoor adventure pursuits throughout the school year.

No Experience Necessary/Proper Preparation is Still Important.

No prior outdoor (hiking or canoeing) experience is necessary to participate in the Adirondack Experience. We expect that many participants have never been hiking mountains or paddling lakes, ponds and rivers before.

In the Adirondack Experience, you will be active every day so some preparation is helpful. You should have some form of regular exercise before arriving, ideally, physical activity for at least an hour, three times per week, at least four weeks before the program begins. This activity will increase your cardiovascular capacity to allow you to hike or canoe more easily, to better enjoy your trips.

The most important piece of equipment to prepare is your feet, so your boots should be well broken-in before you arrive at Paul Smith's College. Boots that are not properly broken in invariably lead to chafing and blisters. Any additional weight (such as a backpack) also increases the potential for blisters. You should wear new boots a minimum of 3-4 days a week before

arriving, with the same liner socks and wool/synthetic socks you plan to wear during the Adirondack Experience. This will break in the boots and get your feet accustomed to the boots. If you find areas of chafing, experiment with different thicknesses of socks or apply tape or Moleskin to the areas of chafing. If there are areas of the boots that are pinching your feet, you can get the boots stretched at a local shoe repair shop.

A typical day trek will take from 6 – 8 hours. The groups will depart the campus in the morning after breakfast and return prior to dinner each day. Each person will be responsible for carrying his or her own personal gear (clothing, food, camera, insect repellent, etc) each day. You will need personal clothing items and appropriate footwear for hiking and paddling. Please be assured that you will be getting your feet wet while paddling (getting into and out of the canoe), and muddy while hiking the trails.

Housing: Adirondack Experience participants will move directly into their residence hall room assigned to them for the fall semester upon their arrival on campus on Wednesday, August 24 (by 3 pm).

Activities: With a limit of **sixty-four** participants, this program will fill up quickly. Participants are divided into co-ed groups of six to eight participants and Adirondack Experience leaders. Leaders are trained in outdoor skills, group dynamics, and wilderness first aid. When you arrive on campus, you will meet your group members, we will do our best to accommodate your indicated activity preference. Evening programs will complement the treks and Adirondack adventures. Adirondack Experience will conclude in time for you to complete registration for the fall semester.

Special Needs: Everyone can find the right trip, and previous outdoor skills and experience are not required. Let us know in advance if you have needs or physical disabilities that would involve special planning.

Fall Athletes/Orientation: We regret that students who intend to participate in any of our fall athletic teams who have been instructed to arrive early to the campus for pre-season training/conditioning will not be able to participate in the Adirondack Experience. *Also, it is also imperative that anyone interested in Adirondack Experience participate in one of the College's orientation sessions prior to August 24th.*

Cost: The cost of the Adirondack Experience is \$225, which covers all trip expenses (group leadership, food, transportation during the trip, and equipment usage). There is an additional \$90 charge for those who are interested in a day of whitewater rafting on the Hudson River.

If you have any questions about the program, please contact Kirsten Domas at the Recreation Office at (518) 327-6389, or via e-mail at: kdomas@paulsmiths.edu.

Deadline for Application: August 10

Arrive on Campus Wednesday, August 24 by 3 p.m.