# **Programming:**

**Day Rates:** Limited availability for day trips. Contact Frost Valley to discuss.

• \$11 per class per student

**Overnight rates** are for students and adults and include lodging, meals and programming. Trips are typically available Wednesday-Friday from mid-September to mid-June.

- 2-day (1 night, 4 meals, 3 classes) \$199/person
- 3-day (2 nights, 7 meals, 6 classes) \$250/person
- 4-day (3 nights, 10 meals, 9 classes) \$320/person

### **Bus Rates:**

Bus costs will vary depending on the type of bus (yellow school bus or coach), distance traveled and time of year. Frost Valley offers bus booking services at attractive rates through 2 companies:

- Academy, starting at \$1,250 per 54 passenger bus, one way
- Tonche Transit, \$1,000-2,000 per 55 passenger bus, one way

Contact the Frost Valley Reservations Department for more information at reservations@frostvalley.org, 845-985-2291 x450.

## **Course Options:**

Consider the following watershed forestry themed courses:

- Watersheds and Wilderness
- Freshwater Ecology
- Forest Ecology
- Full/Half-day Model Forest Hike
- Maple Sugaring
- Ice Cutting

## **Nursing:**

- You must pay for the use of Frost Valley nursing services during your visit. Rates vary depending on group size and length of stay:
- 1-50 people: \$168 for 1 day, \$216 for 2 days, \$288 for 3 days
- 51-100 people: \$240 for 1 day, \$360 for 2 days, \$504 for 3 days
- 101-150 people: \$312 for 1 day, \$504 for 2 days, \$720 for 3 days

### **Contact:**

For more information visit frostvalley.org/school-trips or contact Eva Larson, Director of School Programs, elarson@frostvalley.org, 845-985-2291 x221.



# Sample Itinerary

TIME	ACTIVITY	ADDRESS/NOTES
DAY 1		
7:00am	Depart school: On-time departure is critical for trip success!	***text WAC with departure time and final head count
9:30am	Arrive at Neversink Reservoir info kiosk	Intersection of NY Route 55/Divine Corners Road, Hurleyville, NY 12747
9:30-10:00am	Neversink Reservoir tour	
10:00-10:30am	Drive to Frost Valley YMCA	2000 Frost Valley Road, Claryville, NY 12725
10:30am	Arrive Frost Valley YMCA	
10:30-11:30am	Unload, bathrooms	
11:30-12:00pm	Orientations	
12:00-1:00	LUNCH	
1:15-3:15pm	Frost Valley programming: Class 1	
3:15-5:00pm	Frost Valley programming: Class 2	
5:00-5:30pm	Break	
5:30-6:30pm	Dinner	
7:00-8:45pm	Frost Valley programming: Class 3	
8:45-10:00pm	Snack, relax, teacher-led activity	
10:00pm	Lights out	
DAY 2		
8:00-9:00am	Breakfast	
9:30-11:30am	Frost Valley programming: Class 4	
11:30-12:00pm	Break	
12:00-1:00pm	Lunch	
1:15-5:00pm	Half-day hike in the Model Forest (Class 5)	
5:00-5:30pm	Break	
5:30-6:30pm	Dinner	
7:00-8:45pm	Evening programming selection	Multiple options, extra fees apply
8:45-10:00pm	Snack, relax, teacher-led activity	
10:00pm	Lights out	
Day 3		
8:00-9:00am	Breakfast	
9:30-11:30am	Frost Valley programming: Class 6	
11:30-12:00pm	Break	
12:00-1:00pm	Lunch	
1:00pm	Depart Frost Valley YMCA	
4:00pm	Return to school	