

Adirondack Expedition

Hawk Circle Wilderness Education



The Pharoah Lake Wilderness

a coed camp for ages 14-17

Aug. 15-21

Our expedition begins in the wilds of the Adirondack Mountains, in the largest wilderness area east of the rocky mountains.

We will backpack our gear and food several miles and make our camps near gorgeous lakes and mountains. There is nothing like making pure wilderness our home!

While we will learn and practice new survival skills and learn to leave no trace, this program will mostly focus on the spiritual side of nature and our own journey.

If you are up for a challenging hike, listening to loons, watching for eagles and wandering in thick pine forests, this program is the one for you!





Left: With backpacks filled with food and gear, the group is ready for their trip!

Below: The beauty that awaits you at the end of your journey.



The Expedition Experience

- Animal Sculpture & Woodcarving
- Spruce Rootlet Baskets
- Leather Buckskin Medicine Bags
- ◊ Wilderness Camping Skills
- ◊ Leave No Trace Ethics
- ◊ Morning/Evening Meditations
- ◊ Wilderness Cooking Skills
- Northern Mammal Tracking Skills
- Optional One Day Solo
- Exploring Hikes and Adventures
- New Tree & Plant Studies
- Minimum Impact Camping
- Backpacking Skills
- Spiritual Retreat & Philosophy
- Bark Containers
- Campfire Storytelling
- Reading the Landscape
- Flint & Steel Fire Skills
- Mountain Survival



The Itinerary

Sunday

Meet at Beach/Picnic Pavillion
11am-1pm

Organize gear, food and equipment for the trip.

Hike to **Grizzle Ocean**, about three miles, to the Grizzle Ocean Leanto. Make Camp and Dinner.

Monday

Learn about useful camp crafts, knots, **Leave No Trace** Principles, cooking and cleaning routines as well as safety, communication and navigation. Day spent enjoying the surrounding area.

Tuesday

Day Hike to **Treadway Mountain**, about 5 miles round trip. Lunch on the Summit, then return to Grizzle Ocean for dinner.

Wednesday

Pack up and hike to **Pharaoh Lake**, about 6 miles, and set up camp on the shores of this wild lake. Dinner, campfire, storytelling, music and more skills.

Thursday

Day spent relaxing, fishing, exploring the area, plants, trees and other natural



“Even cooking the evening meal can be a powerful experience, when we are truly hungry, and we have no distractions save the crackling of the fire, the chorus of birdsongs and the warmth of new friends sharing the stories of the day...”

features. Rest, rejuvenation and enjoyment are the words of the day.

Friday

Pack up camp and hike back to **Putnam Pond Campground**, approximately 8 miles. Lunch on the trail, followed by hot showers, making camp at and a hearty dinner and campfire.

Saturday

Pack up camp and pick up by family at 9am. **Campsite number will be emailed to you a week prior to the start of the expedition.**

In addition to our listed activities, please note that you will need a **valid NYS fishing license** if you want to fish at any of the lakes or ponds in this area. (You can get them at any Walmart or Dick’s Sporting Goods.) Also, if bringing fishing equipment and gear, please be sure to pack it so it doesn’t break or cause injury.

Bring **books** for your end of summer reading, as well as lightweight games that you can play with others, or musical instruments that are light and easy to carry. Small field guides can be helpful in learning about the plants and trees, but don’t bring heavy books or equipment or you will have a long, slow hike into camp!

Final Thoughts to prepare for your trip

Native peoples have journeyed into the wilderness for millennia, for spiritual renewal, to listen to their inner voice or to find answers to questions that can help guide them in life. While this is not a Vision Quest in the traditional sense, and there is no solo part of the expedition, there will be a lot of time when you might reflect, journal and seek answers to questions you might have.

What are the questions that you might have? Typically, they fall in into

categories such as: ‘Where are I going?’ ‘What is my purpose in life?’ ‘What can I do to help the world?’ ‘Is there a gift I bring that I can work towards this year?’ or ‘What is my next step?’

There is something powerful in just sleeping on the earth each night and being surrounded by nature. It can be very healing and can allow us to see our lives, our selves and each other in new ways, ways that can point us in new and unseen directions that can change our lives forever. You just never know!



The Morning Ritual:

Our water is filtered and purified by ceramic pumps, and this task is shared each day by the community on the shores of some of the cleanest water in the East.

Travel Logistics

Our Trail begins at Putnam Pond...

We will meet on **Sunday at the Picnic Pavillion and Beach area at the New York DEC Campground at Putnam Pond.** Our staff will arrive there on Saturday and will begin getting food, equipment and gear ready on that morning. If you wish to stay at the Campground overnight, we suggest registering through the New York State Campground Reservation system online. It is very easy. You can find it by typing “Putnam Pond Campground NYS reservations” in any search engine and you should get right onto their web page. **We will send you an email a week before the start of the camp to let you know what number campsite our staff will be for both drop off and pick up information.**

We will meet between 11 am and 1 pm, to sort through and go over our gear, store it for our first hike, divide our food/equipment among ourselves for transport and then head out on the trail after a hearty lunch. Please be very careful to go over the list of camping gear so you don't forget anything as once we leave the parking lot it will be too late to go out and get more gear. Take it seriously!

Pick up is on **Saturday at 9 am** at the same campground. We will arrive Friday afternoon/evening, and set up camp, and take well deserved showers, and be ready to wrap up our trip.

“Make sure you get everything on your equipment list, as it is key to you having a positive experience and in most cases the staff will not be able to improvise in our wilderness location. There is an Eastern Mountain Sports store in Albany, as well as a Dick’s Sporting Goods there as well, if you need any last minute items on your way up to the campsite.”

Ricardo

**Getting There:
Putnam Pond
763 Putts Pond Rd.
Ticonderoga NY 12883**

From I-87, take Exit 28, then east on Rte. 74 approximately 9 miles.

From Ticonderoga, go west on Rte. 74 approximately 6 miles. Follow signs on roadside of Rte. 74 that will direct you to the campground.

A regional map is a big help in getting there, but it is very easy, and you should have no problems! It is about an hour and a half north of Albany, NY, on Interstate I-87.

Why we go:

Tranquility, inner peace, stillness and transformation are words that come to mind when we spend time in a place so beautiful that it changes us just by being there...



Logistics and Gear

What you need for your adventure

What to Bring:

Please note: We understand that it can be difficult to obtain some of the items necessary for this trip. We do not intend for you to spend a tremendous amount of money. Many of the items needed may be borrowed from a friend or relative. When taken care of, these items can last a lifetime so take time to choose gear you purchase. If you are having problems or need a question answered, please call and we will do our best to accommodate you.

5000 + cubic inch Backpack(internal or external frame)

Twenty Degree Sleeping Bag(Down or Synthetic)

Lightweight Sleeping Pad

Rain Gear- Jacket and Pants

Sturdy Hiking Boots

Flashlight/Headlampw/ extra batteries and bulb

Capilene /Polypropylenethermal underwear top and bottom (1 set)

Nylon Shorts(1-2)

Cotton T-shirts / Tank Top(1-2)

Changes of Underwear

Wool Socks(3 pair)

Fleece or Wool Pants (1)

Fleece, Capilene, or Wool Layers (1 set) I use an expedition weight thermal top and a fleece shirt or fleece jacket as my layering system. Call if you have questions.

Swimsuit (Can substitute nylon shorts for the guys)

Biodegradable Soap Personal Toiletries

Glasses/ Contacts with necessary cleaners etc.

2 Nalgene 1 quart Water Bottles

50 Feet of Cord/Rope (approx. 5mm thickness)

3 Stuff Sacks to hold / organize gear

Knife 3-5 inches blade length, non folding blade

First Aid/Survival Kit (matches, lighter, minor medical supplies, water purification tablets or water purifier)

Wool or Fleece Hat and Gloves for cold nights

Camp Shoes (sandals or moccasins)

Notebook or Journal, & Pens/Pencils

Bandana

Sports Bra(women)

Compass

Unbreakable Cup, Bowl, Plate , and Utensils

Travel Clothing (change of clothes for the ride home, cotton ok).

Sunscreen

OPTIONAL:

Camera Hat / sunglasses/ Bug Repellent

Restricted Diets: Our menu consists of vegetarian and meat options. We can not accommodate special diets, however, are happy to help you plan your own supplement meals and what kinds of food to bring.

Women: Changes in physical activity and the environment can affect menses and cause irregular periods. Please come prepared by bringing sufficient supplies of sanitary napkins or tampons along with extra zip-lock baggies so these items can be disposed of properly once we have left the wilderness area.

How To Register

Program Fee: \$925

Please complete and mail in the application accompanied with a \$400 non-refundable deposit. Applications received after May 15 must be accompanied with the full tuition amount.

Multiple Camp Discount: \$50 off each camp when enrolled in more than one camp.

Sibling Discount: \$50 off each camp.

Stay Over Fee: \$35 to stay over between camps.

Travel Fee: \$75 round trip fee for airport, bus, or train pick-up and drop-off in Albany.

You will receive a letter confirming your acceptance into the program at which time you may download a complete registration packet from our website which includes parent information, and required medical forms.



A proud display of coal burned wooden spoons.





HAWK CIRCLE PROGRAM APPLICATION

Program Name(s): _____ Program Date(s): _____

Applicant's Name: _____

Date of Birth: _____ Age: _____ M/F(please circle)

Address: _____ City: _____ State: _____ Zip: _____

Home #: _____ Cell #: _____ Work #: _____ Email: _____

Parent/Guardian Name: _____ Phone #: _____

Parent/Guardian Name: _____ Phone #: _____

Emergency Contact: _____ Relationship: _____ Phone #: _____

Do you have any dietary restrictions? (We are not able to accommodate extensive dietary issues. Those students who have special diets are encouraged to bring foods from home to supplement our meals in certain instances. Please call for more information.)

How did you find out about us? _____

What is your main reason for attending this program? _____

The Fine Print: Due to our Policy of not overbooking our programs, we require a \$400 non-refundable deposit. This must accompany your application. The remaining balance is due no later than May 15th. Any payment plans must be approved by the main office in advance of your program start date. Payments received after May 15th will be subject to a 5% late fee. ••We will refund your deposit in the event that we cancel the program. If you need to cancel, please notify us immediately. For cancellations made two weeks prior to the start date of the program, we will refund your full balance minus the deposit. For cancellations made within the two weeks to the start date of the program, we will transfer your balance minus the deposit over to another program of your choice to be used within one year's time. There will be no refund for any portion of your tuition for cancellations made within 48 hours of the start date of the program. Any person who leaves during the middle of a program due to illness, injury, expulsion, or any other reason will not be refunded any portion of the course fee.

Release

I agree by my signature indicated below, to book this program with the intent to have my school's class of students listed above attend the Hawk Circle Wilderness Education's school program, as planned by the program director and myself. I understand that the programs offered by Hawk Circle can expose myself and my students to activities that have inherent risks, and that the staff of Hawk Circle will make every effort to keep each activity as safe as possible. I further understand that Hawk Circle is not responsible for safety issues that were not disclosed to the staff prior to the commencement of the program.

Camper's Signature *Name(please print)* *Date*

Parent's Signature *Name(please print)* *Date*

Please Make Checks Payable To (in U.S. Dollars) :
THE EARTH MENTORING INSTITUTE OR HAWK CIRCLE

Amount Enclosed \$ _____ Check Number _____

We Accept Visa and Mastercard CC# _____ EXP / /

Thank You! We are looking forward to meeting you!

Mail Completed Application and Deposit to : **Hawk Circle, P.O. Box 506, Cherry Valley, NY 13320**

Contact Info: HawkCircleOffice@gmail.com (607) 264-3396 Office (607) 264-3256 Fax