



מחנה רמה בניו אינגלנד



AN EXCITING NEW VISION FOR THE *ETGAR* PROGRAM AT CAMP RAMAH IN NEW ENGLAND!



For many years now, a key component of Camp Ramah in New England's *Tzad Bet* programming has been our ***Etgar* Program**. *Etgar* is the Hebrew word for "challenge" -- our *Etgar* Program is a series of outdoor adventures that are designed to give our campers new experiences in the great outdoors, and to challenge them both mentally and physically, whether they're hiking the Appalachian Trail or learning how to mountain-climb. The *Etgar* Program is also designed to teach our campers about environmentalism and Judaism's connection to *teva* (nature).



This year, we are pleased to announce a new partnership with **Adventure In/Adventure Out**, a Massachusetts-based company that specializes in planning and running outdoor adventure experiences. With their help, we will be able to offer a wide variety of new and exciting intensive *Etgar* experiences to campers in *Bogrim*, *Machon*, and *Nevonim*. These options are detailed inside this brochure -- and they include **hiking, biking, canoeing, rock-climbing, caving, and more!** All trips will be lead by fully-trained staff members from Adventure In/Adventure Out, and staffed by our counselors. ALL of these programs will focus on combining Jewish education with intense, challenging experiences that are truly *Etgarim!*



In order to make all the necessary arrangements for these new, more elaborate *Etgarim*, we are asking all of our campers to sign up for their *Etgar* trips well before camp.

Turn the page to learn all the exciting details!

Nevonim

4 Days and 3 Nights
July 5-8, 2005

Option I -- Backpacking

Hike high along the Appalachian Trail following the scenic Taconic Range in Mount Riga State Park and Mount Washington State Forest. We will hike over three peaks with Mount Everett being our high point at 2,602 feet. We will also explore the cascading waterfalls at Bear Rock Falls, wander through beautiful Sages Ravine, and enjoy the excellent views along the Housatonic Valley.

Option II -- Bicycling

Let's get on our wheels and ride for a 4-day tour of some scenic back-road countryside. We start our trip in Warren, MA, and travel along the Quaboag Wildlife Management Area. Our trip will take us to Wells State Park for some playtime and fun and then past Old Sturbridge Village. Then our wheels will turn and we'll head back up to camp through Munson and Palmer.

Option III -- Canoeing, Rock-Climbing, & Caving

This multi-element adventure will begin with 2 days of canoeing on the Connecticut River from Pauchaug down to Barton's Cove. On Day 3 we will explore some awesome local caves by rappelling into them from the top. Day 4 is a thrilling day of learning how to rock climb at the beautiful granite Chapel Ledges and taking a dip in the refreshingly cold Chapel Falls.

Option IV -- Canoeing

Get out on the water for a fun and scenic 4-day journey down the Connecticut River! We will be self-sufficient with all of our camping gear so we can be free to stay on the river and camp in a new place each night. We'll begin at Munn's Ferry and paddle all the way down into Northampton taking time to hike, swim, and play along the way.



Machon

3 Days and 2 Nights
July 19-21, 2005

Option I -- Backpacking

Hike high along the Appalachian Trail following the scenic Taconic Range in Mount Riga State Park and Mount Washington State Forest. We will hike over three peaks with Mount Everett being our high point at 2,602 feet. We will also explore the cascading waterfalls at Bear Rock Falls, wander through beautiful Sages Ravine, and enjoy the excellent views along the Housatonic Valley.

Option II -- Bicycling

This ride takes us on some beautiful country roads along the Quabbin Reservoir. We start our trip in Gilbertville and ride east through Barre and camp at the Coldbrook campground taking time to play, explore and swim along the way. Our return ride will take us through Hardwick and end back in Gilbertville.

Option III -- Canoeing

Get out on the water for a fun and scenic 3-day journey down the Connecticut River! We will be self-sufficient with all of our camping gear on board. As we paddle down the river we can swim, play and explore all along the way. The trip begins at Pauchaug boat launch in Northfield and travels all the way down to the Sunderland Bridge.

Option IV -- Overland Scavenger Hunt

Are you ready for a fun camping adventure? Challenge yourself and your team to learn new skills and locate treasures! We will be learning and utilizing map, compass and GPS skills on this 3-day scavenger hunt. Hiking and canoeing will be our mode of travel as we work together as a team to solve the mysteries that help us find our hidden treasures! (This trip will take place throughout Western MA.)

Bogrim

2 Days and 1 Night

First-Session: July 11-12, 2005

Second-Session: August 8-9, 2005

Bogrim full-session campers may sign up for EITHER a first-session trip OR a second-session trip.

FIRST-SESSION OPTIONS:

Option I -- Backpacking

We will be heading down to the Massachusetts/ Connecticut boarder to hike and have fun in the beautiful Bigelow Hollow State Park. Cool off in the crystal clear waters of the Mashapaug. Enjoy exploring cool places in the Park like the well-known Cat Rocks.

Option II -- Canoeing

Enjoy a wonderful overnight camp-out on the Connecticut River. Learn how to paddle and steer a canoe as we wind our way down the river from Pauchaug Boat Launch to Barton's Cove stopping along the way to play on the beaches, go swimming and explore the natural world.

Option III -- Canoeing and Rock Climbing

Adventure out on this multi-element overnight camping trip and experience a great time paddling down the Connecticut River and a day of rock climbing at Rose Ledges. We will enjoy the relaxing pace of paddling our canoes down the river and then spend a day challenging ourselves on the rocks and learning how to rock climb, belay and rappel.

SECOND-SESSION OPTIONS:

Option I -- Backpacking

Same itinerary as first-session.

Option II -- Canoeing

Same itinerary as first-session.

Option III -- Rock-Climbing and Caving

If you like to explore and climb on rocks then this is the trip for you! We will spend a day challenging ourselves on the rocks at Rose Ledges, learning how to rock-climb and belay. After a fun overnight camp-out we will go to Sunderland and explore a hidden local cave by rappelling down into it.

More information about Adventure In/Adventure Out:

Adventure In/Adventure Out has been offering outdoor adventure programs since the summer of 1995. Their vision is to offer people experiences in nature that will introduce them to a new awareness of themselves and of the natural world around them. They achieve this by immersing people in nature and teaching wilderness living skills, nature awareness skills, communication skills, and community-building skills. These experiences serve as reminders of how beautiful and sacred nature is and how good it feels to be connected to it and to the people around us.

Adventure In/Adventure Out has run programs for a wide variety of schools, summer camps, town recreation departments, businesses, and non-profit organizations.

James McNaughton, a Pioneer Valley native, founded Adventure/In Adventure Out and is their lead instructor. He is a graduate of Greenfield Community College's Outdoor Leadership Program and continues his naturalist studies through workshops with Paul Rezendes and a three year naturalist training program with The Wilderness Awareness School in Washington state. James wrote a newspaper column called the Great Outdoors for two and a half years, then founded his own newspaper called The Outsider. He wrote a hiking and canoeing guide for The Chicopee River Watershed Council. He is a member of his local open space committee, a certified First Responder and lifeguard.

Learn more about Adventure In/Adventure Out by visiting their web-site at:

www.naturetravels.com





Camp Ramah in New England

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SIGN-UP SHEET FOR ETGARIM 2005!

Please complete and return this form to the Camp Ramah in New England winter office by **MAY 2nd!** After that date, we will assign campers to *Etgar* trips randomly. We suggest that you retain a photocopy of this form for your records.

Name: _____

Edah: _____

Session: _____

Please number your preferences 1-3 (or 4), with 1 being your top choice.

NEVONIM

_____ Option I -- Backpacking

_____ Option II -- Bicycling

_____ Option III -- Canoeing,
Rock-Climbing, & Caving

_____ Option IV -- Canoeing

BOGRIM -- 1st Session

_____ Option I -- Backpacking

_____ Option II -- Canoeing

_____ Option III -- Canoeing
& Rock-Climbing

MACHON

_____ Option I -- Backpacking

_____ Option II -- Bicycling

_____ Option III -- Canoeing

_____ Option IV -- Overland
Scavenger Hunt

BOGRIM -- 2nd Session

_____ Option I -- Backpacking

_____ Option II -- Canoeing

_____ Option III -- Rock-Climbing
& Caving

DEADLINE FOR RETURNING THIS FORM: MAY 2nd!!

Please contact Josh Edelglass, Director of Programming, with any questions:
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