



מחנה רמה בניו אינגלנד

אתגר

TAKE THE CHALLENGE! EXPERIENCE 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 ***Etagar* Program**. *Etagar* is the Hebrew word for "challenge" -- our *Etagar* 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 rappelling & caving. The *Etagar* Program is also designed to teach our campers about environmentalism and Judaism's connection to *teva* (nature).



We are pleased to enter the second year of our partnership with **Adventure In/Adventure Out**, a Massachusetts-based company that specializes in planning and running outdoor adventure experiences. With their help, we are thrilled to be able to offer a wide variety of exciting and intense *Etagar* 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 experiences that are truly *Etagarim*!



In order to make all the necessary arrangements, we ask all of our *Bogrim*, *Machon*, & *Nevonim* campers to sign up for their *Etagar* trips before they arrive at camp.

Turn the page to learn all the exciting details!

Nevonim

4 Days and 3 Nights

July 3-6

Option I -- Backpacking on the Appalachian Trail

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 and wander through beautiful Sages Ravine, enjoying the excellent views of the Housatonic Valley along the way.

Option II -- Rock Climbing, Rappelling & Caving

This multi-element adventure will include two thrilling days of learning how to rock climb at the colorful Rose Ledges in Northfield. We will be backpacking to our campsite and hiking across the mountain into a wonderland of boulders and ledges for an exciting rappelling experience. On the 4th day we will be rappelling into a unique cave to explore its passageways and discover its geology.

Option III -- Bicycling

We start our trip from Camp Ramah and head north to the Quabbin. We will enjoy riding along the scenic back-roads that will take us into the historic past. The Quabbin Reservoir was once the wide open Swift River Valley and home to five towns which were dismantled when they built the reservoir. Now the Quabbin is home to much wildlife and natural habitat. This ride will offer time for exploring and swimming along the way.

Option IV -- Connecticut River Canoeing

Get out on the water for a fun and scenic canoe expedition down the Connecticut River. This trip will begin near the Massachusetts and Vermont border and flow down through some of the most scenic landscapes in Western Mass. We will be entirely self-sufficient, packing our gear in our canoes and camping in designated camp sites along the way. We will take time to hike, swim, and play along the journey.

Machon

3 Days and 2 Nights

July 19-20

Option I -- Mondanock Backpacking

We will hike high along the Metacomet Mondanock Trail through the beautiful New England woodlands and rolling hills of southern New Hampshire. We'll enjoy views of Mt. Mondanock along the way and camp along the Metacomet Mondanock trail. On our last day we will climb Mt. Monadnock without our backpacks for an expansive view of four states on one of the most-climbed mountains in the world.

Option II -- Rock Climbing, Rappelling & Caving

This multi-element adventure will include two thrilling days of learning how to rock climb at the colorful Rose Ledges in Northfield. We will be backpacking to our campsite and hiking across the mountain into a wonderland of boulders and ledges for an exciting rappelling experience. On the 3rd day we will rappel into a unique cave to explore its passageways and discover its geology.

Option III -- Road and Mountain Bicycling

This ride will take us out of camp and on to some beautiful country roads. We will camp at and explore Brimfield State Forest where we can challenge ourselves on some adventurous mountain biking trails. We will ride and visit other forests and stop to swim in the local area lakes. We will camp at established campsites and enjoy telling stories while roasting marshmallows over the fire.

Option IV -- Canoeing

We will be running two Canoe trips, with similar content, but in different locations. Campers who sign up for Canoeing will be randomly divided into two groups. One canoe adventure will begin on Holland Pond and travel north along the Quinebaug River. The other will explore the wild and scenic Quaboag River which is well known for bird and wildlife habitat. Both trips will be self-sufficient, with all of our camping gear on board our canoes. We will camp along the river and at campgrounds. We will enjoy some refreshing river swimming and play some fun and challenging outdoor adventure games along the way.

Bogrim

2 Days and 1 Night

First-Session: July 11-12

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 -- Cat Rocks Backpacking

We will be heading down to the Massachusetts/Connecticut border to hike and explore the rocks and trails in beautiful Bigelow Hollow State Park. We'll cool off in the crystal clear waters of the Mashapaug River, and we'll hike up to the highest point in the Park, the well-known "Cat Rocks".

Option II -- Biking & Scavenger Hunt

This overnight bike trip will take us out of camp and to a view of the scenic Quabbin Reservoir. We will camp by the Swift River and Wildlife Area where we will venture out on a challenging scavenger hunt, during which we'll learn map, compass, and GPS navigation skills. We will also get out on some fun mountain bike trails and enjoy swimming in the crystal cool waters of the Swift River.

Option III -- Tulley Lake Canoeing

Enjoy a wonderful overnight camp-out at Tully Lake in northern Massachusetts! Learn how to paddle and steer a canoe as we wind our way around interesting islands and explore the wildlife habitat up-river. At night we will be camp by the lake where we can enjoy picking wild blueberries, swimming, and paddling.

SECOND-SESSION OPTIONS:

Option I -- Cat Rocks Backpacking

Same itinerary as first-session.

Option II -- Biking & Scavenger Hunt

Same itinerary as first-session.

Option III -- Tulley Lake Canoeing

Same itinerary as first-session.

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.

Learn more about Adventure In/Adventure Out by visiting their web-site at: www.naturetravels.com.

Packing List VERY IMPORTANT!!

Please look over this list VERY CAREFULLY. It is important that all campers come to camp with the required gear, in order to be safe and happy while on their Etgar trips!

Synthetic Sleeping Bag with a stuff sac.

It is best to avoid cotton bags because once they get wet they stay wet.

Rain Jacket with a hood

Fleece jacket or heavy sweater.

Sun hat or visor.

Warm hat (winter cap). Required for backpacking trip.

Sunglasses

Lightweight Sleeping pad (optional)

Footwear:

Backpackers: Sturdy hiking boots and a pair of sneakers or athletic shoes for in camp.

3 pairs of durable socks (nylon and wool combinations are best)

Backpackers should also bring, if you have them, 3 pairs of liner socks (thin nylon).

Accessories:

1 quart water bottle

Bikers should bring, if you have one, a biking water bottle.

Flashlight (with extra batteries)

Sunscreen (small container)

Bug repellent (no aerosol canisters)

Small blank book/journal and 2 pens

Camera and film (optional) -- An expensive digital camera can easily be damaged while camping, so be careful what type of camera you bring with you!

Electronic devices such as the following are NOT permitted on any of these trips:

Cell phones

Walkmans, CD players, or ipods

Video games

Pagers





Camp Ramah in New England

WINTER OFFICE: 35 HIGHLAND CIRCLE, NEEDHAM HEIGHTS, MA 02494 • (781) 449-7090 • FAX (781) 449-6331
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SIGN-UP SHEET FOR ETGARIM 2006!

Please complete and return this form to the Camp Ramah in New England winter office by June 1st! 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 (Circle One): FULL FIRST SECOND

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

NEVONIM

_____ Option I -- Backpacking

_____ Option II -- Rock-Climbing,
Rappelling, & Caving

_____ Option III -- Bicycling

_____ Option IV -- Canoeing

BOGRIM -- 1st Session

_____ Option I -- Backpacking

_____ Option II -- Biking &
Scavenger Hunt

_____ Option III -- Canoeing

MACHON

_____ Option I -- Backpacking

_____ Option II -- Rock-Climbing,
Rappelling, & Caving

_____ Option III -- Bicycling

_____ Option IV -- Canoeing

BOGRIM -- 2nd Session

_____ Option I -- Backpacking

_____ Option II -- Biking &
Scavenger Hunt

_____ Option III -- Canoeing

DEADLINE FOR RETURNING THIS FORM: June 1st!!

Please contact Josh Edelglass, Director of Programming, with any questions:
joshe@campramahne.org