

מחנה רמה בניו אינגלנד



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 ***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 rappelling & caving. The *Etgar* Program is also designed to teach our campers about environmentalism and Judaism's connection to *teva* (nature).



We are pleased to enter the third 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 *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 experiences that are truly *Etgarim!*



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

Turn the page to learn all the exciting details!

Nevonim

4 Days and 3 Nights

July 9-12

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 high ridgeline 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 backpack in and establish a campsite and then hike each day with day packs to our adventure activities. We will experience a rappel down the cliff face and on the last day we will explore a unique cave of tight passageways and open rooms.

Option III -- Backpacking Exploration of Cliffs & Caves

Enjoy an enchanting backpacking journey along the Metacomet Monadnock Trail in Western MA, exploring cliffs and caves along the way. We will investigate the forest wildlife habitat along the cliffs and in the intricate boulder caves. We'll experience an exciting rappel down a cliff face and a fun day of rock climbing at the colorful Rose Ledges in Northfield.

Option IV -- Mountain Bike Trail Ride

The journey starts at the trail head in Western MA, where we will begin our adventurous mountain bike ride along dirt roads and trails. A support van will deliver the camping gear to our campsites along the way. Each day we will pack our lunch and continue our ride through forestlands. We'll cool off in streams and lakes along the way. At our camp-sites we'll enjoy telling stories and playing games around the camp fire.

Option V -- 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 river banks. We will take time to hike, swim, and play during the journey.

Machon

3 Days and 2 Nights

July 16-18

Option I -- Backpacking Mount Monadnock

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.

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Bogrim

2 Days and 1 Night

First-Session: June 27-28 Second-Session: August 6-7

Option I -- Cat Rocks Backpacking

We'll camp at Breakneck Pond in the beautiful Bigelow Hollow State Park located on the Massachusetts/ Connecticut border. The group will backpack into camp and then enjoy hiking the trails and exploring the rocky landscape. 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" area for a stunning view of the surrounding landscape.

Option II -- Tully Lake Backpacking

A beautiful backpacking trip along the trail north of Tully Lake following Long Pond. The forest and wetlands offer many opportunities for discovering wildlife like deer, rabbits, Canadian geese, blue heron, porcupines, and more. We'll explore the waterfalls at Doanes Falls and Spirit Falls. We'll enjoy the views from along the ridge and camp out under the stars.

Option III -- Tully 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. along Long Pond. At night we will be camp by the lake where we can enjoy swimming and paddling.

Option IV -- Mountain Bike Trail Ride

From our campsite in Brimfield State Forest, the group will challenge themselves on some fun and exciting mountain bike trails while learning map-reading skills. We'll pack our lunch and explore the trails, stopping to swim along the way. At our camp-sites we'll enjoy telling stories and playing games around the camp fire.

Option V -- Quabbin Reservoir Wildlife Tracking & Survival Skills

The Quabbin Reservoir was once the wide-open Swift River Valley and home to five towns which were dismantled when they built the reservoir. Today the Quabbin is home to much wildlife and has become a unique natural habitat to go animal-tracking and to investigate animal signs. Learn the art of "fire through friction" using a spindle, fireboard, handhold, and a bow to create a coal to ignite into flame. The group will also learn how to construct a debris shelter for survival and how to make rope from natural plant fibers.

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!

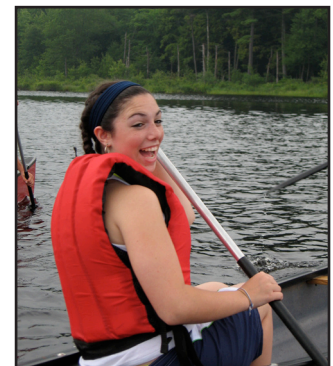
Electronic devices such as the following are NOT permitted on any of these trips:

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
SUMMER OFFICE: 39 BENNETT STREET, PALMER, MA 01069 • (413) 283-9771 • FAX (413) 283-6661

SIGN-UP SHEET FOR ETGARIM 2007!

Please complete and return this form to the Camp Ramah in New England winter office by May 11th! 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 -- Backpacking Exploration of Cliffs & Caves
- _____ Option IV -- Mountain Bike Ride
- _____ Option V -- Canoeing

BOGRIM

- _____ Option I -- Cat Rocks Backpacking
- _____ Option II -- Tully Lake Backpacking
- _____ Option III -- Canoeing
- _____ Option IV -- Mountain Bike Ride
- _____ Option V -- Quabbin Reservoir Wildlife Tracking & Survival Skills

MACHON

- _____ Option I -- Backpacking
- _____ Option II -- Rock-Climbing, Rappelling, & Caving
- _____ Option III -- Backpacking Exploration of Cliffs & Caves
- _____ Option IV -- Mountain Bike Ride
- _____ Option V -- Canoeing

**DEADLINE FOR
RETURNING THIS
FORM: May 11th!!**

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