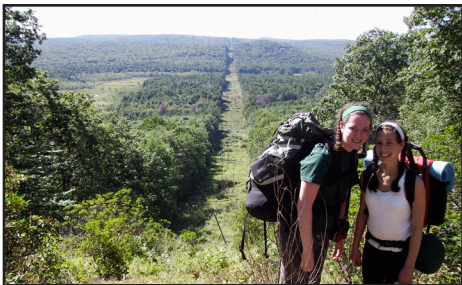


מחנה רמה בניו אינגלנד



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 continue 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 led 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 camp. **Please be sure to print the sign-up form, on the back page of this brochure, and return it to us by the deadline of May 15th, 2009!**

Nevonim

4 Days and 3 Nights
June 29-July 2

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 the climbing sites. The trail meanders through a forest of beautiful boulders and ledges. We will experience the challenges of rock climbing and an exciting rappel down the cliff face. On the last day we will explore a unique cave system of tight passageways and open rooms.

Option III -- Backpacking, Rock-Climbing, & Wildlife Caves

Enjoy an enchanting backpacking journey along the Metacomet Monadnock Trail in Western Mass. We will spend a day rock climbing and camping in the Wendell State Forest. We will backpack for a day along the M&M trail and make camp in the forest. On the last day we will explore the cliffs and the boulder caves hidden along the ravine which is home to much wildlife.

Option IV -- Mountain Bike Trail Ride

This journey starts on the east side of the Quabbin Reservoir and follows the Swift River in the town of Petersham. Then we will travel north along the well-known Rail Trail. We will be mountain-biking on the back roads, dirt roads and trails. A support van will deliver our camping gear to our campsites along the way. Each day we will pack our lunch and continue our ride through forestlands and cool off in streams and lakes. 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 MA. Wildlife abounds so keep an eye out for a Bald Eagle. 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 6-8

Option I -- Backpacking Mount Monadnock

Hike high along the Metacomet Mondanock Trail through the beautiful New England woodlands and rolling hills of southern New Hampshire. We will have views of Mt. Mondanock along the way and camp at the Monadnock State Park. Mt. Monadnock is a beautiful wind-swept mountain covered in granite boulders and wild blueberry bushes. We will enjoy the hike to the summit without our heavy backpacks and enjoy 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 backpack in and establish a campsite and then hike each day with day packs to our adventure activities. The trails meander through a forest of boulders and ledges. We will challenge ourselves at climbing and experience an exciting rappel down the cliff face. On the last day we will explore a unique cave of tight passageways and open rooms.

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Bogrim

2 Days and 1 Night
August 5-6

Option I -- Tully Lake Backpacking

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

Option II -- Tully Lake Canoeing

Enjoy canoeing 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 camp by the lake where we can enjoy swimming and paddling.

Option III -- Quinebaug River Canoeing

Enjoy a mini-expedition along the Quinebaug River, a meandering river with twists and turns which is a sanctuary for wildlife especially birds. We will begin at Holland Pond where we will learn paddling and navigation skills. We will travel as a group with all our gear loaded in our canoes and paddle to camp at St. Mary's campsite. On the second day we will load up our canoes again and continue our expedition to Long Pond.

Option IV -- Swift River Kayaking

Enjoy paddling in kayaks on the Swift River just down stream from where the Swift River empties out of The Quabbin Reservoir. The water is clear and cold and the river banks abound with sights and signs of wildlife. We usually get to see Great Blue Heron, painted turtles, porcupine, and wild ducks. We'll enjoy camping by the river and telling stories around the campfire.

Option V -- Mountain Biking

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 VI -- Colonel's Mountain Wildlife Tracking and Survival Skills

The wildlife habitat on Colonel's mountain and the surrounding meadows, wetlands, forest, and craggy cliffs are alive and revealing of how animal and plant diversity creates a healthy and active ecosystem. We will explore the land by animal tracking and investigating the animal signs we discover. You will learn the art of "fire through friction" using a spindle, fireboard, handhold, and a bow to create a coal to ignite into a flame. The group will learn how to construct a debris shelter for survival and how to make rope or cordage from natural plant fibers.



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

Light-weight hiking pants (*fast-drying material*)

Long john top & bottom (*polypropylene or other nylon product*)

Sun hat or visor

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

Sunglasses

Lightweight Sleeping pad (optional)

Footwear:

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

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

Backpackers should also bring, if you have them, 3 pairs of liner socks (*thin nylon*) to prevent blisters

Accessories:

Cup, bowl, & spoon

1-2 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, so be careful what you bring!*

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

Cell phones

Walkmans, CD players, or ipods

Video games



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.



Camp Ramah in New England

WINTER OFFICE: 2 Commerce Way, Norwood, MA 02062 (781) 702-5290 FAX (781) 702-5239

SUMMER OFFICE: 39 Bennett Street, Palmer, MA 01069 (413) 283-9771 FAX (413) 283-6661

www.campramahne.org

SIGN-UP SHEET FOR ETGARIM 2009!

Please print out this page -- and then complete and return this form to the Camp Ramah in New England winter office by May 15th! After that date, we will assign campers to groups 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, Rock-
Climbing & Wildlife Caves
- _____ Option IV -- Mountain Bike Trail Ride
- _____ Option V -- CT River Canoeing

BOGRIM

- _____ Option I -- Backpacking
- _____ Option II -- Tully Lake Canoeing
- _____ Option III -- Quinebaug River Canoeing
- _____ Option IV -- Swift River Kayaking
- _____ Option V -- Mountain Bike Trail Ride
- _____ Option VI -- Colonel's Mountain Wildlife
Tracking and Survival Skills

MACHON

- _____ Option I -- Backpacking
- _____ Option II -- Rock-Climbing,
Rappelling, & Caving
- _____ Option III -- Backpacking, Rock-
Climbing & Wildlife Caves
- _____ Option IV -- Mountain Bike Trail Ride
- _____ Option V -- CT River Canoeing

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