

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 offer a wide variety of exciting and intense *Etgar* experiences to campers in *Bogrim*, *Machon*, and *Nivonim*. 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*, & *Nivonim* 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 June 3rd, 2013!**

Nivonim

4 Days and 3 Nights -- July 1-4

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.

Option II -- Rappelling, Rock Climbing & Canoeing

This multi-element adventure will include a thrilling rappel into a local cave, a day of learning how to rock climb and two days of paddling on the picturesque Connecticut River. We will start the trip by backpacking in and establishing our campsite and then hike each day with day packs to our adventure activities. The trails meander through a forest of boulders and ledges. After exploring the caves and rock faces for the first two days, we will backpack down to the Connecticut River and spend the last two days in canoes on the river!

Option III-- 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 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 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.

Option V -- Canoeing, Caving & Hiking

Experience a wide variety of exciting outdoor activities in just a few days! This trip will start with a two day trip on the Connecticut River. From there we will travel by van to a campsite in the Berkshires, and the following day we will explore a cave that has a ¾ of a mile network of tight passageways and open rooms! This is an experience like no other and is the closest thing to seeing something that looks like an entirely different planet. The final day we will go on a hike through an ancient forest full of old growth trees in the Berkshires.

Option VI -- Kayaking, Caving & Mt. Monadnock

Experience a wide variety of exciting outdoor activities in just a few days! This adventure will begin by paddling kayaks on the Connecticut River and camping out along the river. The next day, after a short paddle, we will travel to a local cave, and then head up to Mount Monadnock in southern New Hampshire. The trip will culminate on the final day with a hike up Mount Monadnock. This is the most hiked mountain in the world, and for good reason as it has some of the most amazing 360 degree views in the Northeast!

Machon

3 Days and 2 Nights -- July 8-10

Option I -- Backpacking Mount Monadnock

Hike high along the Metacomet Mondaonock Trail through the beautiful New England woodlands and rolling hills of southern New Hampshire. We will have views of Mt. Mondaonock 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.

Option III -- 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. 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.

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Option V -- Huck Finn Raft Adventure

Though taking place along the Mississippi, Huck Finn was actually inspired by author Mark Twain's youth growing up in the Connecticut River Valley of Western Massachusetts. In the same spirit, as an Etgar team, you will build three wooden raft platforms, each to sit upon 2 canoes for stability, flotation and maneuverability. We will paddle, pole and float these rafts down the Quinnebaug River looking for osprey, herons, and other wildlife and enjoying the scenic vistas. We will camp on the banks of the Quinnebaug River in tents.

Bogrim

2 Days and 1 Night -- July 29-30

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 -- 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.

Option III -- Connecticut River Kayaking

Enjoy paddling in kayaks on the picturesque Connecticut River. Wildlife abounds on the Connecticut and you may very well even see a bald eagle! And there will be plenty of opportunities to get wet, swing off rope swings, and maybe even the chance to roll around on a river mudflat. We'll enjoy camping by the river and telling stories around the campfire.

Option IV -- Mountain Biking

From our campsite in Erving 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 -- Huck Finn Raft Adventure

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Option V -- Cave Explorations

We will explore three different caves on this trip, one of which was inhabited over a hundred years ago by the hermit for whom the area is named. We will backpack in and visit the hermit cave on the first day along with some beautiful vistas. The next day we will climb down into the spiraling chambers of a deeper cave. On our hike out we will visit one more smaller cave! You may just need to cave in and choose this trip!

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 www.ramahblog.org

Elevate your summer!

SIGN-UP SHEET FOR ETGARIM 2013!

Please print out this page -- and then complete and return this form to the Camp Ramah in New England winter office by June 3rd! 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 1-4, with 1 being your top choice.

NIVONIM

- _____ Option I -- Backpacking
- _____ Option II -- Rappelling, Rock-Climbing & Canoeing
- _____ Option III -- Mountain Bike Trail Ride
- _____ Option IV -- CT River Canoeing
- _____ Option V -- Canoeing, Caving & Hiking
- _____ Option VI -- Kayaking, Caving & Mt. Monadnock

BOGRIM

- _____ Option I -- Backpacking
- _____ Option II -- CT River Canoeing
- _____ Option III -- CT River Kayaking
- _____ Option IV -- Mountain Biking
- _____ Option V -- Huck Finn Raft Adventure
- _____ Option VI -- Cave Explorations

MACHON

- _____ Option I -- Backpacking
- _____ Option II -- Rock-Climbing, Rappelling & Caving
- _____ Option III -- Mountain Bike Trail Ride
- _____ Option IV -- CT River Canoeing
- _____ Option V -- Huck Finn Raft Adventure

***** For Machon & Nivonim campers:
What Etgar Trip did you go on last year?**

Please contact Marggi Shechanah, Registrar, at marggi@campramahne.org, OR Josh Edelglass, Assistant Director, at josh@campramahne.org, with any questions.