



# 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!



## 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 click on the link in the e-mail (sent with this brochure) and sign up for your choices by June 2nd, 2014!**

# Nivonim

4 Days and 3 Nights -- June 30-July 3

## **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 ridge views of the Housatonic Valley.

## **Option II -- Caving, 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  $\frac{3}{4}$  of a mile network of 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. **NOTE: Waiver required for this trip (please see the last page).**

# Machon

3 Days and 2 Nights -- July 7-9

## **Option I -- Backpacking Mount Monadnock**

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

## **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 -- 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.

### **Option VI -- Hiking, Canoeing & Climbing**

Experience a wide variety of exciting outdoor activities in just a few days! This adventure will begin with a hike up the second most summited mountain in the world -- Mount Monadnock. You'll understand why this is the case when you get to the rocky peak, which offers 360 degree views of four different states! On Day two, enjoy a water adventure paddling on the mighty Connecticut River. Finally, wrap up your experience with a day of rock-climbing that will meet any level of experience!

## **Bogrim**

2 Days and 1 Night -- July 16-17

### **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**

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.

# 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

MP3 players/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](http://www.naturetravels.com).

**NIVONIM campers:** If you sign up for **Option V: Canoeing, Caving & Hiking** as one of your options, you must sign this waiver and return it to the Ramah winter office via e-mail (to [marggi@campramahne.org](mailto:marggi@campramahne.org)), fax (781-702-5239) or mail (to our office in Norwood). The Conservatory that owns the caves we will visit in this trip requires this waiver from all visitors. **DO NOT** send this waiver to the address listed at the bottom -- please return it to the Ramah office.

## WAIVER OF LIABILITY

THIS IS NOT A PERMIT

**NOTICE!!**

Please READ CAREFULLY before signing.  
You give up certain rights by signing this document.

I am \_\_\_\_\_ . My legal address is:

Street: \_\_\_\_\_

City, State & zip: \_\_\_\_\_

I hereby represent that I understand and accept the fact that cave exploration and outdoor activities may involve risk or injury or death from various hazards, both obvious and obscure, including, but not limited to, injury by acts of other cavers, falling, being struck by falling objects, becoming lost, the presence or sudden appearance of water, and other risks not specifically set out in this document.

I accept and assume all such risks, whether or not specifically set out herein, and I acknowledge that the **Northeastern Cave Conservancy, Inc.** and **National Speleological Society Inc.**, their members, and the individual members of any cave trip in which I may participate are not responsible for my well-being and I do not look to them, or any of them, to protect me from such risks.

This release shall be effective as to all activities in which I participate on any properties owned or managed by the above organizations, regardless of whether actual entry into a cave is involved in my activities.

In consideration of participating in such cave trip or trips, or otherwise entering upon the lands indicated above, I, on behalf myself and on behalf of my heirs, assigns and representatives, do hereby irrevocably release all such individuals and organizations and their successors and assigns from any and all claims of whatsoever nature for injury or death or damage to persons or property that may occur as a result of my participation in activities related to cave exploration.

Group name Adventure In Adventure Out Date of trip 7/1/14

Signed \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Parent's signature if a minor \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Witness to signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Witness to signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

**Completed waivers should be sent to the NCC at PO Box 254, Schoharie, NY 12157.**  
**All blanks must be completed. If over 18, enter N/A in the Parental signature line.**