


2019 Union College Outdoor Pre-Orientation – Ironman Itinerary

YMCA Camp Chingachgook – Schedule at a glance (subject to change due to weather)

All students will move into their residence hall room between 9-12pm on Wednesday (9/4) and will leave for YMCA Camp Chingachgook by 1:00pm. Prior to returning to Union on Friday (9/6) evening, the Outdoor Pre-Orientation group will stop at the Kelley Adirondack Center for a tour and dinner. The Outdoor Pre-Orientation group will spend Saturday (9/7) with all of the other Pre-Orientation groups doing an off campus activity. *All activities are mandatory – students are required to attend all parts of the Outdoor Pre-Orientation Experience if they register for this program. Regular Orientation will begin on Sunday, September 8th.

Contact the Minerva Office (outdoor@union.edu) for questions or more information.

Wednesday (9/4)	Thursday (9/5)	Friday (9/6)	Saturday (9/7)
9-12:00 Move in, check in & grab lunch at Union College	Breakfast at campsite	Breakfast at campsite	Sleep in!
1:00 Depart for Camp Chingachgook	Paddle north towards the Narrows, stopping at Shelving Rock Falls along the way.	Early AM: Break camp and paddle back to Chingachgook. Stopping at Log Bay to swim and have a snack.	We'll join the other Pre-Orientation groups for an all day trip off campus to meet and bond with other incoming first year students. (~11:00AM-11:00PM)
3PM: Arrive at Chingachgook; trip orientation; pack out. Practice paddle skills and rescues in the bay area. Paddle south to Long Island for the evening and swimming from the campsite.	Set up campsites in the Narrows and paddle to Montcalm Point to summit First Peak on the Tongue Range if time permits. Return to the campsites in the Narrows for group closing campfire.	Return to Chingachgook by noon to unload canoes and for lunch. PM: Help clean gear; then depart for Union at 3:30pm.	
Dinner at campsites	Dinner at campsites	Dinner at the Kelley Adirondack Center	
Evening: Star Gazing	Evening: Campfire	Evening activity on campus	
<i>Campsite: Long Island</i>	<i>Campsite: Narrow Islands</i>		