

2010 Xtreme Teens Trip Descriptions

June 29th - On June 29th, we will be venturing over to the Squaw Valley adventure center to go through the ropes course. There are a variety of rope challenges, including both high and low ropes courses. Participants will be belayed by experienced staff and will gain self-confidence and teamwork skills.

July 13th - "On July 13th, we are heading to the Yuba River for a relaxing day of sunbathing and swimming in beautiful emerald pools. We will hike a short distance to some unique rock formations and a secluded area to spend the afternoon. A certified lifeguard will be on duty to keep swimmers safe."

July 20th - On July 20th, we are going to Timber Cove in South Lake Tahoe for day on the lake. We are renting out kayaks for everyone and a paddleboard for those feeling adventurous. We will sack lunches from home on the beach and spend the afternoon paddling around South Lake in Kayaks. A certified lifeguard will be on duty all day.

July 27th - On July 27th, we will drive south to Angora Lake, near Fallen Leaf Lake. Here, we will spend the day on the beach, swim in the lake (which will be much warmer than Tahoe!) and explore the surrounding woods. A certified lifeguard will be on duty to supervise swimmers.

August 3rd - "Geocaching" is an outdoor treasure hunt with GPS units. On August 3rd, we will head to the Northstar Village, eat our sack lunches and rent GPS units. In the afternoon, we will use the GPS units to track down hidden "caches" with GPS coordinates from an online database. Be prepared to hike several miles.

August 10th - On Tuesday, August 10th, we are taking to the river! We will be floating down the Truckee River from Tahoe City to the River Ranch near Alpine Meadows in rafts. Swimming, splashing, napping and snacking will be encouraged.