

# Ten Mile River Scout Camps



## Trek Leader Guide 2025

**Unleash your inner explorer this summer with a TMR Trek!**

Leave the comfort of dining hall songs behind and step into an adventure that goes beyond the campsite. Ten Mile River Scout Reservation beckons you deep into the wilderness to push your limits alongside your troop, where every conquered obstacle builds a foundation of shared triumph. Challenge yourself, forge memories that'll last a lifetime, and discover the secret treasures of Ten Mile River.

### **So, why is everyone talking about the TMR Trek?**

Simple: it's an unforgettable experience that builds grit, teaches teamwork, and fuels a passion for Scouting for years to come. Don't just hear the stories, live them! Register now and embark on the adventure of a lifetime on the Red Dot Trail.

### **Got questions?**

We're always happy to chat about how a Trek at Ten Mile River can make your summer epic. Just send a message!

*Scott Delloso*

Camp Director

[sdelloso@tenmileriver.org](mailto:sdelloso@tenmileriver.org)

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### Table of Contents

- ★ [Overview](#)
- ★ [General Information](#)
- ★ [Trek Types](#)
- ★ [Excursions](#)
- ★ [Sample Itineraries](#)
- ★ [Trek Packing List](#)
- ★ [TMR Historical Trails](#)
- ★ [Sign Up Information](#)

# Overview

## "Philmont of the Northeast"

While lots of places offer great trek programs, there just is not another property as beautiful, varied, and magical as the 12,600 acres that make up the Ten Mile River Scout Reservation and our famous Red Dot Trail.

Traverse the many creeks, discover hidden valleys, and admire the mighty Delaware River and iconic Indian Cliffs as you make your way through our property.

Consider encouraging your older scout patrol to take on this adventure.



## We've got THREE thrilling options, catering to every explorer's spirit:

→ **50 Miler Trek:** Forget easy. This is where legends are made. Hone your skills on rugged terrain, conquer demanding hikes, and emerge a seasoned trekker. Backpacking across the reservation, you will cook your own meals and sleep under the stars. Dare to face the challenge. The reward is worth every step.

→ **High Adventure Trek:** Experience the magic of Ten Mile River at a less intense pace. This scenic journey still packs a punch, but focuses on thrilling experiences and less on the number of miles. Embrace the adventure. This is how epic stories begin.

→ **Excursions:** Crave adventure, but not hiking? Prefer day trips and sleeping in your campsite? *Excursions* may be for you. Each morning and afternoon, Scouts engage in high adventure programs around the reservation. They eat meals with the troop like normal and stay in the troop campsite. They even get to take two merit badges.



# General Information

## Age Requirements

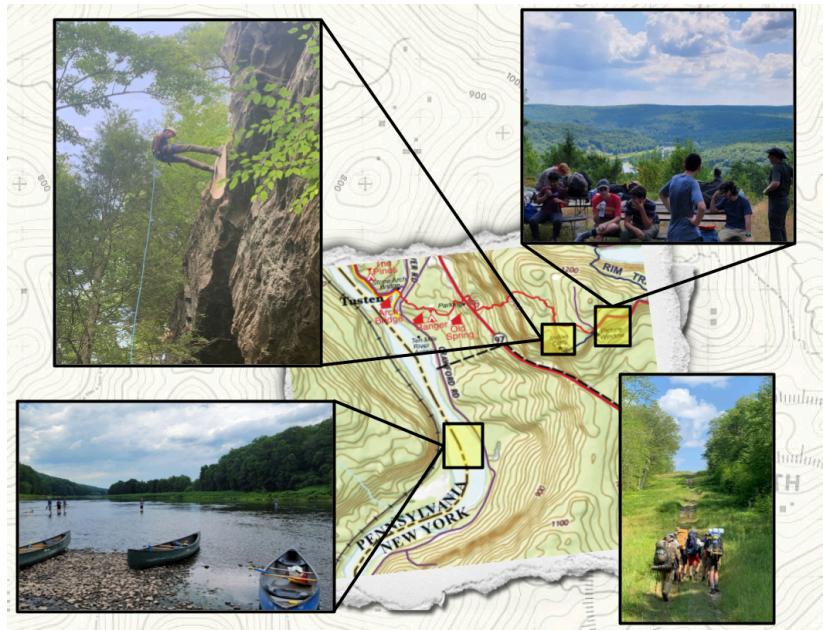
All Scouts must be between the ages of 14-20 years old.

Scouts should be physically capable of:  
-hiking and biking long distances  
-passing the BSA Swimmer's test

## Unit Trek

A minimum of 4 youth and 1 adult is required to plan your trek as a unit. (*Your Trek Guide will be the second adult for YPT purposes*).

If your unit doesn't have 4 youth and 1 adult, Scouts may still attend as a Provisional Trek Youth.



## Provisional Trek

Individual Scouts are welcome to attend a Trek, even if their unit is not participating. Simply register for camp using the participant type *Provisional Trek Youth*.

All Provisional Treks are the High Adventure Trek, and not the 50 Miler Trek.

## 2025 Fees

Participant Type	Ages	Early Bird	Regular
Trek Youth	14-20	\$700	\$730
Provisional Trek Youth	14-20	\$750	\$780
Trek Adult	21+	FREE- first TWO adults (over and above the standard free adult ratio)	

## Sign Up!

- Send an email to [sdellosso@tenmileriver.org](mailto:sdellosso@tenmileriver.org) to express your interest and start planning.
- Change the Participant Types of the Scouts and Adults attending on the online registration. For more information on how to do this, see the [Blackpug Tips: Participant Types](#) section on our website.

## Trek Types

Units can choose between:

- 50 Miler Trek (*hiking intensive*)
- High Adventure Trek (*activity intensive*)
- Excursions (*see next page*)

	50 Miler Trek	High Adventure Trek
Distances	7-9 miles per day hiking 7 miles mountain biking 10 miles whitewater	3-6 miles per day hiking
Gear	Scouts will be required to have internal or external frame packs and carry their tent, sleeping gear, cooking gear, and other essentials.	Scouts should bring a backpack that includes their sleeping bag and other personal items.
Food Service	Scouts will cook the majority of their meals on the trails with their own gear.	When visiting Keowa, Scouts will eat in the dining halls. In Aquehonga, Scouts will do patrol cooking. 2-3 meals will be cooked on the trail.
Sleeping	Scouts will carry and pitch their own tents or hammocks.	Scouts will stay in primitive lean-to sites or standard camp provided tents. One overnight includes camping out on the trail.
Awards	Scouts will earn the 50 Miler BSA Award <i>and</i> the TMR Historical Trails medal.	Scouts will earn the TMR Historical Trails medal.
Activities	Natural rock-face rappelling at the Cliffs Cowboy Action Shotgun Shooting Pool and waterslide TMR Museum Delaware River whitewater (canoe, kayak, or raft).	Natural rock-face rappelling at the Cliffs Cowboy Action Shotgun Shooting Pool and waterslide Mountain biking Target paintball shooting Low COPE team building Climbing and zip-line Waterskiing or tubing

# Ten Mile River



## EXCURSIONS

Craving thrills but not hills?

*Excursions* lets you conquer epic activities at camp, minus the blisters.

*NOTE: Unit must provide transportation to some locations.*

Scouts start each morning by taking merit badges at 9:00 and 10:00 am.

They spend the rest of the day plunging into heart-pounding adventures all over the reservation.

### Sample Itinerary: Excursions

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>						
9am						
10am	Merit Badges					
11am	Tomahawk/ Paintball range	Low COPE	TMR Museum and BBQ	Waterfront	River Trip TMR Landing to Minisink	
<b>Lunch</b>						
2-4pm	Mountain Bike to Aquehonga	Kayak to Mud Pond	Indian Cliffs rappelling	Tubing		
4-5pm	Cowboy Action Shooting (AQ)	Motorboat Tubing		Rifle Shoot		
<b>Dinner</b>						
7:00 PM	Opening Campfire	Spirit Program	Spirit Program	Zipline	Closing Campfire	
8:00pm		Aqua Olympics (AQ)	Overnight Adventure: Lakeside lean-tos	Ice Cream Social		

# Sample Itineraries

While these samples offer inspiration, your actual trek will be carefully crafted for your unit.

## Sample Itinerary: High Adventure

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
<b>Morning Activity</b>	ZIPLINE TUBING/ WATERSKIING	HIKE to Ranachqua then Family Camp SWIM: Lake Nianque	HIKE to TMR HQ TMR MUSEUM Historical Trails Medal	HIKE Davis Lake MOUNTAIN BIKE to Aquehonga	HIKE to Keowa River Trip!
<b>LUNCH</b>	HIKE to Lakeside ATVs HIKE to KE	HIKE to Aquehonga COWBOY ACTION SHOTGUN	Transport to Kunatah HIKE to the Cliffs RAPPELLING: Natural Rock Face	COPE COURSE ARCHERY	
<b>DINNER</b>					
<b>Evening Activity</b>	PAINTBALL OPENING FIRE HIKE to Lakeside	POOL: Aqua-Olympics	HIKE to Arch Bridge DELAWARE RIVER SUNSET HIKE to Split Rock	HIKE to Trout Pond S'MORES in campsite	CLOSING FIRE
<b>Overnight Location</b>	Lakeside lean-tos	Aquehonga	Split Rock lean-tos	Trout Pond lean-tos	Camp Keowa

(Click image to open large version)

## Sample Itinerary: 50 Miler

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
<b>Morning Activity</b>	COPE COURSE HIKE to Ranachqua	ATVs	HIKE to the Cliffs RAPPELLING: Natural Rock Face	HIKE to Keowa River Trip!	
<b>LUNCH</b>					
<b>Afternoon Activity</b>	SWIM: Lake Nianque HIKE to Keowa	HIKE to TMR Headquarters TMR MUSEUM Historical Trails Medal	HIKE to Arch Bridge DELAWARE RIVER SWIM HIKE to Split Rock	MOUNTAIN BIKE to Keowa	
<b>DINNER</b>					
<b>Evening Activity</b>	OPENING FIRE HIKE to Lakeside	HIKE to Kunatah	HIKE to Davis Lake	HIKE to Trout Pond S'MORES in campsite	CLOSING FIRE
<b>Overnight Location</b>	Lakeside lean-tos	Rock Lake	Split Rock lean-tos	Trout Pond lean-tos	Camp Aquehonga

(Click image to open large version)

# Trek Packing List

This is a list of what to bring JUST for the trek – not the entire stay at camp. For a packing list suggestion for a Scout's full week, [click here](#).

## Pack Equipment

- Internal or external frame pack (should really have a hip belt)
- Rain cover for pack or heavy-duty garbage bag for covering pack
- Straps to attach sleeping bag
- 3 Nalgene bottles

## Sleeping

- sleeping bag (rated for colder weather, nights can get down to 40 degrees at times)
- sleeping pad
- camping pillow (inflatable or compressible)

## Camp Gear

- Personal first aid kit (containing: band aids, moleskin, disposable gloves, sunscreen, bug spray)
- Good sharp knife
- Fire starter (matches/lighter/flint)
- Compass (with clear baseplate)
- Flashlight with batteries (headlamps are best)
- Toiletries
- Mess kit

## Clothes

- 1 pair hiking boots (fully broken in)
- 1 pair comfortable shoes for boating. (either Crocs or other lightweight shoe)
- 1 pairs shorts
- 1 pair lightweight hiking pants (no cotton or jeans)
- 1 pair sweatpants or pajama pants
- 2-3 t-shirts (not cotton)
- 1 bathing suit and towel
- 4 or so pairs of wool/athletic socks
- 4 pairs underwear
- 1 sweatshirt/jacket
- 1 Poncho or raincoat
- 1 comfortable brimmed hat

## Unit gear (items for the whole group)

- 1 stove for every 1-4 people
- Pots for boiling water, 1 pot per stove
- Rope (paracord)
- Troop first aid kit (heavier bandages, gloves, tweezers, bandages, etc.)
- Optional: folding saw

## 50 Miler Only

- Either a lightweight tent or hammock with rain fly

## TMR Historical Trails



The Ten Mile River Museum sponsors the TMR Historical Trails, a nationally-approved Historic Trail.

Trek participants in both the High Adventure Trek and the 50 Miler Trek are eligible to earn this beautiful *TMR Historic Trails Medal* as well as the 14-mile device, 30-mile device, or 50-mile device. For more information including requirements, [check out the brochure](#).

Medals must be purchased directly from the TMR Museum. Unit leaders can purchase medals for their Scouts when their Trek passes through. The TMR Museum is on every Trek itinerary.

Trail Medals @ \$10.00 ea.

14-miler devices @ \$3.00 ea.

30-miler devices @ \$3.00 ea.

50-miler devices @ \$3.00 ea.

The Historical Trails patch  
is available at the museum  
as well.

Patch @ \$3.00 ea.



# Sign Up Information

It's not too late to set up a trek for your unit!

Make sure to contact Scott Dellosso (sdellosso@tenmileriver.org) to ask questions or get you started on setting up your unforgettable experience.

→ If you need to sign your unit up for camp, first choose a base camp:

[Aquehonga](#)      [Keowa](#)

→ If you already have started a registration for camp, to register Scouts and Adults for a trek, make sure to choose the correct registration type:

Add Participant(s)

Registrant Type	Max Allowed	Number Left	Quantity Needed	Waitlist Needed
Scouts BSA Youth	*	*	0	▼
Eagle Camp Youth	*	*	0	▼
Trek Youth	*	*	5	▼
Scouts BSA Adult	*	*	0	▼
Trek Adult	*	*	5	▼
Half-Week Adult	*	*	0	▼
SCUBA Youth	14	14	10	0
SCUBA Adult	2	2	12	0

For more information on how to do this, see the [Blackpug Tips: Participant Types](#) section on our website.

