



Sample Trek Schedule

Each crew or trek unit is encouraged to work with the trek staff in designing their own unique schedule. Every trek is designed following each unit's own goals, activities and schedules. Activities such as swimming, fishing, water skiing, tubing, climbing, rappelling, shooting (rifle range), C.O.P.E., canoeing, and more can be incorporated into your program. Challenge yourself and be a 50 Miler.

Trek begins at the home camp where the group checked in on Sunday.

Sunday

- Check in at "base camp." Base Camp can be any of the camps that form TMR Scout Reservation. For this sample trek schedule the base camp is at Camp Keowa.
- Please have your unit roster, all medical forms, and receipts ready.
- Stow gear at trek tent site.
- Dock test (swim test)
- Trek director and the trek guide for the unit will meet to review your trek program.
- Distribute TMR equipment to trekkers.
- Dinner at Camp Keowa.
- Trek meeting and campfire.
- Stay over at trek site.

Monday

- Breakfast at Camp Keowa.
- Break camp.
- Backpacking to Indian Cliffs.
- Orienteering instruction and rappelling at the cliffs.
- Hike to Tusten area.
- Lunch by Stone Bridge. (Historical Landmark).
- Climb to Tusten Mountain.
- Hike to Split Rock.
- Dinner and over-night at Split Rock.

Tuesday

- Breakfast at Split Rock
- Break Camp and hike to grass road after Renowip.
- Orienteering instruction.
- Hike to camp Ranachqua.
- Lunch on the Trail.
- Swimming at Ranachqua and climbing at the tower.
- Continue on red dot trail to Beaver Pond.
- Stay over at Beaver Pond.





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Wednesday

- Breakfast at Beaver Pond.
- Break camp and hike to Camp Keowa.
- Lunch at Keowa.
- Water Sport activities at Crystal Lake. (Water Skiing or Tubing).
- Climb at Keowa Tower.
- Hike on blue dot trail and visit the Village.
- Hike to Trout Pond.
- Dinner at Trout Pond and stay over.

Thursday

- Breakfast at Trout Pond.
- Break camp and hike to camp Aquehonga.
- C.O.P.E. course at Aquehonga.
- Lunch and hike to Headquarters.
- Trek Feast at H.Q.
- Stay over at H.Q.

Friday

- Breakfast at H.Q.
- 15 mile Delaware River canoe trip.
- Lunch on river.
- Return to Base Camp (Keowa) from river.
- Celebrate trek completion.
- Stay over at trek site.

Saturday

- Breakfast at Keowa.
- Break camp.
- Return TMR gear.
- Head Home.

