

Suicide Prevention Awareness

Let's Conquer This Mountain Together

**Monday
Sep 25, 2023**

**Cascade Mt.
Adirondacks**



Simone's
Kitchen



Please read the details below regarding our hiking adventure and reach out with any questions, thoughts, or concerns to schenectady@ordersimones.com. As hike day nears, we will send out another memo with all the final details!
[Click here to sign up!](#)

Hike Location: Cascade Mountain

Cascade Mountain is one of the 46 Adirondack High Peaks located in the heart of Adirondack Park. It is a 4.8 mile hike, out and back, and will take approximately 3-4 hours to complete (back and forth) depending on experience level. [Learn more here.](#)

Meet-up Time and Place:

9/25, 8am departure from Schenectady High School parking lot.

Transportation:

We will drive to the Cascade Mountain Trailhead (approx. 2hr drive north of Schenectady). [Click here for coordinates.](#)

Weather:

In the scenario of bad weather, our back-up hike location will be in the Catskill Mountains, about 1.5hr south.

Back-up Hike Location: Hunter Mtn.

Hunter Mountain is a Catskill High Peak located in Tannersville, NY. Learn more. 4.7 miles out and back which will take 3-4 hours to complete. [More info here.](#)

What Will Be Provided:

We will provide each group leader with a trail map, walkie talkie, first aid kit, snacks, and a meal for their group!

What You Should Bring:

- **Food & Drink**
 - At least 2 Liters of water per person (required)
 - Any snacks you may want in addition to what we provide
- **Clothing:** Dress according to the forecast (we will send out an memo as the day nears)
 - **If temperature is less than 72 degrees:** Full length-active pants, shirt, bring a hoodie or sweater (bringing extra layers is always recommended)
 - **If temperature is 72 degrees or higher:** Choice of full length pants or shorts, shirt, still bring a sweater as it will get colder as you ascend (bringing extra layers is always recommended)
 - Pro tip: bring an extra pair of socks in case you step in a stream
- **Footwear:** Hiking shoes/boots or sneakers with good grip and good ankle support
- **Accessories**
 - Backpack (recommended)
 - Sunglasses (optional)
 - Hat (optional)
- **Other**
 - Sunscreen
 - Medical Supplies You Require (i.e., inhaler)