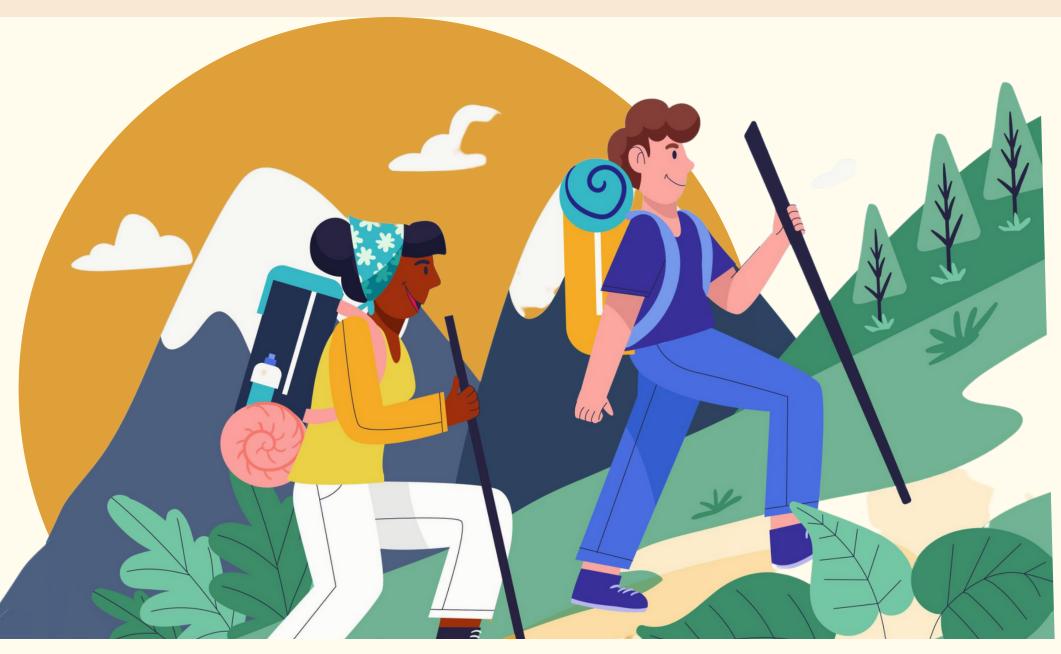
Suicide Prevention Awareness

Let's Conquer This Mountain Together

Monday
Sep 25, 2023

Cascade Mt. Adirondacks









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. <u>Learn more here.</u>

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)