



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BOLD & GOLD

Outdoor Adventure Trips Expedition Guide 2024

YMCA Camp Duncan

www.ymcachicago.org/duncan/

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Register Now!



CONFIDENCE
WONDER
AWARENESS
COURAGE
COMMUNITY
AWE



WELCOME FROM THE BOLD & GOLD TEAM!

To Our Old and New Friends,
Welcome to our community! You have taken the first step to discovering what you are truly capable of. BOLD & GOLD is a program that will guide you to find the strength in yourself, in the community around you and in the outdoors. Whether it's exploring National Parks, hiking remote trails on backpacking trips, or paddling on scenic Midwest rivers, you will have the opportunity to explore the beauty of nature, overcome challenges, try new things, and create lifelong friendships.

While navigating the challenges of travel in the wilderness, we will help you embrace multicultural leadership by combining your unique qualities and our program's values. You now have the chance to live beyond your wildest dreams! Thank you for seizing this opportunity and we look forward to hearing your stories when you return.

See you soon!
The BOLD & GOLD Team

SUMMER 2024 EXPEDITIONS

All Gender Backpacking
June 16-21 Ages: 13-17

All Gender Rock Climbing Trip
July 14-19 Ages: 13-17

Boys's Canoeing
July 21-26 Ages: 13-17

All Gender Intro to Adventure
August 4-9 Ages: 13-17

BOLD & GOLD | ALL-GENDER EXPEDITIONS

ALL GENDER BACKPACKING



Physicality



Leadership Opportunity



Explore the beautiful Ice Age Trail of Wisconsin! Backpacking means we will be carrying everything we need with us as we hike: tents, sleeping bags, clothes, food, and water. We will spend the first night practicing outdoor skills at Camp Duncan's wilderness campsite, and set out Monday morning for the Ice Age National Scenic Trail. Trips spend 4 days 3 nights camping along the trail, exploring the beauty of Wisconsin's wilderness and sleeping under the innumerable stars. We will hike between 3-7 miles per day. Our last night will be spent at a Wisconsin State Park. This trip gives youth the chance to build confidence, step out of their comfort zones, and explore the wonders of the natural world while disconnecting from technology and connecting with those around them. We will return to Camp Duncan Friday morning and pickup is 2:00-3:00 PM.



2024 Dates & Rates

June 16-21

Ages 13-17 \$775

Trip
Experience



Backpacking



Forest Views



Camping

INTRO TO ADVENTURE



Physicality



Leadership Opportunity



Unsure if the outdoors are your thing? Looking to try new things but still have some of the comforts of home? This trip is for you! For the duration of this week-long trip we will be camping at a front country campsite (with facilities) and taking outdoor adventure day trips around the area. We will hike, canoe, rock climb, and explore the State Parks and natural areas right in our own backyard. This trip gives teens the chance to build confidence, step out of their comfort zones, and explore the wonders of the natural world while disconnecting from technology and connecting with those around them. Trip runs concurrent with the typical camp week and pickup is from 2:00-3:00 PM on Friday. Activities might include: hiking, horseback riding, river tubing, canoeing, climbing & high ropes.



2024 Dates & Rates

August 4-9

Ages 13-17 \$800

Trip
Experience



Paddling



Hiking



Base
Camping

BOLD & GOLD | ALL-GENDER EXPEDITIONS

ROCK CLIMBING



Physicality
●●●●○



Leadership Opportunity
●●●●○

2024 Dates & Rates

July 14-19

Ages 13-17 \$995

Looking for your next great adventure? Look no further! Join us on a thrilling adventure to climb and boulder the sheer rock faces of Devil's Lake State Park in Wisconsin. We will base camp at the state park and spend our days learning to climb and belay each other up the rocks. No rock climbing experience is necessary but a medium to high degree of fitness is required; rock climbing is a physical sport. We will also be at significant heights (but always safely tied in). This trip gives teens the chance to build confidence, step out of their comfort zones, and explore the wonders of the natural world while disconnecting from technology and connecting with those around them. Trip runs concurrent with the typical camp week and pickup is from 2:00-3:00 PM on Friday.



Trip Experience



BOLD & GOLD | SINGLE-GENDER EXPEDITIONS

BOY'S CANOEING



Physicality
●●●●○



Leadership Opportunity
●●●●○

2024 Dates & Rates

July 21-26

Ages: 13-17 \$775

Explore the wild and scenic Wisconsin River on this canoe camping trip! We will spend the first night practicing our paddling and outdoor skills at Camp Duncan and set out Monday morning for the mighty Wisconsin River. Here we will pack everything needed for the 4 day 3 night trip into our canoes and set off for our first island campsite. Each night we will camp on a new sandbar, taking in the incredible scenery and sleeping under the twinkling stars. We will paddle about 10 miles per day and have opportunities to swim and wade in the river. This trip gives boys the chance to build confidence, step out of their comfort zones, and explore the wonders of the natural world while disconnecting from technology and connecting with those around them. Our last night will be spent at a Wisconsin State park and we will return to Camp Duncan Friday morning. Pickup is from 2:00-3:00 PM on Friday.



Trip Experience

