

MOUNTAIN GOAT MOVEMENT, LLC

76 Rector Street
Millburn NJ
[Website](#)
[Video Promotion](#)

Adirondack High Peak Challenge Friday, May 13 - Sunday, May 15

- I Overview
- II. Chaperone Information
- III. Itinerary
- IV. Packing List

I Overview

Dates: Friday, May 13 - Sunday, May 15

Skills Required: You do not need to be an experienced hiker, but you must be physically fit. Participants need to be respectful, grateful, and sound stewards of all the spaces we occupy.

Accommodations: Participants will camp at Mt. Marcy Dam or we will stay at St. Agnes Parish on Main Avenue in downtown Lake Placid. Weather will determine our sleeping locations. Tents will be provided.

Activities: Hiking, Trekking, Exploration of Historic, downtown Lake Placid

Pricing: \$400 per participant covers the following: Checks can be made out to: Mountain Goat Movement and sent to 76 Rector Street in Millburn, NJ 07041

- 1) Transportation to/from school and the Adirondack Region
- 2) Breakfast on Saturday / Sunday
- 3) Two (2) Chaperones (background info below)
- 4) Insurance
- 5) Breakfast / Lunch on Saturday and Sunday
- 6) Dinner on Saturday night



MOUNTAIN GOAT MOVEMENT, LLC

76 Rector Street

Millburn NJ

[Website](#)

[Video Promotion](#)

II. Chaperone Information

- a) Mr. Greg Morrissey is a seasoned high school teacher, coach, and mentor. He is the founder of Mountain Goat Movement. For the past 10 years, Mr. Morrissey has guided youth groups all over the world as far as Africa and as local as Kittatinny Range in NJ. Adventure trips focus on the following pursuits: trekking, climbing, camping, surfing, skiing, and more. Mr. Morrissey is a NOLS Wilderness First Responder, member of the venerable Explorers Club and the Next Generation of Explorers. He serves on the advisory committee of the Scientific and Exploration Society, and he is also a staple in the American Alpine Club (a division of North Face) which has celebrated Mr. Morrissey's work with students in the great outdoors. Email Mr. Morrissey @ mountaingoatmovement@gmail.com.

- b) Mr. Grady Breen is a seasoned social studies teacher at South Carroll High School in Sykesville, Maryland. His content specialties are World History and Psychology. Outside of the classroom, Grady also serves as the Varsity Boys Lacrosse Head Coach and Junior Varsity Football Coach. Born and raised in Burlington, Vermont, Grady is an avid hiker and skier. He has served as lead chaperone for several ski and trekking trips with Mr. Greg Morrissey over the last 6 years. He is CPR, First Aid, AED certified.



MOUNTAIN GOAT MOVEMENT, LLC

76 Rector Street
Millburn NJ

[Website](#)

[Video Promotion](#)

III. Itinerary

Friday, May 13:

- Depart from school at 3pm via shuttle for Lake Placid, NY. The drive usually takes 5 hours. We will stop en route for guys to use the restroom, grab food, etc. Arrive in Lake Placid by 10pm.

Saturday, May 14:

- Wake up at 7:30am. Team breakfast.
- Depart for Mt. Marcy trailhead by 8:30am
- Hike to the summit of Mt. Marcy (the highest peak in NY). This usually takes anywhere between 6 - 8 hours.
- Eat lunch on the summit while learning about the Alpine vegetation and climate zones.
- Celebrate reaching the highest point in NY with a pizza dinner
- Shower at camp or the church
- Attend Mass at St. Agnes at 5pm
- 6 - 9pm: Dinner and Explore downtown Lake Placid

Sunday, May 15:

- 5am: Breakfast
- 5:15am: Depart for Cascade Mountain to witness one of the best sunrises in the US
- Snack(s) on the summit of Cascade
- Return to camp / church for a shower and to gather belongings
- Depart for NJ around 2pm
- Arrive at school by 7pm for pickup



MOUNTAIN GOAT MOVEMENT, LLC

76 Rector Street

Millburn NJ

[Website](#)

[Video Promotion](#)

IV. Packing List

- 2 Pairs of lightweight, breathable hiking pants
- 2 pairs of hiking shorts
- Day Hiking Backpack
- Camelback / capacity to carry 2 -3 liters of water
- Layers: performance sweatshirt, jacket
- Hiking Shoes
- Winter hat / gloves: the summit could be cold!
- Sneakers for walking around town
- Sandals for showers
- Flashlight/Head Lamp for sunrise hike
- 2 Long Sleeve breathable hiking shirts
- 2 short sleeve hiking shirts
- 2-3 pairs of hiking socks
- Sunscreen - min. 30 SPF (lots of it!)
- Camera
- Mosquito repellent
- Toiletries: toothbrush, deodorant, personal soap

