

APOGEE ADVENTURES

2025 New England Mountains & Coast

Summarized Itinerary

Trip Begins: Wakefield, Massachusetts (flights into Boston, MA)
Trip Ends: Wakefield, Massachusetts (flights out of Portland, ME)

Days 1-2: Our group will meet outside of Boston this afternoon. From there, we will climb into our van and travel to the White Mountains of New Hampshire, where we will spend our first afternoon familiarizing ourselves with our camping gear, getting to know one another, playing games, and getting excited about our trip. We'll hit the trail running (figuratively, of course) on Day 2 as we set off to explore all that the White Mountains have to offer.

Day 3: Just a short drive from our basecamp in the Whites, we'll head north out of the National Forest to the shores of the Androscoggin River. Here, we'll get oriented and ready for our exciting trip down the rapids with our professional rafting guides. We will spend the day on the river – it promises to be a blast as we paddle the action-packed class II and III rapids of the Androscoggin, jumping in to take a dip during the quieter sections between rapids!

Days 4-6: For the next several days, we'll day-hike and explore the spectacular Presidential Range of New Hampshire's White Mountains. From our basecamps in Pinkham Notch and Crawford Notch in the heart of the White Mountains National Forest, we will set out and spend our days picnicking above the tree line in alpine fields and looking for wildlife in the New England woods. We might even try to "bag" some of the peaks in the Presidential Range (including Mount Washington!), a true highpoint of the trip.

Day 7: On Day 7, we'll leave the pine-scented forest and riverbanks of northern New Hampshire for Maine's rocky shoreline. We'll spend the afternoon doing volunteer service work with one of several local community groups.

Day 8: On our last full day together, we will meet our professional sea kayaking guides for a paddling safety and skills orientation before setting out on the protected waters of Casco Bay near beautiful Orr's Island. There may be time to get in one last swim before we head to Portland's Old Port for a celebratory dinner at a local restaurant – a great ending to a great trip!

Day 9: Day 9 marks our final morning together. After packing up camp one last time, we'll head back towards Wakefield to say our final farewells, promising to stay in touch with new friends.

Please note that each New England Mountains & Coast group might experience the activities above in a slightly different order. All itineraries are subject to change.

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