
Enjoy an adventure canoeing in the Pocono Mountains on a safe but exciting stretch of the lovely Delaware River.

These guided canoe trips are an opportunity for individuals and groups to gain new experiences in the outdoors, and to allow God to speak to them. The trips help participants develop relationships with other people as they share the experience with new friends.

On these trips, participants mutually accept responsibility for others in the canoeing party and enjoy companionship with one another.



OUTDOOR SUMMER FUN

Canoe trips and hikes



Through the Delaware Water Gap
National Recreation Area

SUMMER SCHEDULE 2008

*Sponsored by
Pocono Area Leisure Ministry*

For reservations call:
Pastor Glenn Simmons, PALM Director
570-421-8429 (office)
610-681-5517 (home)
glsim@ptd.net

POCONO AREA LEISURE MINISTRY

Northeastern Pennsylvania Synod, ELCA

Pocono Area Leisure Ministry invites you to take part in one of our canoe trips through the Delaware Water Gap National Recreation Area this summer. We are offering two different trip routes this summer.

You do not need experience with a canoe to participate. You **must**, however, know how to swim. All participants **must** wear life jackets (which will be provided) and follow the leader's instructions.

Prior to the beginning of the trip, there will be a brief instruction period and a review of basic paddling and the rules of safe canoeing.

THINGS TO BRING

- Waterproof bag for carrying personal items
- Three-foot-long rope for securing the bag in the canoe
- Lunch for the first meal out
- Sun screen, sun glasses, and a hat
- A thermos or canteen of water
- Bathing suit and towel
- Old gym shoes or sneakers (NO flip-flops)
- Pad (sponge or cushion) for kneeling and sitting
- A change of clothing in case you get wet
- Camera (only if you are willing to take the risk)

FOR OVERNIGHT TRIPS, ALSO BRING

- Tent and sleeping bag
- Toiletry articles
- Eating utensils, food

COOKOUT CELEBRATION

At the conclusion of trips ending at Smithfield Beach, groups may have a cookout to celebrate their experience together. It is the group's responsibility to bring food, utensils, and equipment. The National Park Service charges a user fee for access to Smithfield Beach; this fee must be paid by the group.

MEETING TIME AND PLACE

All groups will meet for trips at 9:00 a.m. in the Dairy Queen parking lot, on right beyond the intersection of Routes 209 and 447 (from Interstate 80, take exit 309).

YOUTH GROUP ADVISORS

It is strongly advised that youth group advisors secure a permission slip from parents of youth going on the trip, giving permission for the youth to go and authorizing the advisors to make decisions should emergency medical treatment be necessary.

ONE DAY TRIPS FOR 2008

The following are the dates for scheduled trips in 2008:

June 27 July 18 July 25 August 8

All day trips are held from 9:00 AM to 4:00 PM. The approximate distance for these trips is 12.5 miles. Other dates may be arranged by calling the Pocono Area Leisure Ministry office at 570-421-8429.

COST

One-day trips cost \$26 per person. No children under age 6 are allowed. Children over 6 but under 12 are free if they are riding as a third person in a canoe with parents or other adults. You can bring your own canoe at a reduced price.

OVERNIGHT TRIPS BY SPECIAL REQUEST ONLY

Contact The Rev. Glenn Simmons
 9 N. Ninth Street, Room 8
 Stroudsburg, PA 18360
 570-421-8429; glsim@ptd.net
