Canoe Trip – The Ospreys have traditionally ventured down two iconic Maine Rivers: The St. Croix and The Moose. The selection of one river over the other often depends on appropriate water levels at the time of the trip. The St. Croix waterway is the natural border of Maine and New Brunswick in eastern Maine. The trip begins on the lakes above Vanceboro with a few short days of flat-water paddling. At Vanceboro, the river narrows creating an ideal location for several days of navigable river paddling.

The Moose River is located near Jackman, Maine, in the northwestern corner of the state, just next to the province of Quebec. The trip ventures across Attean Pond and portages over to Holeb Pond and then picks up along the Moose River bow. From here the route will swing north towards Wood Pond where there may be an opportunity for a day hike.

Both of these trips focus on encampment skills and will provide a solid introduction to canoe travel. Skills emphasized include paddling technique, river and rapid navigation, and portaging.

Backpacking Trip – This trip traverses the Saddleback range along the Appalachian Trail. The journey begins at the trailhead at the Height of Land on Rt. 17 in northwestern Maine. For the first few days, the terrain is relatively flat with low mileage before beginning the more challenging part of the trip. On the fourth day the group will hike over Saddleback Mountain, one of the highlights of the Maine Appalachian Trail. After summiting a few more peaks, the trip concludes with a stay near Sugarloaf Mountain, followed by a pickup on Rt. 27.

Backpacking can be physically rigorous but this trip is accessible for the active teen with average fitness and an appreciation for endurance based activities. Campers usually return from this trip in even better physical condition than when they left. Skills acquired include map reading, trail knowledge, an introduction to trip leadership skills, and an understanding of lightweight packing and gear management.
Sea Kayaking Trip – The chance to explore the islands of Maine by kayak is a rare opportunity and island hopping along the coast is one of the defining experiences of a Maine summer. Your trip will leave from Chewonki and will return a week later using the various waterways that circumnavigate the larger islands of the Midcoast region. The trip is designed to initially provide you with the opportunity to become comfortable in a boat. Gradually the days become longer before you reach larger bodies of water. You will likely pass Boothbay Harbor, and towns of Bath or Damariscotta or both!

Participants will gain paddling and water rescue skills, as well as have the opportunity to learn about ocean navigation, coastal weather conditions, and lightweight packing within this mode of travel.

Whitewater Kayaking Trip – Unlike the other trip options, this trip will set up a base camp at Chewonki’s Big Eddy Campground on the West Branch of the Penobscot River in northern Maine, a few miles south of Mount Katahdin and Baxter State Park. This thrilling trip allows campers to develop kayaking skills. With careful instruction from our leaders, campers will practice paddling on calmer sections of the river. As skills improve, the group will gradually progress to a series of rapids. In some cases, the cabin group may also enjoy a day or afternoon off the river, exploring the neighboring mountains and swimming holes and searching for Maine blueberries.

The trip focuses almost primarily on kayaking skills but emphasis is also placed on developing encampment skills such as fire building, camp cooking, wilderness stewardship and group leadership.