



Thank you for considering Twin Valleys Outdoor Education Center for your Adirondack experience. We're happy to offer you this guide and hope it will assist you when planning your event at Twin Valleys. If you have any questions, feel free to contact us anytime – we're here to help!

A Little History

College Auxiliary Services (CAS) has owned and operated Twin Valleys Outdoor Education Center in Westport, New York since 1945. Originally the property was known as "that place down in Lewis" but with the help of Dr. Charles Smith and the Mohawk Native language the property was named "Tiwa-ya-ee", meaning two valleys. Tiwa-ya-ee sounded a bit like Twin Valleys and the name remained.

Twin Valleys has served as a field campus for Plattsburgh State University instructional programs, student group activities and informal recreational activities. The facility was developed as an institutional resource because students and faculty believed an outdoor education center would enhance the academic and personal learning experience of future generations.

Twin Valleys is unique in its beauty, seclusion and location. Nestled in the heart of the Adirondacks, Twin Valleys is home to a two-acre pond, main lodge, twelve cabins, a low ropes course, color-coded trails and over 650 glorious acres of Adirondack beauty!

Twin Valleys is open from April to October, weather permitting.

Who may reserve Twin Valleys?

Any Plattsburgh State recognized group in good standing may use the camp. These groups include but are not limited to; social and academic clubs and organizations, faculty, staff or departmental groups, etc.

Community groups may use the camp if the stay is related to an educational program, conference, training, workshop, low ropes activities, etc.

The Handicapped at Twin Valleys

In the past, handicapped individuals have enjoyed Twin Valleys. Most of Twin Valleys' property remains wild and undeveloped. Thus, accommodating non-ambulatory individuals may be difficult. Twin Valleys lacks paved trails or handicapped accessible toilet or shower facilities.

Planning Your Twin Valleys Trip

Scheduling

College Auxiliary Services schedules all Twin Valleys' visits, including low ropes activities and will verify if your desired date is available. Please contact CAS at 564-2038, 564-2035 or toll free 1-877-778-2271 to schedule your visit.

Twin Valleys Reservation Forms

For any on or off campus groups, one person shall be named as the principal contact and must provide contact information and sign the reservation form and terms and conditions contract.

The principal contact (and advisor if an on campus student group) are responsible for the following:

- Signing all required forms (reservation and terms and conditions contract, etc.)
- Notifying CAS regarding any changes to the group's reservation, including arrival and departure times
- Adhering to arrival and departure times
- Must be among the first to arrive and prepared to meet with the camp manager at the schedule arrival time for camp orientation.
- Responsible in communicating rules and regulations to other group members
- Responsible for the conduct of the individuals in the group
- Responsible for the timely submission of all paper work (usually within 7 days)

Your reservation is for the area(s) indicated on your reservation form and does not imply use of other buildings or courses. Please keep in mind a variety of groups may be using the camp.

Canceling Your Trip

If you need to cancel your trip please contact CAS immediately or within 5 business days, so that campers on the waiting list may be contacted

Off Campus Group Insurance

All off campus groups must attach a copy of a Certificate of Insurance to their reservation form. This is a simple matter and requires you to call your insurance carrier, ask for a "certificate of insurance" (usually one page) and name College Auxiliary Services as an additional beneficiary to your current group policy. Without insurance off campus groups will not be permitted to use Twin Valleys.

Arrival and Departure Times

Arrival A one-hour window is set for arrival so that the Twin Valleys' gate can be opened and our camp manager can conduct camp orientation with the principal contact. If you arrive outside the specified arrival hour the gate may be closed and the camp manager must be called to allow entry. Should your arrival or departure dates or times change please contact CAS at 564-2038 during regular business hours (Mon. – Fri. 8:00 AM – 4:00 PM); after 4:00 PM, on weekends or holidays contact the camp manager at 962-4784.

Departure Please contact the camp manager at 962-4784, one hour prior to your departure.

Gates and Buildings

Gates and buildings are locked and unlocked according to arrival and departure dates and times of groups. Twin Valleys has restricted access and individuals are not permitted to roam the property without a reservation regardless of Plattsburgh State affiliation.

Twin Valleys Facilities

Main lodge

Great Room:

Fireplace

Seating capacity, 50

Tables and chairs for 50

First Aid Kit

Twin Valleys Handbook

Upstairs Dorm

13 cots

Upstairs bathroom (female)

2 shower stalls

3 toilet stalls

3 sinks

Several open wall compartments for personal effects

Downstairs Dorm

13 cots

Downstairs bathroom (male)

2 shower stalls

3 sinks

Several open wall compartments for personal effects

Kitchen

Gas stove

Walk-in cooler

Standard size refrigerator

Microwave

Dishwasher
Stainless steel prep areas
Serving and cooking utensils
Various sizes: pots, pans, cookie sheets (inside use only)
12 cup coffee maker and filters
24 cup coffee maker
Ice tea maker
Hot pot
Plates, bowls, cups, mugs and eating utensils for 50
Barbecue Utensils
Foil
Plastic wrap
Food storage bags
Toilet tissue
Paper towels
Garbage bags
Cleaning supplies
Dishwasher detergent
Dish Detergent
Cleaning solution
Mops
Buckets
Brooms
Rags
Sponges

Grills

Grills must be used on blacktop area at least 10 feet from the building. If you are unable to clean the grills, due to hot coals, please notify the camp manager prior to your departure. Prior arrangements must be made to use requested grill(s).

One charcoal grill

Please supply your own charcoal.

A 25 gallon drum is provided to discard all COLD coals by the garbage shed.

Please DO NOT dump hot or cold coals in the woods.

One large gas grill

Prior arrangements must be made to use this grill.

Garbage Shed

A garbage shed is provided and is located behind the main lodge. Please follow all recycling and refuse separation instructions.

Cabins

Twelve cabins surround the west shore of the pond and are available for warm weather use.

- 6 cots in each cabin

- Cabins do have electricity

- Heating and cooking devices are prohibited

Classrooms (3 classrooms in 2 buildings)

Three classrooms seat approximately 25-30.

Tenting

There are several areas for tenting, the meadow directly in front of the Main Lodge and the upper meadow. Please check with the camp manager for alternative sites.

Please remember when tenting:

- Build fires only in provided fire pits

- Provide your own dishes and cooking utensils for campfire cooking

- Make certain all fires are completely extinguished; never leave a warm fire pit under any circumstances.

- All camping at Twin Valleys is low impact, remove all refuse

Lean-tos

There are three lean-tos located on the color coded trails. Please refer to the trail map for their locations. Each lean-to sleeps up to 6 and has one fire pit.

Fire Pits

There are two fire pits in the Main Lodge area; one in the cabin area and one in the upper meadow. In addition, there are fire pits at each lean-to.

Please use universal precautions in starting and extinguishing campfires at all times. (See campfire posting in Main Lodge). Adhere to any open fire restrictions set by the authorities and/or the camp managers (signs will be posted).

Hiking Trails

Color coded hiking maps are available at the Main Lodge in the Twin Valleys Handbook. There are three color coded trails totaling approximately 9.50 miles; red trail 3.75 miles, yellow trail 2.55 miles and blue trail 3.33 miles. Please be sure to keep track of hikers' departure and return times.

Low Ropes

The low ropes experience is a combination of activities, presented in a prescribed sequence, designed to take individuals and groups beyond their own expectations, or perceived willingness to try. Data spanning many years has

shown that persons and groups who go beyond these self-imposed boundaries become stronger in terms of self-confidence, self-awareness and group effectiveness.

The low ropes course program is a form of adventure-based training. These programs are distinct because they bring together experiential learning activities with more traditional group development strategies. Experiential learning engages both the intellect and emotions – a combination that ensures that participants are fully immersed in the learning process. In all adventure activities, participants are engaged in a “Challenge By Choice” philosophy, where no coercion is involved. A reasonable willingness to try is the criterion for success. The actual mastering of a particular activity is not as important as the attempt itself. It is through a series of these attempts that growth and learning occurs for both teams and individuals. Through these different activities, virtually any issue or topic can be addressed. These issues range from basic team building to specific gender issues.

Main Goals of Adventure Programming

Improvement of Self-Concept and Group Effectiveness

Key Elements of Adventure Programming

Trust Building, Goal Setting, Challenge/Stress, Peak Experience, Humor/Fun, Problem Solving and Success!

Groups we have worked with include:

- College clubs and organizations
- Classes
- Elementary, Middle and High School retreats
- Businesses
- Non-profit organizations

We can work with groups of various sizes. However the size of the group will depend on program objectives and usually average from 20-25 per instructor.

Low ropes activities are facilitated by College Auxiliary Services approved instructors only. Groups may not invite low ropes instructors that have not been approved by College Auxiliary Services.

Orienteering Course

Orienteering is often called the “thinking sport” because it involves map reading and decision-making in addition to a great workout. It is for all ages and degrees of fitness and skill and provides the suspense and excitement of a treasure hunt. The object of orienteering is to locate control points by using a map and compass to navigate through the woods. Orienteering is a sport for

everyone, regardless of age or experience. The competitive athlete can experience the exhilaration of moving through the woods at top speed, while the non-competitive orienteer can enjoy the forest at a more leisurely pace. If you love maps, exploring, and the great outdoors, try orienteering. You'll be hooked for life!

Using the Orienteering Course is explained in handouts at the Main Lodge located in the Twin Valleys handbook and does not require a facilitator. Compasses are provided. Please be sure the compasses are returned to the proper storage.

Pond Use

Twin Valleys has a two-acre pond that attracts various forms of wildlife; fish, frogs, herons, ducks, Canadian geese and snapping turtles have all been spotted at the pond. Twin Valleys' pond is an important part of the property and is an integral part of its peaceful beauty.

Pond use at Twin Valleys is "at your own risk". We recommend campers do not use the pond for activities because of the aquatic wildlife and thick silty bottom. In addition, pond water is not treated, campers should be aware that intentional or accidental use (i.e.; stepping in the water) could be harmful. In addition, if campers were to use the pond, groups are responsible for providing a certified lifeguard for all water activities.

Twin Valleys Equipment (all equipment may not be available)

Volleyball

Various board games

Playing cards

Projector Screen

Tables

Chairs

Picnic Tables

Hiking Maps

Orienteering Maps

Compasses (enough for 4 groups)

Food

Chartwells Dining Services catering department is the exclusive caterer at Twin Valleys. To arrange for catering or meal sign away, please contact the catering department at 518-564-2229 or 518-564-3085.

Campers may bring and cook their own food if desired.

What to Bring Suggestions

These are just suggestions, bring items that will help you feel most comfortable. Remember you're roughin' it, we guarantee you'll love it!

Overnight Campers

- Sleeping bag or sheets and blankets
- Pillow
- Towel
- Personal Toiletries
- Shower shoes

Overnight and Day Use Campers

No matter what the season or your length of stay - always dress in layers. Remember you're in a higher elevation and nights tend to be chilly even in summer or early fall.

Dress Warmly! *Wool is best when considering clothing – any clothing that keeps you warm and safe from the elements*

- Layer your clothing – you can always take it off.
- Cotton or silk long underwear (*Clothing that can be layered, such as a T-shirt, long underwear, long sleeved shirt, wool sweater, coat*)
- Boots
- Extra shoes
- Wool Socks
- Wool Hat
- Scarf
- Mittens (*these are better than gloves*)
- Sneakers (*for inside use*)
- Coat
- Rain gear
- Flashlight or lanterns
- Bug spray

Bringing jeans to wear outside is okay but not recommended. Jeans take forever to dry out when they get wet and can feel very cold and clammy! If you have fabric pants, such as khakis or corduroys or pants with a heavier fabric (such as wool pants), you might consider bringing these for outdoor use.

Also an extra pair of shoes is advised as ground conditions can be wet in the woods and fields.

Directions

Main Lodge Phone 518-962-4763

From the North

- Take Exit 32 Interstate 87S and turn right off ramp

From the South

- Take Exit 32 Interstate 87N and turn left off ramp

Continue...

- Turn left at truck stop/diner (Redmond Road) follow the road until it ends (approximately 1.1 miles)
- Turn left, bear right at the Y and continue on the road (approximately 4 miles)
- Turn left on Alden Road (there is a small sign on the right hand side of the road that says Twin Valleys)
- Take the next left (approximately .2 miles) onto Twin Valleys Lane
- Continue on this road until you reach Twin Valleys

Please be considerate of Twin Valleys' neighbors and travel slowly on the Alden and Twin Valleys Roads.

Telephone & Cell phones

There is one phone located in the Main Lodge utility room right off the kitchen. Please use this phone for emergencies only. If making a long distance call please use a calling card. Cell phones will work at Twin Valleys.

Emergency Information

To report a fire or emergency call

9-1-1

Twin Valleys address for reporting a fire or emergency:

95 Twin Valleys Lane

Westport, NY 12993

518-962-4763

Questions that will be asked when you report a fire or emergency, with answers:

Resident's Name.....Plattsburgh State College Benevolent
Education Association or Twin Valleys

Town.....Westport, New York

Route live on.....Easterly side of Hurley Road on Twin Valleys
Road

Phone #.....962-4763

State the problem: fire or other emergency

Essex County Sheriff's Dept: 873-6321

It's Your Camp

Twin Valleys is your camp and in order to help keep our costs low, we ask that each group leave the camp as clean and orderly as it was upon their arrival.

Twin Valleys is here for you to enjoy your fellow campers and nature. We expect each camper to treat Twin Valleys facilities, equipment and its occupants (animals and plants) with respect, caring and of course – wonder!

Remember at Twin Valleys Nature is the great teacher!