WHO WE ARE AND WHAT WE DO

The University of Rochester First-Year Orientation Outing Treks program, informally known as URFOOT, has been a very popular pre-orientation program since its establishment in 2005. What started as a small-scale program has grown into a Students’ Association recognized club large enough to accommodate 125 members of the class of 2022. Our goal is to provide first-years the opportunity to experience a 3-day, 2-night outdoor trek led by a group of upperclassmen. Peaks will be conquered, s’mores will be eaten, and friends will be made! We offer 10 unique treks which range in difficulty; all levels of experience are welcome. URFOOT is annually scheduled to take place the weekend leading up to the University's planned orientation program.

IMPORTANT DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Application Opens</td>
<td>Friday, June 1</td>
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<tr>
<td>Application Closes</td>
<td>Sunday, July 1</td>
</tr>
<tr>
<td>Applicants Notified</td>
<td>Friday, July 6</td>
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<tr>
<td>Trek Payments Due</td>
<td>Friday, July 20</td>
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<tr>
<td>Trekee Move-In</td>
<td>Saturday, August 18</td>
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<tr>
<td>Trek Begins</td>
<td>Sunday, August 19</td>
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<tr>
<td>Trek Ends</td>
<td>Tuesday, August 21</td>
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<tr>
<td>UR Orientation Begins</td>
<td>Wednesday, August 22</td>
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<tr>
<td>Classes Begin</td>
<td>Wednesday, August 29</td>
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FREQUENTLY ASKED QUESTIONS

- How much does URFOOT cost?
  $160 (financial accommodations are available in special circumstances).

- How do I participate/get selected?
  You fill out a basic interest form. We randomly select 125 applicants to participate. Interest forms will be available on our website and Facebook page.

- Can my parents do URFOOT?
  No, but they’re welcome to participate in Parents & Family Orientation, which takes place August 22-23.

- What if I don’t have hiking gear?
  You can register for free rental gear through our club.
TREK DESCRIPTIONS
Our difficulty ranking is based off the skill-set of the average individual. So, a (1) might be someone who has hiked/camped once or twice in their lifetime and a (5) would be someone who regularly hikes/camps. More specifically, a (1) takes little to no wilderness experience and is comfortable for all fitness levels. A (2) takes some wilderness experience and moderate fitness. A (3) takes a fair level of wilderness experience and considerable fitness. A (4) takes ample wilderness experience and a high level of fitness. A (5) takes extensive wilderness experience and advanced fitness. We firmly believe that anyone can do any of our treks, but before selecting something above your skill-level, make sure you’re truly up for the challenge!

ALLEGANY STATE PARK (DIFFICULTY: 1/5)
Explore the gorgeous Allegany State Park! This 65,000 acre park is home to two lakes and multiple hiking trails. This trek includes camping activities, swimming, watching the sunset over the lakes, and some light hikes on popular trails. You will be accompanied by 29 other first-years and six upperclassmen leaders. No outdoor experience necessary.

CANOEING (DIFFICULTY: 3/5)
Travel to crystal-clear Tupper Lake, NY in the Adirondacks and experience life on the water! You will be canoeing in a restricted area where motor vehicles are not allowed, which gives you the amazing opportunity to experience nature at its purest. The trip will include canoeing, light hiking, and camping on Tupper Lake. You will be accompanied by 8 other first-years, and 3 upperclassmen leaders. Strong swimming skills required. Canoeing experience recommended.

CAVING (DIFFICULTY: 3/5)
Travel to New York’s Chimney Mountain and Eagle Cave. This trek includes camping, swimming, caving, and a love for adventure! After you’ve scaled Chimney Mountain and explore the state’s largest natural cave system, the evening will be spent exploring unique rock formations, making s’mores, and stargazing. You will be accompanied by 5 other first-years and 2 upperclassmen leaders. No previous experience caving is necessary, but being comfortable with heights and extremely small, dark spaces is a must.

CYCLING (DIFFICULTY: 4/5)
Bike 40 miles from the University to Letchworth State Park along the beautiful Genesee Valley Park Trail. Once you arrive at Letchworth, you will camp, hike, and explore Letchworth’s famous waterfalls! You will be accompanied by 7 other first-year students and 3 upperclassmen leaders. Biking experience necessary.

DAY TREKS (DIFFICULTY: 1/5)
Embark on three day-hikes through Letchworth State Park, Griffis Sculpture Park, and Stony Brook. Each day will be a new adventure through the New York wilderness as you experience light hiking trails, streams, sculptures, and even the occasional swimming area. You will stay in a cabin at Letchworth State Park. You will be accompanied by 29 other first-years and 5 upperclassmen leaders. No outdoor experience necessary.

LEGEND / KEY
- camping
- cabin/shelter
- canoeing
- caving
- backcountry
- biking
- swimming
- rock climbing

DIX RANGE (DIFFICULTY: 4/5)
Summit 5 mountains including the sixth highest peak in New York State! Located on the eastern park of the Adirondacks, the Dix Range consists of five peaks: Dix, Macomb, East Dix, South Dix, and Hough. At a total elevation of 4,857 feet, the Dix Range is a pretty challenging hike. You will hike 14 miles total on this trek and camp in the backcountry. You will be accompanied by 5 other first-years and 2 upperclassmen leaders. Hiking experience highly recommended.

MT. MARCY (DIFFICULTY: 4/5)
Summit New York’s highest peak, reaching 5,344 feet into the sky, Mt. Marcy! From the top of Mt. Marcy you’ll be able to see 43 other peaks in the Adirondacks. This trek includes hiking almost 8 miles and backcountry camping. You will be accompanied by 5 other first-years and 2 upperclassmen leaders. Hiking experience highly recommended.

SHINDAGIN HOLLOW (DIFFICULTY: 2/5)
Hike part of the Finger Lakes Trail through New York’s Shindagin Hollow State Forest. This 5.7 mile hike will feature a stop at Shindagin Falls, hiking along a creek, and various wildflowers. You will be accompanied by 7 other first-years and 2 upperclassmen leaders. This hike has little elevation which makes it perfect for those looking for a less demanding backcountry experience!

ROCK CLIMBING (DIFFICULTY: 3/5)
This trek provides incoming first-years the unique experience of climbing in the Adirondacks. A professional guide will lead 6 first-years and 2 upperclassmen leaders at a cliff in the High Peaks region of the Adirondacks known as “The Courthouse.” Participants will be camping at the Bear Brook Shelter, which is along the approach trail to the cliff. Some prior camping experience is preferred, but no prior climbing experience or gear is needed.

WHITETFACE (DIFFICULTY: 4/5)
Summit the fifth largest peak in the Adirondacks, Whiteface Mountain at 4,867 feet above sea level. This trek includes backcountry camping, hiking to Wilmington Trail, and swimming. On a clear day, hikers can see to Montreal and the White Mountain Range in Vermont! You will be accompanied by 7 other first-years and 2 upperclassmen leaders. Hiking experience highly recommended.