



**UNIVERSITY OF ROCHESTER
FIRST-YEAR ORIENTATION
OUTING TREKS
2025**

SATURDAY, AUGUST 16 - MONDAY, AUGUST 18

DAY 1

SATURDAY, AUGUST 16



UR FOOT TREK PARTICIPANT MOVE-IN

9 AM - 5 PM | *Your assigned residence hall*

Please check in at your assigned area office. UR FOOT Trek Leaders will be there to assist you with moving in. If you move in early, feel free to grab lunch at one of the dining halls or at a local restaurant off campus.



STUDENT WELCOME DINNER & TRAINING

6:30 - 9 PM | *Douglass Commons, Feldman Ballroom*

Join us for the UR FOOT Welcome Dinner, where you'll meet your Trek Leader and fellow trekees, enjoy dinner together, and take part in a brief training session to help you prepare for your upcoming trek.



SCAVENGER HUNT: UR FOOT EDITION

9:30 - 11 PM | *Graham Smith Plaza*

Team up with your fellow trekees to explore River Campus through a fun and fast-paced scavenger hunt! Solve clues, snap group selfies at each location, and race to be the first team to complete the challenge and claim victory.

DAY 2

SUNDAY, AUGUST 17



BREAKFAST

8 - 8:50 AM | *Douglass Commons, Douglass Dining Center*

Rise and shine! Grab breakfast with your fellow trekees before leaving for your first trek.



LETCHWORTH STATE PARK (GROUPS 1-4)

8:50 AM - 5 PM | *Board bus at the back of Rush Rhees Library*

Grab your gear and get ready to head out to Letchworth State Park, the "Grand Canyon of the East." Boxed lunches will be distributed when boarding the bus.

DAY 2

SUNDAY, AUGUST 17



CHIMNEY BLUFFS AND KAYAKING (GROUPS 5-9)

8:50 AM - 5:20 PM | *Board bus at the back of Rush Rhees Library*

Grab your gear and get ready to head out to Chimney Bluffs State Park. Boxed lunches will be distributed when boarding the bus. After your morning trek, you'll head back to campus and wrap up the afternoon with kayaking on the Genesee River.

KAYAKING TIMES

GROUPS 5 & 6: 1:10 - 3:20 PM

GROUPS 7-9: 2:50 - 5:20 PM



DINNER

6:30 - 7:30 PM | *Douglass Commons, Douglass Dining Center*

After a long day of activities, grab an all-you-can-eat dinner with some of your new trek friends in one of the dining halls.



COOKIES AND GAME NIGHT

8:30 - 11 PM | *Graham Smith Plaza and Wilson Quad*

Unwind after a day of adventure with a cozy evening of cookies, lawn games, and chill vibes. Hang out with your fellow trekees, swap stories, and enjoy a classic summer night under the stars.

DAY 3

MONDAY, AUGUST 18



BREAKFAST

8 - 8:50 AM | *Douglass Commons, Douglass Dining Center*

Rise and shine! Grab breakfast with your fellow trekees before leaving for your trek.

DAY 3

MONDAY, AUGUST 18



CHIMNEY BLUFFS AND KAYAKING (GROUPS 1-4)

8:50 AM - 5:20 PM | *Board bus at the back of Rush Rhees Library*

Grab your gear and get ready to head out to Chimney Bluffs State Park. Boxed lunches will be distributed when boarding the bus. After your morning trek, you'll head back to campus and wrap up the afternoon with kayaking on the Genesee River.

KAYAKING TIMES

GROUPS 1 & 2: 1:10 - 3:20 PM

GROUPS 3 & 4: 2:50 - 5:20 PM



LETCHWORTH STATE PARK (GROUPS 5-9)

8:50 AM - 5 PM | *Board bus at the back of Rush Rhees Library*

Grab your gear and get ready to head out to Letchworth State Park, the "Grand Canyon of the East." Boxed lunches will be distributed when boarding the bus.



DINNER

5 - 6 PM | *Douglass Commons, Douglass Dining Center*

Grab a final dinner with your Trek Leaders and some of your new trek friends in one of the dining halls.



ROCK CLIMBING

6 - 10 PM | *Board bus at the back of Rush Rhees Library*

Climb to new heights alongside your Trek Leaders and new friends as you take on one of Rochester's best indoor rock climbing gyms.



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