



**UNIVERSITY OF ROCHESTER
FIRST-YEAR ORIENTATION
OUTING TREKS
2026**

SATURDAY, AUGUST 22-MONDAY, AUGUST 24

DAY 1

Saturday, August 22



FOOT TREK PARTICIPANT MOVE-IN

9 a.m.–5 p.m.

Please check in at your assigned area office. 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.



WELCOME DINNER & TRAINING

6:30–9 p.m.

Kick off your FOOT program experience with a welcome dinner, where you'll meet your Trek Leader and fellow trekees and take part in a brief training session to help you prepare for your upcoming treks. *Parents and families are welcome to join you for dinner, which ends at 8 p.m.*



SCAVENGER HUNT & S'MORES

9:30–11 p.m.

Team up with your fellow trekees to explore 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. After the hunt, enjoy s'mores with your teammates over a bonfire on Jackson Court.

DAY 2

Sunday, August 23



BREAKFAST

8–8:50 a.m.

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

DAY 2

Sunday, August 23



LETCHWORTH STATE PARK (GROUPS 1-4)

8:50 a.m.–5 p.m.

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.



CHIMNEY BLUFFS AND KAYAKING (GROUPS 5-9)

8:50 a.m.–5:20 p.m.

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 p.m.

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.



ROCK CLIMBING

7:45–10:15 p.m.

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

DAY 3

Monday, August 24



BREAKFAST

8–8:50 a.m.

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



LETCHWORTH STATE PARK (GROUPS 5-9)

8:50 a.m.–5 p.m.

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.



CHIMNEY BLUFFS AND KAYAKING (GROUPS 1-4)

8:50 a.m.–5:20 p.m.

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



DINNER

5–6 p.m.

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