

## TREK ITINERARIES

Every stake or ward group will have a different experience that is designed for the needs of their group. It is important to first establish the theme and objectives for the trek and have these objectives help guide the development of your itinerary. Most treks involve the following elements: a challenging handcart pull, pioneer stories, women's pull, hoedown, pioneer activities, firesides, devotionals, solo time, and a testimony meeting.

Remember that during trek, generally time is irrelevant. Times are given only as a guide to planning activities and should be flexible according to interest, needs, and weather. However, if your group is attending Mormon Handcart Historic Sites in Wyoming, it is important to respect the time frames and sites the missionaries have assigned to your group. There are numerous people who can be impacted by your group's actions. Missionaries at MHHS have created suggestions for possible itineraries in their handbook for leaders. This can be found on this website under Martins Cove, Information, Trek Handbook; the complete title is Mormon Handcart Historic Sites in Wyoming-Handbook for Trek Leaders.

For those trekking at other sites the following are two basic sample outlines of a trek itinerary. The first includes a challenging pull the first day, a shorter pull and fun physical activities on the second, spiritual activities on the third day, and concluding activities and departure on the fourth day.

The next sample itinerary involves, for the first day, a short pull, setting up camp, and holding a hoedown and fireside; the second day involves pioneer activities in the morning with a longer pull throughout the day. The third day involves a longer pull with a women's pull near the end, solo time, and a testimony meeting that night. On the last day, there is a devotional which finishes with a short pull and a great meal where the group will be picked up.

### FIRST SAMPLE TREK ITINERARY

#### Day One

6:30 am	Ma's and Pa's meet at Stake Center for Staff meeting.
8:00 am	Ma's and Pa's arrive at trail head. Orientation and final preparations. Pioneer youth leave from the stake house to trail head.
10:00 am	Pioneer youth arrive at trail head & gather for a group meeting. Trail Boss reviews trek objectives & theme, introduce Ma's & Pa's, songs, and review rules.

11:00 am	Assign families and move into private areas as families. Name Game; get to know each other's names. If using pioneer names, talk about them. Family name and cheer. Count off and assign buddies.
12:00am	Eat Lunch and Equipment check (often this is done at the church house) Load handcart.
1:00 pm	Assemble carts in single file line. Trek Prayer. Ma's and Pa's gather families for family trek prayer. Begin Pulling the handcarts, following the Trail Boss, breaking every 25 minutes to drink water, share or learn stories, or to wait for others. Stopping every two/three hours for a restroom/portable toilet break and to refill water jugs.
6:00 pm	Long Break/ Dinner, Water, Restrooms, and stories.
8:00 pm	Women's Pull (Mormon Battalion) End with songs, family prayer, and spiritual insights
10:00 pm	Pull into first night camp- (about 11-14 mile pull depending on terrain) Broth and a roll, or other nutritious snacks could be served.

### **Day Two**

6:30 am	Ma and Pa staff meeting with Trail Boss & Support Staff
7:00 am	Families Up - Breakfast and scripture study/journal writing Repack handcart
8:30 am	Group meeting/Pioneer Stories given by people who talk in first person
9:00 am	Family meeting (reflection time) Ma & Pa's lead a discussion about the previous days events Allow the youth to share their feelings with each other about what they learned
10:00 am	Back on Trail-Do a garbage sweep of the camp and then head out Pull handcarts about 3-6 miles

12:30 am	Arrive at base camp – Lunch Families spread out throughout the valley and set up camp Set up tents or shelters using tarps and the handcarts
2:00 pm	Festival of Activities: Families rotate to different stations for example, hair washing, pioneer games, archery, cow pie toss, spitting seeds, challenge games, water relay races, etc.
5:00 pm	Dinner

	Youth prepare for Family Home Evening
7:00 pm	Hoedown- Large groups set up sound systems and have either a live band or a caller with recorded music
9:00 pm	Family Home Evening Youth in each family are assigned different responsibilities, songs, prayers, scriptures, thoughts, lessons, and games.

### Day Three

6:30am	Staff up! Staff Meeting
7:00 am	Pioneers up! Breakfast, scripture study/journal writing
8:30 am	Relief Society and Priesthood The youth are called on to prepare and give talks
10:30 am	Group Meeting Stake Young Men's and Young Women's leaders speak
11:30 am	Activity –
12:30 am	Lunch as a family Ma & Pa's lead a discussion about the previous activity
2:00 pm	Solo time. Each youth receives a Solo packet with a letter from the Stake President and their parents. As families the group spreads out, then the Ma takes the girls and the Pa takes the boys and they spread out further, but they are still in sight of each other.
3:30 pm	Family Time-service project like tying quilts or making something for their family at home or working on their gifts for one another.
5:30 pm	Dinner and Family time
6:30 pm	Songs –Stake President Speaks, or another special speaker Group Testimony Meeting
9:00 pm	Family Testimonies Families sing songs, play games, give each other homemade gifts, and share stories and testimonies.

### Day 4

6:30 am	Staff Meeting
7:00 am	Pioneers up! Breakfast, scripture study/journal writing Families have one last processing time to set goals for the future and to discuss how to take the spirit of trek home.
9:30 am	Load up the Handcarts. Do a final garbage sweep On the Trail Trek Home (4-6 miles)

12:30 am	End of trail. Welcome and Lunch Say good-by, load up vehicles and head home.
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## Second SAMPLE TREK ITINERARY

### Day One

8:00 am	Ma's and Pa's and Support meet at Stake Center for Staff meeting.
8:30 am	Youth arrive at the Stake Center for Orientation and final preparations Stake Leaders/Trail Boss–Welcomes everyone, reviews trek objectives and theme Introduce Ma's & Pa's, sing songs and review rules
10:30 am	Assign families and get on the bus in families During the bus ride families Get to know each other, (Name Game) If using pioneer names talk about them. Count off and assign buddies. Family name and Cheer/Songs/Games Eat Sack Lunches.
3:30 am	Pioneer youth arrive at trail head and find equipment. Gather for a group meeting.
4:30am	Load handcarts and assemble carts in single file line. Trek Prayer - Ma's and Pa's gather families for family trek prayer. Short 1-2 mile pull to camp.
5:30am	Set up camp and eat dinner
7:00 pm	Hoedown- Large groups set up sound systems and have either a live band or a caller with recorded music.
8:30 pm	Fireside with Special Speaker (pioneer stories)
9:30pm	Back to Families for family time and a snack. (10:30 pm) to bed and quiet time

### Day Two

6:30 am	Ma and Pa staff meeting with Trail Boss and Support Staff
7:00 am	Families Up - Breakfast and scripture study/journal writing
8:30 am	Group meeting/Pioneer Stories Person who talks in first person
9:00 am	Festival of Activities

	Families rotate to different stations for example: hair washing, pioneer games, archery, cow pie toss, spitting seeds, challenge games, water relay races, tug of war, etc.
12:00 am	Lunch Repack handcarts
1:00 pm	Back on Trail-Do a garbage sweep of the camp and then head out. Pull handcarts about 7-9 miles, breaking every 25 minutes to drink water, share or learn stories, eat snacks, or wait for others. Also stopping every two/three hours for a restroom/portable toilet break and to refill water jugs.
7:00 pm	Arrive at Camp, eat dinner. Families spread out throughout the valley and set up camp. Set up tents or shelters using tarps and the handcarts. Youth prepare for Family Home Evening.
8:30 pm	Family Home Evening. Youth in each family are assigned different responsibilities; songs, prayers, scriptures, thoughts, lessons, and games.
10:00 pm	To Bed and Quiet Time

### Day Three

6:30am	Staff up! Staff Meeting
7:00 am	Pioneers up! Breakfast, scripture study/journal writing
8:30 am	Back on Trail-Do a garbage sweep of the camp and then head out. Pull handcarts about 6-9 miles
12:00 am	Lunch on the Trail
1:30 pm	Women's Pull (Mormon Battalion) End with songs, family prayer, and spiritual insights
3:00 pm	Set up Camp
4:00 pm	Group Meeting Leaders prepare the youth for solo time
5:00 pm	Solo Time As families the group spreads out then Ma takes the girls and Pa takes

	the boys. They spread out but stay in sight. Each youth receives a Solo Packet with a letter from their Stake President and their parents.
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6:00 pm	Dinner/ Family meeting (reflection time) Ma & Pa's lead a discussion about the trek experience. Allow the youth to share their feelings to each other about what they learned.
7:30 pm	Group or Company Testimony Meeting Families sing songs, play games, give each other homemade gifts and share stories and testimonies.

#### Day 4

6:30am	Staff up! Staff Meeting
7:00am	Pioneers up! Breakfast, scripture study/journal writing Repack handcarts
8:30 am	Group Devotional Stake Leaders share final thoughts
9:30 pm	Load up the Handcarts-Do a final garbage sweep On the Trail Trek Home (3-5 miles)
11:30 pm	End of trail-Welcome and Lunch. Say good-by, load up buses and head home