

Day in the Life at Adventure Teen Leadership Summit

6:00	Optional Physical Training: Crossfit, Running, Yoga, and Zumba
7:20	Flag Raising
7:30	Breakfast
8:30	Daily Activities Individually Assigned- hiking, horseback riding, crafts, shooting sports, and other outdoor adventure activities
12:00	Lunch
3:30	Campers Return to Camp/ Snack Bar Open
4:00	Leadership Rotations
6:05	Flag Lowering
6:15	Dinner
7:20	Leadership Lessons
9:10	Night Recreation
10:00	Evening Announcements
11:00	Lights Out



Hike: Thanks to our location, Cheley is able to offer incredible and popular summer camp hikes designed to make novice hikers comfortable and to challenge the advanced. The beauty and breadth of Rocky Mountain National Park make these Colorado summer camp hikes one of the most popular activities at camp. Our program explores every terrain imaginable, at all levels of difficulty. Hiking tests lungs and ligaments. It's about pushing yourself, supporting your friends, and getting there together.



Riding: Cheley campers are taught proper western riding form, handling skills and control through Horseback trail rides in the Rocky Mountains and in the ring. Here at Cheley summer camp, horseback riding is among one of the campers' favorite activities.

Crafts: Artistic pursuit offers its own kind of excitement and personal satisfaction. Not every stellar experience at Cheley needs to happen outdoors. An afternoon spent working on constructing a lamp or sitting in front of a canvas with paintbrush in hand is a perfect way to wind down after a hike.



Bike: It's impossible to feel anything but exhilaration on a mountain bike in Estes Park, Colorado. Good luck finding a flat road—they don't exist up here. During this challenging Colorado mountain biking summer camp activity, prepare to climb, shift gears, pump harder, round a curve and head down, your cheers echoed by the shouts of encouragement from camp friends and counselors. And then it's back up for more.