

Roots & Trails

Summer Wilderness Programs in Vermont

Join us to island-hop via canoes, exploring along Lake Bitawbagok (as the Abenaki call it), known as Lake Champlain.



for All Genders, ages 8–18

July 27–30

- who & what lives there
- ancient & modern Jewish practices
- Sabbath day of rest honoring
- technical paddling
- creative prayer
- eco-kosher fireside cooking
- low impact camping
- animal tracking & bird language
- ethical foraging & earthcrafts
- nature awareness challenges
- swimming, hiking, scouting

for All Who Identify as Female, ages 8–80

August 3–6

- set up a base camp for Shabbas
- delve into this day's wonders of rest & praise
- swim, hike, sing, explore prayer
- nature awareness games
- encounter matriarchs & prophetesses
- try out ancient meditation practices
- forage ethically for food & medicine
- learn to fox paddle and make fire
- share stories, forest bathe, and craft

Programming is responsive to participant interest. Each program is \$300–\$400 sliding scale. Questions? Contact Jessica Rubin at (802) 839-8286 or yepeth@gmail.com.

Register at rootsandtrails.com

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