

**MAC on Ropes
August 19th, 2023
Camp Cedars**

7:30 AM- Check-in begins at entrance to Heritage Hill

9:00 AM- Program Starts

Climbing Tower & Rappelling

Pirates Walk

Crate Stacking

Field Games

12:00- 1:00- Lunch (no activities during this time)

1:00 PM- Program Resumes

Climbing Tower & Rappelling

Pirates Walk

Crate Stacking Competition

Flying Squirrel or Field Games

5:00- 7:00 Dinner (Troops cook, no activities during this time)

7:00- Program Resumes

Climbing Tower

Rope Climb

Free Rappelling