



FOREVEREST™ | FAQs

WHAT'S NEW THIS YEAR?

We're so glad you asked! This year's ForEverest Series includes a trip to the West and East sides of the Twin Cities — ForEverest West is May 7th at YMCA Camp Ihduhapi in Loretto, MN, and ForEverest East is held at YMCA Camp St. Croix, in Hudson, WI. We're so excited to share this newly imagined event with you — 2 places with 2 opportunities to experience the top of the world with us!

Continuing with our previous hiking challenge, each camp has a hill that will be available for our folks to spend time on! The hill challenge is a part of both the Ultra Climbing Experience, as well as the Camp Edition.

WHAT'S THE ULTRA CLIMBING EXPERIENCE?

You've got 12 hours — from 8am to 8pm — to hike the elevation you choose! You can hike the hill any time between 8am to 8pm that day, as well as access to the Camp Edition activities happening between Noon – 4pm.

WHAT'S THE CAMP EDITION?

We are so excited that we've partnered with some of Y Adventure's own — Camp Ihduhapi (May 7th) and Camp St. Croix (May 21st) — to share with you the nature, beauty, people, and experiences of Camp, during ForEverest! This gives a new twist to our challenge: how do we add some Camp fun to this for you? We'll give you your own Passport to have stamped at each station:

First, you'll Fuel Your Body with help from our sponsors at Health Partners and Gogo Squeez, next you'll Believe You Can with your own Rock Wall challenge, then you'll learn about sustainability & get a reusable ForEverest HydraPak cup at our Reduce, Reuse, Recycle station, after that you'll head to your Hill Challenge (make it as long or as short as you'd like — you can always come back if you want to make sure to complete all of the stations!) then onto the Unlock It! map scavenger hunt, finishing up by Planting Your Next Seed of Adventure before you're done for the day.

HOW LONG WILL IT TAKE?

Timing will depend on when you arrive and how long you spend at each station. Participants don't necessarily have to do the event "in order," however some stations are intended to come before others, so you are prepared for the next. (Example: Reduce, Reuse, Recycle station is before the Hill Challenge, as you receive your reusable water cup to take to the Hill Challenge, etc.)

The Unlock It! map will take as long as it takes you to complete it — it's 1.5-2 miles in length and have had folks complete it between 40-65 mins. There are some incredibly beautiful spaces in camp that you'll be able to see and learn about, while figuring out the clues to the Hint on the map.

I HAVE NEVER CLIMBED A MOUNTAIN OR TRIED ROCK CLIMBING, IS FOREVEREST FOR ME?

Absolutely! No need for special gear or advanced training — we suggest shoes with traction, for going up and down the hills.

IS THIS A RUNNING EVENT?

It can be, although for most this is a walking/hiking event.

HOW MUCH CLIMBING WILL I DO?

You get to decide how much climbing is right for you! With the addition of the Camp Edition as well as the Ultra Climbing Experience, this event is intended to provide the opportunity for each person to challenge themselves at their level of activity.

HOW LONG DOES IT TAKE TO CLIMB FOREVEREST?

That depends on how much of a personal challenge you seek. At ForEverest, you can do as little as one circuit (up and down the four-hill course) and then decide you are ready to finish your journey by doing the final Summit climb. Or, if you want a bigger challenge, you can keep repeating the circuit to see how much vertical feet you can achieve.

- Each Circuit earns 450 vertical feet
- Time per circuit: average of 15-40 minutes
- Final Summit Climb earns 150 vertical feet
- Time to complete Summit Climb: 10-20 minutes

WHAT KIND OF “EVEREST-LIKE” ELEMENTS CAN I EXPECT ON THE COURSE?

The elements are designed to give you a feel of being at Basecamp of Mt. Everest, and then a taste of climbing to the Summit. You will learn about the mountain and be inspired by information from the Association of Nepalis in Minnesota and folks that have climbed it!

WHAT DO I GET AS A PARTICIPANT?

Aside from a really great time and bragging rights that you completed the event, all participants get

- Base camp experience with music and support
- Marked course with Everest-like features & Camp Activities
- Reusable HydraCup for all your adventures
- Refueling station with water, refueling sports drink, and snacks
- Carabiner Climbing Passport & Vertical Tracker
- Access to explore and adventure within YMCA Camps

Ultra Climbers also receive:

- What’s Your Everest? T-shirt
- Total-time and vertical feet measured
- 12-hour access to Camp in order to climb your desired goal
- Commemorative ForEverest bag tag

WHEN SHOULD I ARRIVE TO THE EVENT?

Plan to arrive within your registered time frame.

Ultra Climbers — 8am–8pm

Camp Edition — 12pm–4pm

This is an Open House format, and your registration time will be in your confirmation email sent after you sign up. We encourage you to show up as close to the start of your registered time as possible, so you can maximize your time at Camp and your ForEverest experience. Our team will greet you at the Welcome Center to check you in.

WHAT SHOULD I WEAR FOR THE EVENT?

The weather in Minnesota can be unpredictable. Dress appropriately for the weather—could be shorts, a rain jacket or a hat to block the sun—otherwise wear what you might to work out and be active outdoors. Hiking boots are encouraged, but sneakers are a great option, too. Open-toed shoes are NOT recommended.

WHAT SHOULD I BRING TO THE EVENT?

No special equipment is needed. If you have trekking poles, you are welcome to use them!

I CAN’T CURRENTLY AFFORD TO PAY THE FULL ENTRY FEE. DO YOU OFFER SCHOLARSHIPS?

Yes. Although we keep the entry fees as low as possible, finances shouldn’t stop anyone from joining in on the fun. If you need scholarship support, please reach us at www.ymcanorth.org/adventure/scholarships



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