

Self-Esteem and Self-Confidence Letterboxing at CAB on the AB Trail

This hike has 4 hidden letterboxes. You can find one or all of them.

Each letterbox has a notebook and a stamp. Stamp your index card with the stamp in the box. Stamp the notebook in the box with your troop's stamp. The final letterbox has small prizes and SWAPS. Only take one if you have a small prize or SWAP to trade.

Each letterbox also has a game/activity inside that you can do if you choose. The theme of all the games is self-confidence (could relate to the Cadette Amaze Journey).

Please return all letterboxes to the place they were found, exactly as they were found.

Letterbox 1:

- Start at the "Start" line on the main road, facing away from the office.
- Pass the 5' and 100' line. (Feel free to stop and try the hula hoop challenge)
- Pass Wonder Woods on your right, and go over the bridge.
- When the road turns sharply to the left, make right turn up hill. Look for the red and white sign with 7P on your left to know you're going the right way.
- A little ways up the trail, you should see the back of the infirmary to your right.
- At the crest of the hill, there's a lone tree with a deep crack in it. Your first letterbox is hidden within.

Letterbox 2:

- Continue along the AB trail from letterbox 1. You'll see a giant rock with a blue "AB" trail marker on it.
- Pass the giant rock formation on your right.
- Pass a sign written in German and at the double orange ribbon take the path to the right.
- Pass the shelter and make a hard left following the orange ribbons.
- Continue to the flat rock just past the wooden platform. Stay straight and head towards the wall of rocks.
- In front of the rocks, there is a large stump. Climb up around there and find the second letterbox in the rocks.

Letterbox 3 From #1:

- Continue along the AB trail from letterbox 1. You'll see a giant rock with a blue "AB" trail marker on it.
- Pass the giant rock formation on your right.
- Pass a sign written in German and continue on the AB trail.
- Continue through the rock wall then turn right. The trail follows the rock wall on your right.
- Cross the stream bed to the right of the bridge (it's broken!). At dead end, turn right and continue on the AB trail. Cross another bridge.
- Beware of the mud and stay to the right! Before crossing the flat wooden walkway, look for the rock with fallen tree in front of it. Letterbox 3 is between this rock and the stump.

Letterbox 3 From #2

- Come down from the rocks and turn right. Continue along the trail.
- On your left there will be a large rock next to an outhouse. Continue up the trail.
- At the fork in the road, go right on the AB trail (if you are back at the double orange ribbon you missed the turn).
- Continue through the rock wall then turn right. The trail follows the rock wall on your right.
- Cross the stream bed to the right of the bridge (it's broken!). At dead end, turn right and continue on the AB trail. Cross another bridge.
- Beware of the mud and stay to the right! Before crossing the flat wooden walkway, look for the rock with fallen tree in front of it. Letterbox 3 is between this rock and the stump.

Letterbox 4:

- Continue on trail, cross the wooden walkway. At intersection with the red and white 17M sign turn right, continue straight onto gravel path.
- Pass two tents on right (in front of the pool)
- Look on the right for the rock with lots of moss. Look for uprooted stump that looks like an open clam. Your last letterbox is hidden here.

To continue Hiking: Return to A-B trail and make a right to continue in the same direction. It will drop you off by the ranger's house. Take the main road back down the hill to the parking lot and dining hall

To return to Main Camp: Take gravel path. Right, past the pool, will take you down past the flushies to the dining hall. Left will take you back to the site director's and the woodshed parking lot.

Letterboxing at CAB from main Camp

These directions will allow you to find 3 letterboxes without going on the AB trail. You can find one or all of them.

Each letterbox has a notebook and a stamp. Stamp your index card with the stamp in the box. Stamp the notebook in the box with your troop's stamp. Letterbox 4 has small prizes and SWAPS. Only take one if you have a small prize or SWAP to trade. Letterbox 2 and 4 also have a game/activity inside that you can do if you choose. The theme of all the games is self-confidence (could relate to the Cadette Amaze Journey). Please return all letterboxes to the place they were found, exactly as they were found.

Letterbox 4:

- Looking at the Site Director's office take the road to the right up the hill to Hi-Tor.
- At the Hi-Tor driveway turn right and continue to the back porch of Hi-Tor.
- Look to your left for the rock with lots of moss. Look for an uprooted stump that looks like an open clam. The letterbox is hidden here.

Letterbox 2:

- Go back down the Hi-Tor driveway to the road and continue past the pool.
- Cross over the bridge on the left.
- Go up the hill to the wooden platform
- Turn right to the flat rock. Stay straight and head towards the wall of rocks.
- In front of the rocks, there is a large stump. Climb up around there and find the letterbox in the rocks.

Letterbox 5 (Happy 100th Anniversary):

- From the CIT tent by the woodshed parking lot walk towards the flagpole.
- Turn right at the big iron circle.
- When you get to the road, make a left.
- At the telephone pole marked CAB 3 look low by the rocks.