

HIDDEN VALLEY CAMP

A Summer Arts and Outdoors Community for Children Ages 8-14
FREEDOM, MAINE



Be Creative
Be Outdoors
Be Yourself

SINCE 1948

HVC has meant challenge and self-expression, independence and acceptance, happiness and fun for children ages 8 to 14 from throughout the United States and around the world.



LOCATION, FACILITIES, and ENVIRONMENT

Located near the beautiful coastal villages of Belfast and Camden on Maine's historic Penobscot Bay, Hidden Valley is secluded in a 350-acre wooded glen. Visitors entering the valley tell us their first impression is that of a farm; the graceful meadows, towering pine trees, and classic red farmhouse create a traditional, homelike atmosphere.

Nestled in the valley, Hidden Valley's woods and fields accommodate unique outdoor areas such as a large pool with a deck overlooking the hillside, spacious athletic facilities, organic vegetable garden, forested bike trails, a multi-level tree house and the adventure ropes course set in a stand of majestic oak trees.

A short walk to HVC's lakefront reveals swimming and boating areas, a slide into the water, a sparkling indoor pavilion and a wood-fired sauna. Quiet, clear, and warm in the summer months, Ledge Pond is one mile long and permits no motorboats or public access.

Peter and Meg Kassen, HVC Director-Owners, moved to Hidden Valley in 1988 and remain in Maine, paying close attention year-round to the camp's facilities and spectacular natural features.



LIVING QUARTERS and OTHER BUILDINGS

HVC's art studios feature five glasswork spaces, a multi-room pottery center, a busy woodshop, buildings for fine arts, printmaking, fabric work, photography, and musical instrument making. Children also find expression in our beautiful performance hall, three bright dance studios, and fully equipped music and recording studio.

Other large indoor spaces include a classic red barn hosting a library, a kitchen for cooking classes, and gathering spaces with a piano and stone fireplace. Next door is our colorful, heated dining hall and modern camp kitchen. Office and health facilities are found in the center of camp near the Kassens' home.

Hidden Valley campers live in 21 cabins with private toilets and hot-water showers. Campers sleep in custom-built double-decker beds in these airy structures. Each cabin houses approximately 12 campers and 3-4 adult staff.



ABOUT HVC

- 250 campers ages 8-14
- Flexible with 2, 4 and 8 week sessions
- Located in mid-coast Maine, on 350 acres
- More than 90 staff members live at HVC
- 2-week professional training for all counselors
- Over 60 buildings
- Enjoy a swim at HVC's heated pool or lakefront
- Campers and counselors reside in 21 cabins



CABIN LIFE

Hidden Valley's cabins are open, airy and fun. Campers are grouped by age or grade in any of these 21 unique structures. Cabin activities may include a swim at rest period, campfires and s'mores, crafts, hikes, games, and more on Cabin Night, puddle-jumping when the weather and the mood are just right, or mellow "down-time" in the cabin.

Prior to camper arrival, staff get to know their campers "on paper," and then connect with each child upon his or her arrival at Hidden Valley. Counselors also get in touch directly with families.

During the first few days of camp, counselors work to create a small community in the cabin and also provide individual attention to all campers.

HVC Directors Meg and Peter Kassen meet regularly with counselors (3 staff per cabin) to monitor the progress of their cabin communities.

WHO ARE HIDDEN VALLEY CAMPERS?

Two-hundred and fifty children ages 8 to 14 from far and wide attend each session. Each summer we host a diverse group of independent and creative young people from New England, the greater New York area, and as many as 30 other states and countries.



ABOUT OUR COUNSELORS & INSTRUCTORS

We seek warm, bright, child-centered individuals for our staff of 90. We interview each candidate, look for talents in camp areas, self-awareness, good judgment, and compassion. References and backgrounds are checked.

Our 2-week staff training addresses relationship building and empathy, conflict resolution, diversity, and inclusion. Counselors then develop teaching programs and a rich understanding of their cabin groups in anticipation of camper arrival.

Meg and Peter provide ongoing supervision and guidance to counselors throughout the summer.

About 15% of our staff hail from places such as Australia, Holland, and the UK; others come from throughout the U.S. Their average age is 23 and many staff return year to year, ensuring the continuity of Hidden Valley's program standards and community values.



HEALTH AND SAFETY AT HVC

Wellness and risk reduction are central to all aspects of HVC's facilities, programming and staff training.

WELLNESS

- Staffed 24 hours daily by Registered Nurses, 5 on staff
- All medical protocols reviewed by physicians annually
- Full hospital facilities 20 minutes away
- Yale-trained camp pediatricians in nearby Belfast.
- Extensive prevention program throughout the summer
- Successful, comprehensive response to COVID

PROFESSIONAL SUPERVISION

- Reference and backgrounds checked
- 2-week staff orientation required for all staff members
- Regular supervision and performance evaluation of all staff
- "Overhiring" provides us with consistent flexibility

RISK REDUCTION

- Regular inspections by ACA, Insurance Co., State of Maine
- High staff ratios in all program areas and cabin life
- Programs meet or exceed ACA standards

Accredited by the American Camp Association
Member of Maine Summer Camps

MEET PETER AND MEG KASSEN

HIDDEN VALLEY CAMP OWNER/DIRECTORS

MEG and **PETER** have been sole owners and directors of Hidden Valley since 1988. They are members of the American Camp Association and Maine Summer Camps (MSC.) The Kassens raised their daughters at HVC and live in Maine year-round, devoting their full time energies to the direction of Hidden Valley. Depending on the season, they both enjoy cross-country skiing, hiking, or kayaking in Maine's magnificent outdoors.

Year-round, Meg speaks with families, assisting them in all aspects of their children's camp experience. Along with Peter, Meg works closely with cabin counselors to help individual campers adjust to camp life and she consults daily with the nursing staff, supervising camper health.

Meg meets campers daily at her organic garden (a.k.a. Planet Meg) where they pick vegetables and join her for trail hikes around camp. Meg received her Bachelor's degree from the Philadelphia University, specializing in textile design and restoration.

Peter has a Master's degree from the Yale School of Management, focusing on organizational behavior and economics. He recently received the ACA New England's "Visionary Trailblazing Award" for his work on inclusivity and diversity in camping.

During the summer, along with the camp's four assistant directors, Peter oversees HVC's varied teaching and program areas to ensure high standards of safety and content. He and Meg provide ongoing staff training on a day to day basis. You might also find him on the basketball court or swimming in Ledge Pond.



Peter and Meg enjoy winters at Hidden Valley Camp with their daughters.



The Kassens' daily routine includes visits to activities, staff meetings and cabin time with campers and counselors.



Some campers choose to spend the afternoon in Meg's garden, playing games, picking vegetables for dinner and getting a little extra one-on-one attention.

OUR PHILOSOPHY IN A NUTSHELL

Hidden Valley has its roots in the tradition of progressive children's communities. Over the years, we have built on this rich history with a commitment to quality and professionalism, and a deep sensitivity to both individual needs and group life.

We understand that children's experience in cooperative groups contributes to success as they mature. And so we work hard to create programs and train staff who support a structured, yet unpressured community atmosphere. Our days together are devoted to the following values:

- Acceptance, regardless of gender, race or background
- Responsibility to one's community and peers
- Creativity in all dimensions of a child's daily experience

"It is our hope that the Hidden Valley experience instills in young people a feeling of independence, enhanced self-awareness, and an even greater capacity to live happily and work constructively with others."

Peter + Meg

INSTRUCTIONAL CLASSES

Professional instruction, modern facilities, and willing, imaginative young people are the ingredients for successful teaching and learning. Campers choose four periods of class instruction every two weeks. Each class is one hour long and campers are free to create, explore and set goals in their classes. Parents and young people may let us know their wishes prior to the summer and we will help design camper programs.



Campers have fun whipping up culinary delights in our fully equipped kitchen.



Make your own Appalachian Dulcimers and Ukuleles, then learn to play them by ear.

ABOUT HIDDEN VALLEY CLASSES

- Campers choose their own classes
- Over 15 full-time professional artisans
- All Instructors complete relevant training prior to camper arrival
- State-of-the-art instructional facilities
- Exciting activities you won't find elsewhere
- Families can let us know preferences

IN ADDITION TO DAILY INSTRUCTIONAL WORKSHOPS

RECREATIONAL INTEREST GROUPS

Basketball
Friendship Bracelets
Guitar Workshop
Hiking and Mountain Biking
Kayaks & Canoes
Llama Trek and Animal Care
Magic the Gathering
Organic Gardening
Piano and Singing
Swimming, Sauna and Water Slide
Tennis Tournament
Wood-Fired Pizza Oven

SPECIAL EVENTS & EVENING PROGRAMS

Cabin Campfire
Camp Musical Production
Camper Dance Recital
Guest Performers
HVC Carnival
Lobster Banquet
Movie Night
Olympic Night
Scavenger Hunt
Valleyfest (Camper Talent Show)
Wheel of Misfortune

OUT-OF-CAMP DAY TRIPS

Acadia National Park
Bangor State Fair
Camden Hills State Park
Hot Summer Movie Outings
Glow Bowling
Mount Katahdin



ARTS & CRAFTS

CARTOONING
DRAWING
GLASS BEADING
GLASS BLOWING
GLASS FUSING
GLASS MOSAICS
LINO PRINTING
PAINTING

PHOTOGRAPHY
POTTERY
SANDBLASTING
SEWING & TEXTILES
SCREEN PRINTING
STAINED GLASS
TIE DYE
WOODWORKING

15 studios support HVC's innovative art programs. Professional potters direct an extensive ceramics studio with electric wheels and three kilns.

HVC is the Land of Glass with campers creating a full range of inventive projects including decorative mirrors, fused glass platters and sculpture, mosaics, and hot glass vessels and jewelry treasures.

Campers use 35 mm cameras to develop a range of artistic black and white images. All over camp, experienced craftspeople conduct workshops in woodworking, printmaking, sculpture, textiles, fine arts and more.





PERFORMING ARTS

ACTING

BALLET

GUITAR LESSONS

GYMNASTICS

HIP HOP

IMPROV

JAZZ DANCE

MODERN DANCE

MUSICAL THEATER

ROCK BAND

SET DESIGN

SINGING

TAP DANCE

UKELELE LESSONS

HVC has long appealed to expressive campers and staff. When you join the community you can...

- Experience dance in our spacious studios with professional instructors. Campers perform their creations for the camp.
- Participate in one of our two monthly theatrical productions (musicals to Shakespeare!) and a wide range of workshops.
- Help out behind the scenes in set design or in our expansive costume room.
- Try guitar, ukulele or percussion, learn to harmonize, or become a member of a rock group, performing throughout the camp session.





OUTDOOR ADVENTURES and COMMUNITY SERVICE

COASTAL SLEEPOUTS
COMMUNITY SERVICE
HIKING

MOUNTAIN BIKING
ORGANIC GARDENING
ORIENTEERING

Our 350 acres are the perfect setting for hikes and mountain biking along miles of trails.

HV campers learn about edible plants, identify rocks and trees, and gain an understanding of the natural history of our amazing area.

Each afternoon, HVC's "Outreach-Outdoors" campers venture into our rural neighborhood to assist local farmers and others as part of a dynamic community service program.

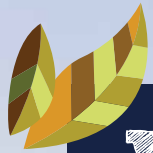
COMMUNICATIONS

CREATIVE WRITING
PHOTOGRAPHY

RECORDING STUDIO
VIDEO PRODUCTION

Our recording studio enables singers and musicians to display their creative work. Capture life at HVC through photography. Or dream up a script and transform it into a video production. Campers also unleash their imaginations onto the blank page in creative writing classes.





WHY DO FAMILIES CHOOSE HIDDEN VALLEY?

- It's coed
- The finest in arts and outdoor programs
- Elective schedule
- Expressive atmosphere
- 4-week, 8-week & 2-week intro programs
- Longtime commitment to diversity
- "Offline" environment (with modern amenities, of course)
- Our directors have lived here since 1988
- International campers & staff
- Non-sectarian
- Non-competitive
- Wholesome, delicious meals
- Peaceful farm environment
- Balance of structure & freedom
- Inclusive of first-time campers
- Supportive, responsible community





A TYPICAL DAY AT HIDDEN VALLEY

Every fourth day is different and exciting! We either take off on a trip or plan special events in camp. Most other days follow this schedule:

- 7:45 a.m. Wake up
- 8:00 a.m. Breakfast and cabin clean-up
- 9:00 a.m. Instructional classes begin (3 one-hour activities)
- 12:30 p.m. Outdoor lunch and free time
- 1:30 p.m. Cabin activities; quiet time to write letters and relax.
- 2:45 p.m. Fourth class
- 3:45 p.m. Interest groups, snack, rec swim and special workshops
- 5:30 p.m. All-camp meeting
- 5:45 p.m. Dinner & prep for evening program
- 7:00 p.m. Evening program
- 9:00 p.m. Bedtime, "flashlight time" to read quietly



ROPES COURSE

Located in a quiet wooded grove, our recently expanded facility has long provided excitement and growth for Hidden Valley campers. Unique elements and a creative professional staff form the basis of:

- Goal-setting and accomplishment
- Confidence in one's physical abilities
- A true feeling of adventure and fun



LAND SPORTS

BASKETBALL
FLOOR HOCKEY
FRISBEE GOLF
GYMNASTICS
HIKING
JOGGING
MOUNTAIN BIKING

SKATEBOARDING
SOCCER
SOCCER TEAM
TENNIS
ULTIMATE FRISBEE
VOLLEYBALL
YOGA

HVC provides a supportive upbeat atmosphere in which to enjoy the excitement, challenges and rewards of physical activity. These pursuits take place on spacious green playing fields, two hardtop tennis courts, a skateboard park, two basketball courts, and miles of bike trails. In our spirited environment, everybody learns and wins.

Sports specials: Hidden Valley organizes all-gender soccer, frisbee, and basketball teams led by a group of staff sensitive to all children's needs. And don't forget to stay centered and strong in a yoga workshop.





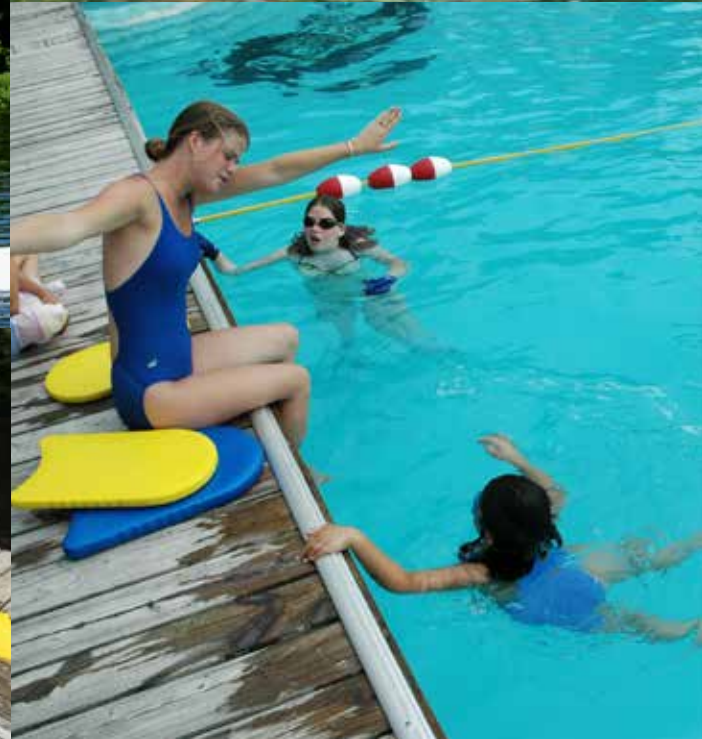
WATER SPORTS

BASIC WATER RESCUE
CANOEING
FISHING
KAYAKING

PADDLE BOARDING
SWIM INSTRUCTION
WATER GAMES
WINDSURFING

Learn to swim or practice your strokes in our serene lake or large heated pool. Trained lifeguards oversee all water programs and swim instruction is offered at all levels.

Summer and Maine's waters are an ideal combination. Enjoy paddleboards, windsurfers, canoes and kayaks at the lake or come by the pool for an afternoon swim. Wood-heated saunas add to the fun.





LLAMAS & ANIMAL CARE

The aristocrats of the animal kingdom, llamas are gentle, curious, obedient pack animals. You will get to know them through llama grooming, llama treks and llama obstacle courses.

And we need your help with our farm animals as well. You'll feed and care for rabbits, guinea pigs, mini ponies, ducks, donkeys, pot-bellied pigs, kittens and other newborn critters. Knowledgeable staff and visiting vets provide a true learning experience.





HORSE RIDING

VAULTING
ENGLISH DRESSAGE
GYMKHANA GAMES

CROSS COUNTRY COURSES
TRAIL RIDES

Campers enjoy a variety of experiences with our professional instructors and well-trained horses.

These challenges take place in three rings and on HVC's open fields and extensive forested trails.

BRUMBY SPECIALTY RIDING PROGRAM

"The best of both worlds," an intensive riding camp within an all-round arts and outdoors experience. Named after the wild horses of Australia, the program hosts 10 dedicated riders and 3 skilled counselors led by an experienced Riding Director.

Brumby campers live near the stables; each rider manages their "own" horse, feeding, grooming and tacking-up each day. The group rides for 2+ hours daily, enjoying dressage, vaulting, cross-country, gymkhana, late afternoon trail rides and more. The session concludes with an equestrian show for the entire camp. Please contact us for details.





Fireworks on August 4th? We like to do things a bit different up here!



Trips to the beach and glow-bowling are just two more out-of-camp activities!

SPECIAL EVENTS



Weekly trips out of camp include a visit to the Bangor State Fair.



The infamous Wheel of Misfortune, HVC's Game Show from another planet.



Before we say our goodbyes for the summer, we enjoy a Lobster feast.



Camp out and watch the stars in the clear Maine night sky.

FREQUENTLY ASKED QUESTIONS

ARE YOU A STRUCTURED OR NON-STRUCTURED CAMP?

In a word, both! Children quickly learn about their creative options, and a helping hand is always there for them. Campers choose their own activities on a 2-week cycle and we keep track of them throughout the day.

HOW DO CAMPERS CHOOSE CLASSES?

Based on individual interests, guided by their counselors. Feel free to let us know your child's activity interests before arrival at camp.

DO CAMPERS COME TO HVC ON THEIR OWN OR WITH A FRIEND?

Most campers come on their own, preferring to establish an independent identity with "camp friends." Cabin-centered counseling efforts during the first days of the session help campers achieve this goal. We mix new and returning campers in the cabin and assign beds to encourage group interaction. Some children do come with friends and can be bunked together. We ask that these campers be prepared to share cabin life with their larger group.

CAN I DISCUSS A CAMPER CONCERN BEFORE SUMMER?

Yes! Call/email us at HVC, all year long to inform us about diet, health issues, hopes for skill development in camp areas, how your child makes friends, etc. Meg and Peter - along with HVC's dining hall, health, and counseling staff - will work to help your camper flourish here.

I'M WONDERING ABOUT HOMESICKNESS.

We begin with an understanding that missing home is natural. Counselors give lots of TLC and help young people make friends and join in the life of the community. Meg and Peter speak with children daily and contact parents to review the situation. We all work together and a full adjustment is usually evident after a few days. Details on our website.

WHEN MAY PARENTS VISIT?

Camp is open for informal visits on Saturdays during the camp session. We have no fancy visiting day, preferring that parents immerse themselves in their camper's world on a typical HVC day. About 1/3 of camp families visit each summer.

WHAT IS MAINE WEATHER LIKE?

Lovely! We are known for our clear, temperate summers. Daily temperatures average around 80 degrees and the lake is at 70 all season. P.S. We have a low pollen count and no poison ivy.

VISIT OUR WEBSITE FOR MORE FAQ. www.hiddenvalleycamp.com



TEEN PROGRAMS

Young people continue at HVC even when they're too old for camp's traditional summer activities. Teens take advantage of the camp's resources as a base for art, service and unforgettable trips.



HIDDEN VALLEY ADVENTURES

This one-of-a-kind program provides a thrilling, four-week adventure based in a log cabin atop our own Ledge Mountain. Participants test their physical agility and stamina in a well-supervised, noncompetitive atmosphere, developing self-confidence and leadership abilities in the process. This small group's adventures include:

- Wilderness Canoe Trips
- Rock Climbing
- Climbing Mt. Katahdin
- Whitewater Rafting
- Sea Kayaking

HIDDEN VALLEY ALIVE

Campers' days are filled with exciting advanced-level performance and visual arts workshops. Throughout the month, the group works on two main projects, a vibrant gallery full of their visual artwork and an original production showcasing dance, music and theater talents. And summer in Maine offers the group these creative treats:

- Bates Dance Festival
- Artist Workshops & Galleries
- Monmouth Shakespeare
- International Film Festival
- Bluegrass & Arts Festivals

HIDDEN VALLEY COMMUNITY

Live in a restored farmhouse (once visited by Teddy Roosevelt) on 17 acres of woods and fields, and devote your month to three environments – your tight-knit group, the HVC community, and our rural area. Here's how HV Community has made a difference:

- Planted trees and maintained trails at Acadia National Park
- Helped local alternative energy projects
- Taught at a local arts center
- Cared for cats and dogs at a nearby animal shelter
- Maintained equipment at a local volunteer fire department

ABOUT THE PROGRAMS

- Three unique programs for 14 to 16-year-olds
- Small group sizes in which all participants have a voice
- Understanding of teens' emerging capacity to know their strengths and pursue their goals.
- Month-long experiences
- Learn about yourself and how to make a difference within your community



WHAT OTHERS HAVE TO SAY ABOUT HVC

Excerpts from unsolicited letters received during our 30+ summers at HVC

Your emphasis on personal responsibility and on being decent and caring - and on having fun! - makes HVC a true model and a home-away-from-home. *HVC Parent*

I never see her so at peace with herself as she is after her time at Hidden Valley. I think that she draws on this sense of calm, strength and confidence throughout the year. *HVC Parent*

He has enjoyed all the activities that he likes at HVC (like sports) without any unhealthy pressure. And he said, 'There's not one kid that I don't like.' *HVC Parent*

I feel inspired in ways I've never felt before. *HVC Camper*

Hidden Valley provides children with "invisible boundaries" -- a place to explore your abilities and try new things, with the guidance of nurturing adult supervision. *HVC Parent*

As you know, my children are radically different in personalities and interests and yet they have both been so fulfilled by the programming there. Thank you! *HVC Parent*

She has felt welcomed, and valued from the first moment on the first day. *HVC Parent*

Mom, have you ever known a place that feels like a second home? Somewhere where you can let out all your feelings and people just like you for who you are? That's how I feel about Hidden Valley. *HVC Camper*

Everything you and your staff has done - from pre-session e-mails to phone calls and HVC news - has helped us feel confident our child is in excellent hands. *HVC Parent*

Our children's time at HVC taught them how to make friends, how to value themselves and others, and how to stretch their imaginations and hearts beyond expectations. *HVC Parent*

Peter - I shake my head in amazement watching you jump from meeting to meeting and still take the time to really be there for everyone on a personal level... Meg - thanks for being the universal 'Mom' for campers and staff...with such compassion, fairness and true wisdom. *HVC Counselor*

Our girls have immensely benefited from their years at Hidden Valley. We place a huge value on this influence. Thank you for imparting your values of community, ecology and humanity to them. *HVC Parent*

You know everybody really cares and looks out for you at Hidden Valley. *HVC Camper*

FOOD AT HVC

HEALTHY, HOMEMADE AND HEAVENLY



HVC'S MENU provides lots of choices, homemade recipes, whole grains, free-range eggs, and fresh produce throughout the day. We minimize sugar and rarely use canned food in our healthy, tasty meals. Balanced veggie offerings and basics for "picky eaters" round out the menu. And of course there are plenty of "seconds."

CAMPERS CHOOSE from a variety of options, supervised by their counselors. Children eat with their cabin groups in our warm spacious dining hall or outside for a sunny picnic-style meal with the whole camp.

MORNING AND AFTERNOON SNACKS feature popcorn, granola bars, juice or seltzers daily.

SPECIAL DIETS & FOOD ALLERGIES can be accommodated easily. Please call to discuss your particular needs. Note: There's always a veggie option.





WHAT'S ON THE MENU?

BREAKFAST

SPECIALS, ONE
OFFERED EACH DAY:

- French toast with fresh Maine blueberries
- Bagels and cream cheese (plain, veggie, salmon), onion & tomato
- Eggs of your choice, bacon and hash browns
- Waffles, local strawberries, fresh whipped cream
- Scrambled eggs, oatmeal, and muffins
- Pancakes, maple syrup, sausage

AVAILABLE EVERY DAY

- Homemade granola and choice of cereals
- Fresh fruit and yogurt
- Wholesome toast and spreads
- Milk, OJ and other juices



LUNCH

PRESENTED DAILY:

- Assorted fresh premium meat and cheese slices
- Whole grain and pita bread
- Salad bar with 20 or more vegetables, cheeses, and choice of homemade dressings
- Sunflower butter & jelly
- Choice of juice, lemonade, or iced tea
- Cookies or other dessert
- Fresh fruit

SAMPLE SPECIALS, 5 OR
MORE OFFERED DAILY:

- Egg, tuna, and pasta salads
- Submarine sandwich bar
- Macaroni & cheese
- Nachos and taco bar
- Asian noodle salad
- Baked Potato Bar
- Soup and grilled cheese
- Chicken wings



DINNER

A SAMPLING OF OUR EVENING MEALS:

- Your choice of pizza: plain, sausage, Hawaiian, Thai chicken, veggie, Greek, pepperoni
- Chinese stir fry (meat or tofu) rice, potstickers, egg rolls
- Roast turkey, stuffing, potatoes and all the fixin's
- Lasagne or pasta with white, red meat or pesto sauce, garlic bread, tomato/mozzarella salad
- Indian feast with curries, tandoori chicken, jasmine rice, naan, chutneys, etc.

OFFERED AT ALL DINNERS:

- Fresh salad, milk and ice water
- Hearty vegetarian alternative meal
- Steamed broccoli, carrots, or other vegetables
- Vegetable sticks, cottage cheese, bread and rice available for picky eaters

DESSERTS AFTER DINNER:

- Brownies or 7-layer bars
- Blueberry crisp & whipped cream
- Pumpkin or apple pie
- Ice cream in its many glorious forms



CONTACT US!

Please feel free to contact us at (800) 922-6737 with any additional questions.

E-mail us: summer@hiddenvalleycamp.com

Visit our Web site: www.hiddenvalleycamp.com

We can also meet via Facetime or Zoom.

OUR STORY (a brief history of HVC)

About 12,000 years ago, the first humans migrated to this area. These Native American tribes formed the civilization called the Wabanaki – meaning “people of the dawnland” – and created semi-permanent settlements, hunting abundant wildlife on land and in lakes and rivers. Our website provides more detail about the Wabanaki.

European colonists came to North America about 400 years ago and soon dominated the land. By the mid-1700’s, the Europeans established a system of private land-ownership. They harvested the trees for homes and ship-building, and created towns and farms in the areas they cleared.

Two of those farms – in the town of Montville - now constitute HVC’s secluded 350 acres. Old-timers passing through tell us stories about their childhood walks to and from school, picking up fresh milk on the front steps of our farmhouse on the way home.

DID YOU KNOW HVC WAS ONCE A FARM CAMP?

In the 1940’s, two New Jersey teachers brought 12 students to their newly acquired place. The group lived in the farmhouse which also served as the directors’ quarters, kitchen, etc. They grew corn and other crops in a large garden.

INSIDE THE GREAT RED BARN

Over the years, the center of camp life switched to the Red Barn, with children living upstairs in our current music and video lofts. Camper groups also constructed buildings around camp, two of which remain and have been modernized to host arts programs.

AND THE LLAMAS?

In the 60’s, the growing camp hosted over 100 campers. These years were significant in establishing a camping environment that supported the arts and internationalism, and also marked the introduction of llamas to Maine!

...and HERE COME MEG AND PETER!

Meg and Peter took over the reins at Hidden Valley in 1988, expanding arts programs, enhancing staff development and deepening the camp’s focus on cabin and community life. The camp retains its farm-like atmosphere with the red barn, animal corrals, Meg’s garden and spacious grassy fields welcoming campers each summer. We honor the land here and teach HVC campers about their Wabanaki and colonial forebearers.



Scan the code to find out more about HVC’s programs and people. Be sure to check out the following pages for lots more information!

- All About Our Staff
- Green HVC
- Wellness at Camp
- Camper Page
- How We Work with Parents
- Packing Lists and more.

Be Creative | Be Outdoors | Be Yourself

HIDDEN VALLEY CAMP

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The American Camp Association is the world’s largest professional camping organization. Through its inspection visits to camps, ACA helps to make camping remain safe, significant, and enriching for young people. The ACA Accredited Camp Insignia is a recognized symbol of camps dedicated to quality. It says to those seeking a summer experience for their children: “This camp has been officially visited and has met or exceeded standards for health and risk management, facilities and administration, and all of its camper programs.”