

# EXTREME

- Sunday* Campers arrive @ Cheerio Adventures between 2:00-3:00 PM  
Group interaction/get to know each other  
Issue gear
- Monday* Drive to Mt. Roger's recreational area  
Backpack to campsite
- Tuesday* Backpack to Deception  
Rock climbing at Deception  
Return to NROC
- Wednesday* Caving day  
Drive to rafting company after dinner
- Thursday* Raft all day on the New River  
Return to NROC
- Friday* Kayak/Canoe from NROC to Low Water Bridge  
Closing ceremonies for Cheerio Adventures in the evening
- Saturday* Day of in-camp activities
- Sunday* Pack up and head to Camp Cheerio  
Check in at Cheerio
- Mon-Fri* Campers participate in top 8 activities of their choice.  
Each night there is an evening activity involving the entire camp.
- Saturday* Campers pick up at Camp Cheerio between 9:00-11:00 am

PLEASE NOTE: Due to various situations and conditions we may encounter, it may be necessary to change the order of activities.

DROP OFF is at Cheerio Adventures in Mouth of Wilson, VA

PICK UP is at Camp Cheerio in Glade Valley, NC