

STANDARD

- Sunday - 2:00 - 3:00 Check-in @ Cheerio Adventures
-Team building, issue gear, Opening Ceremony
- Monday - Backpack from Elk Garden to Rhodo Gap
- Camp in designated area
- Tuesday - Rock Climb and Rappel at Rhodo Gap
- Camp in designated area
- Wednesday - Backpack from Rhodo to Scales
- Camp in designated area by Little Wilson Creek on Kabel Trail
- Thursday - Backpack Kabel Trail to Jackie Street Trail
- Camp at NROC
- Friday - Canoe/kayak New River From River Camp USA to NROC
- Camp at NROC
- Saturday - Kayak from NROC to Low Water Bridge
- Explore Speedwell Cave
- Sunday - Canoe from NROC to big tree at Ducks Roost
- Eat dinner at NROC
- Drive and camp by USA Raft on New River
- Monday - Raft New River Gorge
- Drive back to NROC
- Tuesday - Bike New River Trail from New River State Park in Galax to Foster Falls State Park
- Wednesday - Bike VA Creeper Whitetop to Abingdon
- Drive and Camp at Hurricane
- Thursday - Bike VA Highlands Horsetrail
- Camp at Hurricane
- Friday - Bike Hurricane Trail
- Saturday - Participants depart between 9:00 - 11:00 AM

***Please note:** The actual order and location of activities may vary due to availability of sites, weather conditions and other situations beyond our control.