

# CHEERIO ADVENTURES

## TRIP DESCRIPTIONS

### **ULTIMATE sessions (7 days) Ages 10-12**

(Previously Sampler) have it all! They are filled with exciting fun and unique experiences, composed of 5 activities: backpacking in the gorgeous Mount Rogers National Recreation area, climbing on real rock in Grayson Highlands State Park, exploring the depths of the earth by caving, rafting on the wild New River in WV and canoe/kayaking through rapids on the New River right out of our facility. This is the best way to begin an outdoor experience that will last a life time. For ages 10-12.

### **SUPREME sessions (7 days) Ages 12-14**

(Previously Supreme Samplers) are much like Ultimate sessions except that they are packed with everything bigger and more challenging. Backpack along waterfalls in Pisgah National Forest, explore a majestic cave with formations and streams, ride rafts down the wild and scenic New River Gorge in WV, push the limits on rock climbs with awesome views of Grandfather Mountain and paddle the rapids on the river. For ages 12-14.



### **Seekers (14 days) Ages 13-15**

This is the next step in progression from the Ultimate and Supreme sessions. Seekers is an intermediate level program even more challenging than the one week. Campers stay out in the field for longer periods, climb more challenging routes, paddle for several days on rivers, crawl through wild caves and take on more responsibility for the welfare of the group. The program will be spent backpacking, climbing, canoeing, kayaking, rafting, caving and mountain biking in the mountains of NC, VA, TN, and WV.

### **Mountains to Sea (14 days) Ages 14-17**

For campers who want both, this program takes place in the mountains and on the coast of NC. Campers in this program spend a week in the mountains of NC backpacking, rock climbing, caving, canoeing and rafting. Then, they spend a week at the coast of NC sailing, and other coastal activities.

### **PARENT/CHILD TRIPS (3 days/2 nights, Fri. Sat. Sun.) Ages 10-14**

These are 3 day programs offering a parent and child the opportunity to spend time together getting to know each other in a whole new way. No distractions from TV, phone or video games - just quality time with each other enjoying the out of doors. Programs available are: Cave/Canoe and Backpack/Climb. Choose the one that excites and challenges you. No experience required!



### **EXTREME (14 days) Ages 10-15**

Who said you can't do it all? The EXTREME experience is a combination of Traditional Camp and Cheerio Adventures. The first week will be spent with Cheerio Adventures in VA. Campers are in for a fun filled time of backpacking, canoeing, kayaking, whitewater rafting, caving, climbing and more. The second week campers will move to Camp Cheerio in NC and participate in activities such as: horseback riding, archery, arts and crafts, drama, dance, cheerleading, tennis, golf, basketball, football, frisbee, riflery, skeet shooting, high ropes course, and more. Come and do it all!

