

# EXTREME KAYAK/CLIMB/CAVE

- Sunday* Campers arrive at Cheerio Adventures between 2:00-3:00PM  
Team building activities & Group interaction  
Issue gear
- Monday* Learn kayaking skills  
Kayak from River Camp to Allegheny Access  
Camp out at Allegheny Access
- Tuesday* Continue Kayaking  
Camp at NROC
- Wednesday* Climb at Rhodo Gap  
Camp at NROC
- Thursday* Cave all day  
Camp at NROC
- Friday* Day planned for more caving or climbing depending on groups interest  
Camp at NROC
- Saturday* Day of in camp activities such as zip line, mudslide, and mountain boards
- 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